

## CARB COUNT DOSE

This is the insulin dose you take **before** meals and snacks



**1 : 18**

1 unit of insulin for every 18 grams of carbs

Grams of carbs	Units of insulin
1-9	0
10-27	1
28-45	2
46-63	3
64-81	4
82-99	5
100-117	6
118-135	7
136-153	8
154-171	9
172-189	10
190-207	11
208-225	12
226-243	13

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