

CARB COUNT DOSE

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



1 : 20

1 unit of insulin for every 20 grams of carbs

Grams of carbs	Units of insulin
1-10	0
11-30	1
31-50	2
51-70	3
71-90	4
91-110	5
111-130	6
131-150	7
151-170	8
171-190	9
191-210	10
211-230	11
231-250	12

CARB COUNT DOSE

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



1 : 20

1 unit of insulin for every 20 grams of carbs

Grams of carbs	Units of insulin
1-10	0
11-30	1
31-50	2
51-70	3
71-90	4
91-110	5
111-130	6
131-150	7
151-170	8
171-190	9
191-210	10
211-230	11
231-250	12

CARB COUNT DOSE

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



1 : 20

1 unit of insulin for every 20 grams of carbs

Grams of carbs	Units of insulin
1-10	0
11-30	1
31-50	2
51-70	3
71-90	4
91-110	5
111-130	6
131-150	7
151-170	8
171-190	9
191-210	10
211-230	11
231-250	12

CARB COUNT DOSE

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



1 : 20

1 unit of insulin for every 20 grams of carbs

Grams of carbs	Units of insulin
1-10	0
11-30	1
31-50	2
51-70	3
71-90	4
91-110	5
111-130	6
131-150	7
151-170	8
171-190	9
191-210	10
211-230	11
231-250	12

CARB COUNT DOSE

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



1 : 20

1 unit of insulin for every 20 grams of carbs

Grams of carbs	Units of insulin
1-10	0
11-30	1
31-50	2
51-70	3
71-90	4
91-110	5
111-130	6
131-150	7
151-170	8
171-190	9
191-210	10
211-230	11
231-250	12

CARB COUNT DOSE

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



1 : 20

1 unit of insulin for every 20 grams of carbs

Grams of carbs	Units of insulin
1-10	0
11-30	1
31-50	2
51-70	3
71-90	4
91-110	5
111-130	6
131-150	7
151-170	8
171-190	9
191-210	10
211-230	11
231-250	12



www.intermountainhealthcare.org/diabetes

www.intermountainhealthcare.org/diabetes

www.intermountainhealthcare.org/diabetes

www.primarychildrens.org/diabetes

www.primarychildrens.org/diabetes

www.primarychildrens.org/diabetes

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC056E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC056E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC056E



www.intermountainhealthcare.org/diabetes

www.intermountainhealthcare.org/diabetes

www.intermountainhealthcare.org/diabetes

www.primarychildrens.org/diabetes

www.primarychildrens.org/diabetes

www.primarychildrens.org/diabetes

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC056E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC056E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC056E