

CARB COUNT DOSE

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



1 : 40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE

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



1 : 40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE

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



1 : 40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE

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



1 : 40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE

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



1 : 40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE

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



1 : 40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6



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
PESDMC060E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC060E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC060E



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
PESDMC060E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC060E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC060E