

CARB COUNT DOSE

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



0.5 : 7

0.5 unit of insulin for every 7 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
1-3	0	102-108	7.5
4-10	0.5	109-115	8
11-17	1	116-122	8.5
18-24	1.5	123-129	9
25-31	2	130-136	9.5
32-38	2.5	137-143	10
39-45	3	144-150	10.5
46-52	3.5	151-157	11
53-59	4	158-164	11.5
60-66	4.5	165-171	12
67-73	5	172-178	12.5
74-80	5.5	179-185	13
81-87	6	186-192	13.5
88-94	6.5	193-199	14
95-101	7	200-206	14.5

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