

CARB COUNT DOSE

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



0.5 : 8

0.5 unit of insulin for every 8 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
1-4	0	101-108	6.5
5-12	0.5	109-116	7
13-20	1	117-124	7.5
21-28	1.5	125-132	8
29-36	2	133-140	8.5
37-44	2.5	141-148	9
45-52	3	149-156	9.5
53-60	3.5	157-164	10
61-68	4	165-172	10.5
69-76	4.5	173-180	11
77-84	5	181-188	11.5
85-92	5.5	189-196	12
93-100	6	197-204	12.5

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