

CARB COUNT DOSE

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



0.5 : 10

0.5 unit of insulin for every 10 grams of carbs

Grams of carbs	Units of insulin
1-5	0
6-15	0.5
16-25	1
26-35	1.5
36-45	2
46-55	2.5
56-65	3
66-75	3.5
76-85	4
86-95	4.5
96-105	5
106-115	5.5
116-125	6
126-135	6.5
136-145	7
146-155	7.5
156-165	8
166-175	8.5

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