

CARB COUNT DOSE

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



0.5 : 12

0.5 unit of insulin for every 12 grams of carbs

Grams of carbs	Units of insulin
1-6	0
7-18	0.5
19-30	1
31-42	1.5
43-54	2
55-66	2.5
67-78	3
79-90	3.5
91-102	4
103-114	4.5
115-126	5
127-138	5.5
139-150	6
151-162	6.5
163-174	7
175-186	7.5
187-198	8
199-210	8.5

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