

CARB COUNT DOSE

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



0.5 : 15

0.5 unit of insulin for every 15 grams of carbs

Grams of carbs	Units of insulin
1-7	0
8-22	0.5
23-37	1
38-52	1.5
53-67	2
68-82	2.5
83-97	3
98-112	3.5
113-127	4
128-142	4.5
143-157	5
158-172	5.5
173-187	6
188-202	6.5
203-217	7
218-232	7.5
233-247	8

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