

CARB COUNT DOSE

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



0.5 : 20

0.5 unit of insulin for every 20 grams of carbs

Grams of carbs	Units of insulin
1-10	0
11-30	0.5
31-50	1
51-70	1.5
71-90	2
91-110	2.5
111-130	3
131-150	3.5
151-170	4
171-190	4.5
191-210	5
211-230	5.5
231-250	6

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