

CARB COUNT DOSE

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



0.5 : 25

0.5 unit of insulin for every 25 grams of carbs

Grams of carbs	Units of insulin
1-12	0
13-37	0.5
38-62	1
63-87	1.5
88-112	2
113-137	2.5
138-162	3
163-187	3.5
188-212	4
213-237	4.5
238-262	5

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