

CARB COUNT DOSE

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



0.5 : 40

0.5 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	0.5
61-100	1
101-140	1.5
141-180	2
181-220	2.5
221-260	3

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