

CARB COUNT DOSE

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



1 : 4

1 unit of insulin for every 4 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
1-2	0	75-78	19
3-6	1	79-82	20
7-10	2	83-86	21
11-14	3	87-90	22
15-18	4	91-94	23
19-22	5	95-98	24
23-26	6	99-102	25
27-30	7	103-106	26
31-34	8	107-110	27
35-38	9	111-114	28
39-42	10	115-118	29
43-46	11	119-122	30
47-50	12	123-126	31
51-54	13	127-130	32
55-58	14	131-134	33
59-62	15	135-138	34
63-66	16	139-142	35
67-70	17		
71-74	18		

CARB COUNT DOSE

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



1 : 4

1 unit of insulin for every 4 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
1-2	0	75-78	19
3-6	1	79-82	20
7-10	2	83-86	21
11-14	3	87-90	22
15-18	4	91-94	23
19-22	5	95-98	24
23-26	6	99-102	25
27-30	7	103-106	26
31-34	8	107-110	27
35-38	9	111-114	28
39-42	10	115-118	29
43-46	11	119-122	30
47-50	12	123-126	31
51-54	13	127-130	32
55-58	14	131-134	33
59-62	15	135-138	34
63-66	16	139-142	35
67-70	17		
71-74	18		

CARB COUNT DOSE

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



1 : 4

1 unit of insulin for every 4 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
1-2	0	75-78	19
3-6	1	79-82	20
7-10	2	83-86	21
11-14	3	87-90	22
15-18	4	91-94	23
19-22	5	95-98	24
23-26	6	99-102	25
27-30	7	103-106	26
31-34	8	107-110	27
35-38	9	111-114	28
39-42	10	115-118	29
43-46	11	119-122	30
47-50	12	123-126	31
51-54	13	127-130	32
55-58	14	131-134	33
59-62	15	135-138	34
63-66	16	139-142	35
67-70	17		
71-74	18		

CARB COUNT DOSE

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



1 : 4

1 unit of insulin for every 4 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
1-2	0	75-78	19
3-6	1	79-82	20
7-10	2	83-86	21
11-14	3	87-90	22
15-18	4	91-94	23
19-22	5	95-98	24
23-26	6	99-102	25
27-30	7	103-106	26
31-34	8	107-110	27
35-38	9	111-114	28
39-42	10	115-118	29
43-46	11	119-122	30
47-50	12	123-126	31
51-54	13	127-130	32
55-58	14	131-134	33
59-62	15	135-138	34
63-66	16	139-142	35
67-70	17		
71-74	18		

CARB COUNT DOSE

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



1 : 4

1 unit of insulin for every 4 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
1-2	0	75-78	19
3-6	1	79-82	20
7-10	2	83-86	21
11-14	3	87-90	22
15-18	4	91-94	23
19-22	5	95-98	24
23-26	6	99-102	25
27-30	7	103-106	26
31-34	8	107-110	27
35-38	9	111-114	28
39-42	10	115-118	29
43-46	11	119-122	30
47-50	12	123-126	31
51-54	13	127-130	32
55-58	14	131-134	33
59-62	15	135-138	34
63-66	16	139-142	35
67-70	17		
71-74	18		

CARB COUNT DOSE

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



1 : 4

1 unit of insulin for every 4 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
1-2	0	75-78	19
3-6	1	79-82	20
7-10	2	83-86	21
11-14	3	87-90	22
15-18	4	91-94	23
19-22	5	95-98	24
23-26	6	99-102	25
27-30	7	103-106	26
31-34	8	107-110	27
35-38	9	111-114	28
39-42	10	115-118	29
43-46	11	119-122	30
47-50	12	123-126	31
51-54	13	127-130	32
55-58	14	131-134	33
59-62	15	135-138	34
63-66	16	139-142	35
67-70	17		
71-74	18		



[intermountainhealthcare.org/
services/diabetes-endocrinology](https://intermountainhealthcare.org/services/diabetes-endocrinology)

[intermountainhealthcare.org/
services/diabetes-endocrinology](https://intermountainhealthcare.org/services/diabetes-endocrinology)

[intermountainhealthcare.org/
services/diabetes-endocrinology](https://intermountainhealthcare.org/services/diabetes-endocrinology)

primarychildrens.org/diabetes

primarychildrens.org/diabetes

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050I - 09/24

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050I - 09/24

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050I - 09/24



[intermountainhealthcare.org/
services/diabetes-endocrinology](https://intermountainhealthcare.org/services/diabetes-endocrinology)

[intermountainhealthcare.org/
services/diabetes-endocrinology](https://intermountainhealthcare.org/services/diabetes-endocrinology)

[intermountainhealthcare.org/
services/diabetes-endocrinology](https://intermountainhealthcare.org/services/diabetes-endocrinology)

primarychildrens.org/diabetes

primarychildrens.org/diabetes

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050I - 09/24

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050I - 09/24

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050I - 09/24