

CARB COUNT DOSE

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



1 : 6

1 unit of insulin for every 6 grams of carbs

Grams of carbs	Units of insulin
1-3	0
4-9	1
10-15	2
16-21	3
22-27	4
28-33	5
34-39	6
40-45	7
46-51	8
52-57	9
58-63	10
64-69	11
70-75	12
76-81	13
82-87	14
88-93	15
94-99	16
100-105	17

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