

CARB COUNT DOSE

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



1:7

1 unit of insulin for every 7 grams of carbs

Grams of carbs	Units of insulin
1-3	0
4-10	1
11-17	2
18-24	3
25-31	4
32-38	5
39-45	6
46-52	7
53-59	8
60-66	9
67-73	10
74-80	11
81-87	12
88-94	13
95-101	14
102-108	15
109-115	16
116-122	17

CARB COUNT DOSE

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



1:7

1 unit of insulin for every 7 grams of carbs

Grams of carbs	Units of insulin
1-3	0
4-10	1
11-17	2
18-24	3
25-31	4
32-38	5
39-45	6
46-52	7
53-59	8
60-66	9
67-73	10
74-80	11
81-87	12
88-94	13
95-101	14
102-108	15
109-115	16
116-122	17

CARB COUNT DOSE

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



1:7

1 unit of insulin for every 7 grams of carbs

Grams of carbs	Units of insulin
1-3	0
4-10	1
11-17	2
18-24	3
25-31	4
32-38	5
39-45	6
46-52	7
53-59	8
60-66	9
67-73	10
74-80	11
81-87	12
88-94	13
95-101	14
102-108	15
109-115	16
116-122	17

CARB COUNT DOSE

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



1:7

1 unit of insulin for every 7 grams of carbs

Grams of carbs	Units of insulin
1-3	0
4-10	1
11-17	2
18-24	3
25-31	4
32-38	5
39-45	6
46-52	7
53-59	8
60-66	9
67-73	10
74-80	11
81-87	12
88-94	13
95-101	14
102-108	15
109-115	16
116-122	17

CARB COUNT DOSE

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



1:7

1 unit of insulin for every 7 grams of carbs

Grams of carbs	Units of insulin
1-3	0
4-10	1
11-17	2
18-24	3
25-31	4
32-38	5
39-45	6
46-52	7
53-59	8
60-66	9
67-73	10
74-80	11
81-87	12
88-94	13
95-101	14
102-108	15
109-115	16
116-122	17

CARB COUNT DOSE

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



1:7

1 unit of insulin for every 7 grams of carbs

Grams of carbs	Units of insulin
1-3	0
4-10	1
11-17	2
18-24	3
25-31	4
32-38	5
39-45	6
46-52	7
53-59	8
60-66	9
67-73	10
74-80	11
81-87	12
88-94	13
95-101	14
102-108	15
109-115	16
116-122	17



[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
DB050o - 09/24

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050o - 09/24

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050o - 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
DB050o - 09/24

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050o - 09/24

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050o - 09/24