

CARB COUNT DOSE

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



1 : 8

1 unit of insulin for every 8 grams of carbs

| Grams of carbs | Units of insulin |
|----------------|------------------|
| 1-4 | 0 |
| 5-12 | 1 |
| 13-20 | 2 |
| 21-28 | 3 |
| 29-36 | 4 |
| 37-44 | 5 |
| 45-52 | 6 |
| 53-60 | 7 |
| 61-68 | 8 |
| 69-76 | 9 |
| 77-84 | 10 |
| 85-92 | 11 |
| 93-100 | 12 |
| 101-108 | 13 |
| 109-116 | 14 |
| 117-124 | 15 |
| 125-132 | 16 |
| 133-140 | 17 |

CARB COUNT DOSE

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



1 : 8

1 unit of insulin for every 8 grams of carbs

| Grams of carbs | Units of insulin |
|----------------|------------------|
| 1-4 | 0 |
| 5-12 | 1 |
| 13-20 | 2 |
| 21-28 | 3 |
| 29-36 | 4 |
| 37-44 | 5 |
| 45-52 | 6 |
| 53-60 | 7 |
| 61-68 | 8 |
| 69-76 | 9 |
| 77-84 | 10 |
| 85-92 | 11 |
| 93-100 | 12 |
| 101-108 | 13 |
| 109-116 | 14 |
| 117-124 | 15 |
| 125-132 | 16 |
| 133-140 | 17 |

CARB COUNT DOSE

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



1 : 8

1 unit of insulin for every 8 grams of carbs

| Grams of carbs | Units of insulin |
|----------------|------------------|
| 1-4 | 0 |
| 5-12 | 1 |
| 13-20 | 2 |
| 21-28 | 3 |
| 29-36 | 4 |
| 37-44 | 5 |
| 45-52 | 6 |
| 53-60 | 7 |
| 61-68 | 8 |
| 69-76 | 9 |
| 77-84 | 10 |
| 85-92 | 11 |
| 93-100 | 12 |
| 101-108 | 13 |
| 109-116 | 14 |
| 117-124 | 15 |
| 125-132 | 16 |
| 133-140 | 17 |

CARB COUNT DOSE

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



1 : 8

1 unit of insulin for every 8 grams of carbs

| Grams of carbs | Units of insulin |
|----------------|------------------|
| 1-4 | 0 |
| 5-12 | 1 |
| 13-20 | 2 |
| 21-28 | 3 |
| 29-36 | 4 |
| 37-44 | 5 |
| 45-52 | 6 |
| 53-60 | 7 |
| 61-68 | 8 |
| 69-76 | 9 |
| 77-84 | 10 |
| 85-92 | 11 |
| 93-100 | 12 |
| 101-108 | 13 |
| 109-116 | 14 |
| 117-124 | 15 |
| 125-132 | 16 |
| 133-140 | 17 |

CARB COUNT DOSE

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



1 : 8

1 unit of insulin for every 8 grams of carbs

| Grams of carbs | Units of insulin |
|----------------|------------------|
| 1-4 | 0 |
| 5-12 | 1 |
| 13-20 | 2 |
| 21-28 | 3 |
| 29-36 | 4 |
| 37-44 | 5 |
| 45-52 | 6 |
| 53-60 | 7 |
| 61-68 | 8 |
| 69-76 | 9 |
| 77-84 | 10 |
| 85-92 | 11 |
| 93-100 | 12 |
| 101-108 | 13 |
| 109-116 | 14 |
| 117-124 | 15 |
| 125-132 | 16 |
| 133-140 | 17 |

CARB COUNT DOSE

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



1 : 8

1 unit of insulin for every 8 grams of carbs

| Grams of carbs | Units of insulin |
|----------------|------------------|
| 1-4 | 0 |
| 5-12 | 1 |
| 13-20 | 2 |
| 21-28 | 3 |
| 29-36 | 4 |
| 37-44 | 5 |
| 45-52 | 6 |
| 53-60 | 7 |
| 61-68 | 8 |
| 69-76 | 9 |
| 77-84 | 10 |
| 85-92 | 11 |
| 93-100 | 12 |
| 101-108 | 13 |
| 109-116 | 14 |
| 117-124 | 15 |
| 125-132 | 16 |
| 133-140 | 17 |



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

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050p - 09/24



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

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050p - 09/24



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

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050p - 09/24



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

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050p - 09/24



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

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050p - 09/24



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

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health
All rights reserved.
Primary Children's Hospital
DB050p - 09/24