

CARB COUNT DOSE

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



1 : 10

1 unit of insulin for every 10 grams of carbs

Grams of carbs	Units of insulin
1-5	0
6-15	1
16-25	2
26-35	3
36-45	4
46-55	5
56-65	6
66-75	7
76-85	8
86-95	9
96-105	10
106-115	11
116-125	12
126-135	13
136-145	14
146-155	15
156-165	16
166-175	17

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