

CARB COUNT DOSE

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



1:12

1 unit of insulin for every 12 grams of carbs

Grams of carbs	Units of insulin
1-6	0
7-18	1
19-30	2
31-42	3
43-54	4
55-66	5
67-78	6
79-90	7
91-102	8
103-114	9
115-126	10
127-138	11
139-150	12
151-162	13
163-174	14
175-186	15
187-198	16
199-210	17

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