

CARB COUNT DOSE

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



1 : 15

1 unit of insulin for every 15 grams of carbs

Grams of carbs	Units of insulin
1-7	0
8-22	1
23-37	2
38-52	3
53-67	4
68-82	5
83-97	6
98-112	7
113-127	8
128-142	9
143-157	10
158-172	11
173-187	12
188-202	13
203-217	14
218-232	15
233-247	16

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