CARB COUNT DOSE

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



1:18

1 unit of insulin for every 18 grams of carbs

Grams of carbs	Units of insulin
1-9	0
10-27	1
28-45	2
46-63	3
64-81	4
82-99	5
100-117	6
118-135	7
136-153	8
154-171	9
172-189	10
190-207	11
208-225	12
226-243	13

CARB COUNT DOSE

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



1:18

1 unit of insulin for every 18 grams of carbs

Units of insulin
0
1
2
3
4
5
6
7
8
9
10
11
12
13

CARB COUNT DOSE

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



1:18

1 unit of insulin for every 18 grams of carbs

Grams of carbs	Units of insulin
1-9	0
10-27	1
28-45	2
46-63	3
64-81	4
82-99	5
100-117	6
118-135	7
136-153	8
154-171	9
172-189	10
190-207	11
208-225	12
226-243	13

CARB COUNT DOSE

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



1:18

1 unit of insulin for every 18 grams of carbs

Grams of carbs	Units of insulin
1-9	0
10-27	1
28-45	2
46-63	3
64-81	4
82-99	5
100-117	6
118-135	7
136-153	8
154-171	9
172-189	10
190-207	11
208-225	12
226-243	13

CARB COUNT DOSE

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

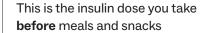


1:18

1 unit of insulin for every 18 grams of carbs

, 3	
Grams of carbs	Units of insulin
1-9	0
10-27	1
28-45	2
46-63	3
64-81	4
82-99	5
100-117	6
118-135	7
136-153	8
154-171	9
172-189	10
190-207	11
208-225	12
226-243	13

CARB COUNT DOSE





1:18

1 unit of insulin for every 18 grams of carbs

Grams of carbs	Units of insulin
1-9	0
10-27	1
28-45	2
46-63	3
64-81	4
82-99	5
100-117	6
118-135	7
136-153	8
154-171	9
172-189	10
190-207	11
208-225	12
226-243	13







intermountainhealthcare.org/ services/diabetes-endocrinology

primarychildrens.org/diabetes

intermountainhealthcare.org/ services/diabetes-endocrinology

primarychildrens.org/diabetes

intermountainhealthcare.org/ services/diabetes-endocrinology

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health All rights reserved. Primary Children's Hospital DB050t - 09/24 © 2020-2024 Intermountain Health All rights reserved. Primary Children's Hospital DB050t - 09/24 © 2020-2024 Intermountain Health All rights reserved. Primary Children's Hospital DB050t - 09/24







intermountainhealthcare.org/ services/diabetes-endocrinology

primarychildrens.org/diabetes

intermountainhealthcare.org/ services/diabetes-endocrinology

primarychildrens.org/diabetes

intermountainhealthcare.org/ services/diabetes-endocrinology

primarychildrens.org/diabetes

© 2020-2024 Intermountain Health All rights reserved. Primary Children's Hospital DB050t - 09/24 © 2020-2024 Intermountain Health All rights reserved. Primary Children's Hospital DB050t - 09/24 © 2020-2024 Intermountain Health All rights reserved. Primary Children's Hospital DB050t - 09/24