

## CARB COUNT DOSE

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



**1:20**

1 unit of insulin for every 20 grams of carbs

Grams of carbs	Units of insulin
1-10	0
11-30	1
31-50	2
51-70	3
71-90	4
91-110	5
111-130	6
131-150	7
151-170	8
171-190	9
191-210	10
211-230	11
231-250	12

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