

CARB COUNT DOSE

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



1: 25

1 unit of insulin for every 25 grams of carbs

Grams of carbs	Units of insulin
1-12	0
13-38	1
39-63	2
64-88	3
89-113	4
114-138	5
139-163	6
164-188	7
189-213	8
214-238	9
239-263	10

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