

## CARB COUNT DOSE

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



**1: 30**

1 unit of insulin for every 30 grams of carbs

Grams of carbs	Units of insulin
1-15	0
16-45	1
46-75	2
76-105	3
106-135	4
136-165	5
166-195	6
196-225	7
226-255	8

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