

## CARB COUNT DOSE

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



**1: 35**

1 unit of insulin for every 35 grams of carbs

Grams of carbs	Units of insulin
1-17	0
18-52	1
53-87	2
88-122	3
123-157	4
158-192	5
193-227	6
228-262	7

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