CARB COUNT DOSE

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



1:40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE

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



1:40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE

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



1:40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE

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



1:40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE

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



1:40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

CARB COUNT DOSE



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

1:40

1 unit of insulin for every 40 grams of carbs

i unit of insulin for every 40 grams of carbs	
Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6







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 DB050y - 09/24 © 2020-2024 Intermountain Health All rights reserved. Primary Children's Hospital DB050y - 09/24 © 2020-2024 Intermountain Health All rights reserved. Primary Children's Hospital DB050y - 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