The insulin dose you take at meals and snacks: **0.5 : 8**

0.5 unit of insulin for every 8 grams of carbs

<table>
<thead>
<tr>
<th>grams of carbs</th>
<th>units of insulin</th>
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<tbody>
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<tr>
<td>5-12</td>
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<td>1.5</td>
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<td>61-68</td>
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<td>69-76</td>
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<td>125-132</td>
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<td>133-140</td>
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[link to diabetes resources](childrensdayton.org/diabetesresources)