

carb count dose

The insulin dose you take
at meals: **1 : 3**

1 unit of insulin for
every 3 grams of carbs

grams of carbs	units of insulin
0-1	0
2-4	1
5-7	2
8-10	3
11-13	4
14-16	5
17-19	6
20-22	7
23-25	8
26-28	9
29-31	10
32-34	11
35-37	12
38-40	13
41-43	14
44-46	15
47-49	16
50-52	17

continued on the back

grams of carbs	units of insulin
53-55	18
56-58	19
59-61	20
62-64	21
65-67	22
68-70	23
71-73	24
74-76	25
77-79	26
80-82	27
83-85	28
86-88	29
89-91	30
92-94	31
95-97	32
98-100	33
101-103	34
104-106	35

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