

# carb count dose

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

**0.5 unit of insulin for  
every 8 grams of carbs**

grams of carbs	units of insulin
1-4	0
5-12	0.5
13-20	1
21-28	1.5
29-36	2
37-44	2.5
45-52	3
53-60	3.5
61-68	4
69-76	4.5
77-84	5
85-92	5.5
93-100	6
101-108	6.5
109-116	7
117-124	7.5
125-132	8
133-140	8.5
<i>continued on back</i>	

grams of carbs	units of insulin
141-148	9
149-156	9.5
157-164	10
165-172	10.5
173-180	11
181-188	11.5
189-196	12
197-204	12.5

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