

carb count dose

The insulin dose you take
at meals: **1 : 5**

1 unit of insulin for
every 5 grams of carbs

grams of carbs	units of insulin
1-2	0
3-7	1
8-12	2
13-17	3
18-22	4
23-27	5
28-32	6
33-37	7
38-42	8
43-47	9
48-52	10
53-57	11
58-62	12
63-67	13
68-72	14
73-77	15
78-82	16
83-87	17
<i>continued on the back</i>	

grams of carbs	units of insulin
88-92	18
93-97	19
98-102	20
103-107	21
108-112	22
113-117	23
118-122	24
123-127	25
128-132	26
133-137	27
138-142	28
143-147	29
148-152	30
153-157	31
158-162	32
163-167	33
168-172	34
173-177	35

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