

carb count dose

The insulin dose you take
at meals: **0.5 : 7**

**0.5 unit of insulin for
every 7 grams of carbs**

grams of carbs	units of insulin
1-3	0
4-10	0.5
11-17	1
18-24	1.5
25-31	2
32-38	2.5
39-45	3
46-52	3.5
53-59	4
60-66	4.5
67-73	5
74-80	5.5
81-87	6
88-94	6.5
95-101	7
102-108	7.5
109-115	8
116-122	8.5
<i>continued on back</i>	

grams of carbs	units of insulin
123-129	9
130-136	9.5
137-143	10
144-150	10.5
151-157	11
158-164	11.5
165-171	12
172-178	12.5
179-185	13
186-192	13.5
193-199	14
200-206	14.5

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