

carb count dose

The insulin dose you take
at meals: **1 : 4**

1 unit of insulin for
every 4 grams of carbs

grams of carbs	units of insulin
1-2	0
3-6	1
7-10	2
11-14	3
15-18	4
19-22	5
23-26	6
27-30	7
31-34	8
35-38	9
39-42	10
43-46	11
47-50	12
51-54	13
55-58	14
59-62	15
63-66	16
67-70	17
<i>continued on the back</i>	

grams of carbs	units of insulin
71-74	18
75-78	19
79-82	20
83-86	21
87-90	22
91-94	23
95-98	24
99-102	25
103-106	26
107-110	27
111-114	28
115-118	29
119-122	30
123-126	31
127-130	32
131-134	33
135-138	34
139-142	35

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