CARB COUNT DOSE
This is the insulin dose you take before meals and snacks

1 : 40
1 unit of insulin for every 40 grams of carbs

<table>
<thead>
<tr>
<th>Grams of carbs</th>
<th>Units of insulin</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-20</td>
<td>0</td>
</tr>
<tr>
<td>21-60</td>
<td>1</td>
</tr>
<tr>
<td>61-100</td>
<td>2</td>
</tr>
<tr>
<td>101-140</td>
<td>3</td>
</tr>
<tr>
<td>141-180</td>
<td>4</td>
</tr>
<tr>
<td>181-220</td>
<td>5</td>
</tr>
<tr>
<td>221-260</td>
<td>6</td>
</tr>
</tbody>
</table>