Carb Counting Worksheet:

1) Pre-meal BG ________  # units needed to correct:_____

2. Carb ratio: ____________
   Food eaten:  # grams carbs:
   ____________________  _____
   ____________________  _____
   ____________________  _____
   ____________________  _____
   ____________________  _____
   ____________________  _____
   Add all =Total grams carbs  _____
   Divide total by carb ratio  ÷_____
   =_____
   Units needed to cover carbs ______

3. Add the insulin needed to correct (step 1) to the insulin needed to cover carbs (step 2). This is the total insulin to give at the end of the meal.
   Correction (step 1) ______units  
   + Coverage (step 2) ______units  
   = Total ______units

GIVE CARB COVERAGE ONLY FOR SNACKS!!!