

12.5 Test Your Carb Factor

An accurate CarbF will bring your glucose to within 30 mg/dl (1.7 mmol/L) of your start within 5 to 6 hours without going low.

1. Start your CarbF test when your glucose is between 80 and 140 mg/dl (4.4-7.8 mmol/L) and it has been at least 5 hours since your last bolus and 3 hours since you ate any carbs.
2. Bolus 20 minutes before eating.
3. Eat grams of carb equal to half your weight in pounds (or equal to your weight in kilograms).
Plain carb foods like cereal or oatmeal with fruit, a bagel, or toast and jelly with milk work best.
4. Check your glucose every hour for 5 hours or more often if you may go low (or wear a CGM).
If your glucose goes below 70 mg/dl (3.9 mmol/L), stop the test and eat carbs.
5. Record and plot below how your glucose changes during the test.

Carb Factor Test

