

# carb count dose

The insulin dose you take  
at meals: **0.5 : 12**

**0.5 unit of insulin for  
every 12 grams of carbs**

grams of carbs	units of insulin
1-6	0
7-18	0.5
19-30	1
31-42	1.5
43-54	2
55-66	2.5
67-78	3
79-90	3.5
91-102	4
103-114	4.5
115-126	5
127-138	5.5
139-150	6
151-162	6.5
163-174	7
175-186	7.5
187-198	8
199-210	8.5

[childrensdayton.org/diabetesresources](http://childrensdayton.org/diabetesresources)

