

# carb count dose

The insulin dose you take  
at meals: **1 : 10**

1 unit of insulin for  
every 10 grams of carbs

grams of carbs	units of insulin
1-5	0
6-15	1
16-25	2
26-35	3
36-45	4
46-55	5
56-65	6
66-75	7
76-85	8
86-95	9
96-105	10
106-115	11
116-125	12
126-135	13
136-145	14
146-155	15
156-165	16
166-175	17

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

