

# carb count dose

The insulin dose you take  
at meals: **1 : 15**

1 unit of insulin for  
every 15 grams of carbs

grams of carbs	units of insulin
1-7	0
8-22	1
23-37	2
38-52	3
53-67	4
68-82	5
83-97	6
98-112	7
113-127	8
128-142	9
143-157	10
158-172	11
173-187	12
188-202	13
203-217	14
218-232	15
233-247	16

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

