

# carb count dose

The insulin dose you take  
at meals: **1 : 18**

1 unit of insulin for  
every 18 grams of carbs

grams of carbs	units of insulin
1-9	0
10-27	1
28-45	2
46-63	3
64-81	4
82-99	5
100-117	6
118-135	7
136-153	8
154-171	9
172-189	10
190-207	11
208-225	12
226-243	13

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

