

# carb count dose

The insulin dose you take  
at meals: **1 : 25**

1 unit of insulin for  
every 25 grams of carbs

grams of carbs	units of insulin
1-12	0
13-38	1
39-63	2
64-88	3
89-113	4
114-138	5
139-163	6
164-188	7
189-213	8
214-238	9
239-263	10

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

