

# carb count dose

The insulin dose you take  
at meals: **1 : 30**

1 unit of insulin for  
every 30 grams of carbs

grams of carbs	units of insulin
1-15	0
16-45	1
46-75	2
76-105	3
106-135	4
136-165	5
166-195	6
196-225	7
226-255	8

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

