
TYPICAL BASAL REQUIREMENTS

In people whose pancreases produce virtually no insulin, such as those with Type 1 diabetes, basal insulin requirements vary fairly predictably according to age, size, and physical activity level. Here are some typical basal insulin requirements.

	50-POUND CHILD	120-POUND ADOLESCENT	150-POUND ADULT	150-POUND OLDER ADULT
MOSTLY INACTIVE	6–14 units/day	21–50 units/day	17–40 units/day	14–34 units/day
MODERATELY ACTIVE	5–12 units/day	17–40 units/day	14–34 units/day	10–27 units/day
VERY ACTIVE	4–10 units/day	13–32 units/day	10–27 units/day	7–20 units/day

Diabetes Self-Management, “Getting Down to Basals” by Gary Scheiner, MS, CDE

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