

## Using Carbohydrate Ratios

Carbohydrate Ratio (CR):

- A method of calculating the amount of insulin (in units) needed to cover the carbohydrate (in grams) contained in a meal or other form of nutrition.
- The insulin needed is expressed as the ratio of units insulin to grams of carbohydrate e.g. Carbohydrate ratio 1:10 = 1 gram of insulin is administered for every 10 grams of carbohydrate eaten.
- Type of Insulin: rapid-acting analogue or regular
- Carbohydrate: subtract out dietary fiber from the total amount of carbohydrate

CR = 1.5 gm/unit

Carbohydrate (grams)	Insulin (units)
15 - 17	8
18 - 23	12
24 - 29	16
30 - 35	20
36 - 41	24
42 - 47	28
48 - 53	32
54 - 59	36
60 - 65	40
66 - 71	44
72 - 77	48
78 - 83	52
84 - 89	56
90 - 95	60
96 - 101	64
102 - 107	68
108 - 113	72
114 - 119	76
120 - 125	80
126 - 131	84