

## 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

Carbohydrate Ratio = 10 gm/unit

Carbohydrate (grams)	Insulin (units)
15 - 19	1
20 - 29	2
30 - 39	3
40 - 49	4
50 - 59	5
60 - 69	6
70 - 79	7
80 - 89	8
90 - 99	9
100 - 109	10
110 - 119	11
120 - 129	12