

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 = 11 gm/unit

Carbohydrate (grams)			Insulin (units)
15	-	21	1
22	-	32	2
33	-	43	3
44	-	54	4
55	-	65	5
66	-	76	6
77	-	87	7
88	-	98	8
99	-	109	9
110	-	120	10
121	-	131	11
132	-	142	12