

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 = 12 gm/unit

Carbohydrate (grams)	Insulin (units)
15 - 23	1
24 - 35	2
36 - 47	3
48 - 59	4
60 - 71	5
72 - 83	6
84 - 95	7
96 - 107	8
108 - 119	9
120 - 131	10
132 - 143	11