

## 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 = 13 gm/unit

Carbohydrate (grams)			Insulin (units)
15	-	25	1
26	-	38	2
39	-	51	3
52	-	64	4
65	-	77	5
78	-	90	6
91	-	103	7
104	-	116	8
117	-	129	9
130	-	142	10