

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 = 14 gm/unit

Carbohydrate (grams)			Insulin (units)
15	-	27	1
28	-	41	2
42	-	55	3
56	-	69	4
70	-	83	5
84	-	97	6
98	-	111	7
112	-	125	8
126	-	139	9
140	-	153	10