

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 = 2.5 gm/unit

Carbohydrate (grams)	Insulin (units)
15 - 19	4
20 - 29	8
30 - 39	12
40 - 49	16
50 - 59	20
60 - 69	24
70 - 79	28
80 - 89	32
90 - 99	36
100 - 109	40
110 - 119	44
120 - 129	48
130 - 139	52
140 - 149	56