

## 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 gm/unit

Carbohydrate (grams)			Insulin (units)
16	-	23	8
24	-	31	12
32	-	39	16
40	-	47	20
48	-	55	24
56	-	63	28
64	-	71	32
72	-	79	36
80	-	87	40
88	-	95	44
96	-	103	48
104	-	111	52
112	-	119	56
120	-	127	60
128	-	135	64