

## 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 = 3 gm/unit

Carbohydrate (grams)	Insulin (units)
15 - 17	5
18 - 26	6
27 - 35	9
36 - 44	12
45 - 53	15
54 - 62	18
63 - 71	21
72 - 80	24
81 - 89	27
90 - 98	30
99 - 107	33
108 - 116	36
117 - 125	39
126 - 134	42
135 - 143	45