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 = 4 gm/unit

Carbohydrate (grams)			Insulin (units)
16	-	19	4
20	-	23	5
24	-	27	6
28	-	31	7
32	-	35	8
36	-	39	9
40	-	43	10
44	-	47	11
48	-	51	12
52	-	55	13
56	-	59	14
60	-	63	15
64	-	67	16
68	-	71	17
72	-	75	18
76	-	79	19
80	-	83	20
84	-	87	21
88	-	91	22
92	-	95	23
96	-	99	24
100	-	103	25
104	-	107	26
108	-	111	27
112	-	115	28
116	-	119	29
120	-	123	30