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 = 5 gm/unit

Carbohydrate (grams)			Insulin (units)
15	-	19	3
20	-	24	4
25	-	29	5
30	-	34	6
35	-	39	7
40	-	44	8
45	-	49	9
50	-	54	10
55	-	59	11
60	-	64	12
65	-	69	13
70	-	74	14
75	-	79	15
80	-	84	16
85	-	89	17
90	-	94	18
95	-	99	19
100	-	104	20
105	-	109	21
110	-	114	22
115	-	119	23
120	-	124	24
125	-	129	25