

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 = 6 gm/unit

Carbohydrate (grams)	Insulin (units)
15 - 17	2
18 - 23	3
24 - 29	4
30 - 35	5
36 - 41	6
42 - 47	7
48 - 53	8
54 - 59	9
60 - 65	10
66 - 71	11
72 - 77	12
78 - 83	13
84 - 89	14
90 - 95	15
96 - 101	16
102 - 107	17
108 - 113	18
114 - 119	19
120 - 125	20