

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 = 7 gm/unit

Carbohydrate (grams)		Insulin (units)
14	- 20	2
21	- 27	3
28	- 34	4
35	- 41	5
42	- 48	6
49	- 55	7
56	- 62	8
63	- 69	9
70	- 76	10
77	- 83	11
84	- 90	12
91	- 97	13
98	- 104	14
105	- 111	15
112	- 118	16
119	- 125	17
126	- 132	18
133	- 139	19