

## 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 = 8 gm/unit

| Carbohydrate (grams) |   |     | Insulin (units) |
|----------------------|---|-----|-----------------|
| 16                   | - | 23  | 2               |
| 24                   | - | 31  | 3               |
| 32                   | - | 39  | 4               |
| 40                   | - | 47  | 5               |
| 48                   | - | 55  | 6               |
| 56                   | - | 63  | 7               |
| 64                   | - | 71  | 8               |
| 72                   | - | 79  | 9               |
| 80                   | - | 87  | 10              |
| 88                   | - | 95  | 11              |
| 96                   | - | 103 | 12              |
| 104                  | - | 111 | 13              |
| 112                  | - | 119 | 14              |
| 120                  | - | 127 | 15              |
| 128                  | - | 135 | 16              |