

Insulin to carb ratio: 1/2:10

1/2 unit of insulin for every
10 grams of carbohydrate

<u>Grams of Carbohydrates</u>	<u>Units of Insulin</u>
6-15	0.5
16-25	1.0
26-35	1.5
36-45	2.0
46-55	2.5
56-65	3.0
66-75	3.5
76-85	4.0
86-95	4.5
96-105	5.0
106-115	5.5

Insulin to carb ratio:1/2:12

1/2 unit of insulin for every
12 grams of carbohydrate

<u>Grams of Carbs</u>	<u>Units of Insulin</u>
10-18	0.5
19-31	1.0
32-42	1.5
43-56	2.0
57-68	2.5
69-81	3.0
82-93	3.5
94-106	4.0
107-118	4.5
119-130	5.0
131-148	5.5

Insulin to carb ratio: 1/2:15

1/2 unit of insulin for every
15 grams of carbohydrate

<u>Grams of Carbs</u>	<u>Units of Insulin</u>
7-22	0.5
23-37	1.0
38-52	1.5
53-67	2.0
68-82	2.5
83-97	3.0
98-112	3.5
113-127	4.0
128-142	4.5
143-157	5.0
158-172	5.5

Insulin to carb ratio: 1/2:20

1/2 unit of insulin for every
20 grams of carbohydrate

<u>Grams of Carbs</u>	<u>Units of Insulin</u>
11-30	0.5
31-50	1.0
51-70	1.5
71-90	2.0
91-110	2.5
111-130	3.0
131-150	3.5
151-170	4.0
171-190	4.5
191-210	5.0

Insulin to carb ratio: 1/2:25

1/2 unit of insulin for every
25 grams of carbohydrate

<u>Grams of Carbohydrates</u>	<u>Units of Insulin</u>
12-38	0.5
39-63	1.0
64-88	1.5
89-113	2.0
114-138	2.5
139-163	3.0
164-188	3.5
189-213	4.0
214-238	4.5
239-263	5.0
264-288	5.5

Insulin to carb ratio: 1/2:30

1/2 unit of insulin for every
30 grams of carbohydrate

<u>Grams of Carbohydrates</u>	<u>Units of Insulin</u>
15-45	0.5
46-75	1.0
76-105	1.5
106-135	2.0
136-165	2.5
166-195	3.0
196-225	3.5
226-255	4.0
256-285	4.5
286-315	5.0
316-345	5.5

Insulin to carb ratio: 1/2:35

1/2 unit of insulin for every
35 grams of carbohydrate

<u>Grams of Carbohydrates</u>	<u>Units of Insulin</u>
18-52	0.5
53-87	1.0
88-122	1.5
123-157	2.0
158-192	2.5
193-227	3.0
228-262	3.5
263-297	4.0
298-332	4.5
333-367	5.0
368-402	5.5

Insulin to carb ratio: 1/2:40

1/2 unit of insulin for every
40 grams of carbohydrate

<u>Grams of Carbohydrates</u>	<u>Units of Insulin</u>
21-60	0.5
61-100	1.0
101-140	1.5
141-180	2.0
181-220	2.5
221-260	3.0
261-300	3.5
301-340	4.0
341-380	4.5
381-420	5.0
421-460	5.5

Insulin to carb ratio: 1:5

<u>Grams of Carbohydrates</u>	<u>Units of Insulin</u>
3-7	1
8-12	2
13-17	3
18-22	4
23-27	5
28-32	6
33-37	7
38-42	8
43-47	9
48-52	10
53-57	11
58-62	12
63-67	13
68-72	14
73-77	15
78-82	16
83-87	17
88-92	18

Insulin to carb ratio: 1:6

<u>Grams of Carbohydrates</u>	<u>Units of Insulin</u>
3-9	1
10-15	2
16-21	3
22-27	4
28-33	5
34-39	6
40-45	7
46-51	8
52-57	9
58-63	10
64-69	11
70-75	12
76-81	13
82-87	14
88-93	15
94-99	16
100-105	17
106-111	18

Insulin to carb ratio: 1:7

<u>Grams of Carbohydrates</u>	<u>Units of Insulin</u>
4-10	1
11-17	2
18-24	3
25-31	4
32-38	5
39-45	6
46-52	7
53-59	8
60-66	9
67-73	10
74-80	11
81-87	12
88-95	13
96-102	14
103-109	15
110-116	16
117-124	17
125-132	18

Insulin to carb ratio: 1:8 or 2:15	
Grams of Carbohydrates	Units of Insulin
5-11	1
12-19	2
20-27	3
28-35	4
36-43	5
44-51	6
52-59	7
60-67	8
68-74	9
75-83	10
84-89	11
90-99	12
100-104	13
105-115	14

Insulin to carb ratio: 1:10	
Grams of Carbohydrates	Units of Insulin
6-15	1
16-25	2
26-35	3
36-45	4
46-55	5
56-65	6
66-75	7
76-85	8
86-95	9
96-105	10
106-115	11
116-125	12
126-135	13
136-145	14

Insulin to carb ratio: 1:12	
Grams of Carbohydrates	Units of Insulin
10-18	1
19-30	2
31-42	3
43-54	4
55-66	5
67-78	6
79-90	7
91-102	8
103-114	9
115-126	10
127-138	11
139-150	12
151-162	13

Insulin to carb ratio: 1:15 1 unit of insulin for every 15 grams of carbohydrate	
Grams of Carbs	Units of Insulin
7-22	1
23-37	2
38-52	3
53-67	4
68-82	5
83-97	6
98-112	7
113-127	8

Insulin to carb ratio: 1:18 1 unit of insulin for every 18 grams of carbohydrate	
Grams of Carbs	Units of Insulin
9-27	1
28-45	2
46-63	3
64-81	4
82-99	5
100-117	6
118-135	7
136-153	8

Insulin to carb ratio: 1:20 1 unit of insulin for every 20 grams of carbohydrate	
Grams of Carbs	Units of Insulin
11-30	1
31-50	2
51-70	3
71-90	4
91-110	5
111-130	6
131-150	7
151-170	8

Insulin to carb ratio: 1:25 1 unit of insulin for every 25 grams of carbohydrate	
Grams of Carbs	Units of Insulin
10-35	1
36-60	2
61-85	3
86-110	4
111-135	5
160-185	6

Insulin to carb ratio: 1:30 1 unit of insulin for every 30 grams of carbohydrate	
Grams of Carbs	Units of Insulin
15-45	1
46-75	2
76-105	3
106-135	4
136-165	5
166-195	6

Insulin to carb ratio: 1:35 1 unit of insulin for every 35 grams of carbohydrate	
Grams of Carbs	Units of Insulin
17-52	1
53-87	2
88-122	3
123-157	4
158-192	5
193-227	6

Insulin to carb ratio: 1:40

1 unit of insulin for every
40 grams of carbohydrate

Grams of	Units of
Carbs	Insulin
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

Insulin to carb ratio: 1:45

1 unit of insulin for every
45 grams of carbohydrate

Grams of	Units of
Carbs	Insulin
22-68	1
69-113	2
114-158	3
159-204	4
205-249	5
250-294	6