

Insulin to Carb Ratios

When dosing before a meal, I use this chart to determine how many units of insulin to give based on how many carbs I am eating.

Meal	Insulin to Carb Ratio
Breakfast	_____ u: _____ g
Lunch	_____ u: _____ g
Dinner	_____ u: _____ g
Snacks	_____ u: _____ g

Correction Factor

If I have high blood glucose before dosing for a meal, I use this chart to determine how much extra insulin I need.

Current Blood Sugar Range	Extra Insulin Needed
_____ to _____	_____ units
_____ to _____	_____ units
_____ to _____	_____ units
_____ to _____	_____ units
_____ to _____	_____ units