

Medical Group

Name: _____

Date of Birth: _____

Appointment Date: _____

Definition of terms:

Carbohydrate ratio = the amount of insulin needed to cover a specific amount of carbohydrates [CHO].

Correction ratio = the amount a specific amount of insulin will drop your blood sugar.

Insulin: CHO Ratio	
Correction Ratio	

FOOD ITEM/AMOUNT [Example]	CARB GRAMS
Oatmeal – ¾ cup	22
Raisins – 2 Tbsp	15
Coffee – 1 cup	0
TOTAL	37

TIME	FOOD ITEM/AMOUNT	Blood Sugar	Correction Ratio	Total CHO Grams	Insulin for CHO	Total Insulin
	<u>Breakfast</u>					
	<u>A.M. Snack</u>					
	<u>Lunch</u>					
	<u>P.M. Snack</u>					
	<u>Dinner</u>					
	<u>Bedtime Snack</u>					