NorthShore
U N I V E R S I T Y   H E A L T H S Y S T E M

Carbohydrate Insulin Ratio

Name: _____

Date of Birth: ____/____/_____

Date: ____/____/_____

Insulin: Carbohydrate Ratio	
Correction Factor:	

FOOD ITEM/ AMOUNT [Example]	CARBOHYDRATE GRAMS
Oatmeal – ¾ cup	22
Raisins – 2 Tablespoons	15
Coffee – 1 cup	0
Total	**37**

Definition of terms: Carbohydrate ratio = The amount of insulin needed to cover a specific amount of carbohydrates.
Correction factor   = The amount a specific amount of insulin will lower your blood glucose.

TIME	BLOOD GLUCOSE	FOOD ITEM/AMOUNT	CARBOHYDRATE GRAMS	INSULIN FOR CARBOHYDRATE	CORRECTION FACTOR	TOTAL INSULIN
		Breakfast				
		A.M. Snack				
		Lunch				
		P.M. Snack				
		Dinner				
		Bedtime Snack				

*Questions and concerns can be recorded on the back of this sheet.