

Ready Reckoner - Carbohydrates

This insulin for carbohydrates table can be used to easily figure out how much bolus insulin is needed for the meal or snack you are about to eat.

		Insulin to carbohydrate ratio (ICR)																
		2	3	4	5	6	7	8	9	10	12	15	18	20	25	30	35	40
Carbs (g)	5	2.5	1.5	1.5	1	1	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0	0	0	0
	10	5	3.5	2.5	2	1.5	1.5	1.5	1	1	1	0.5	0.5	0.5	0.5	0.5	0.5	0.5
	15	7.5	5	4	3	2.5	2	2	1.5	1.5	1.5	1	1	1	0.5	0.5	0.5	0.5
	20	10	6.5	5	4	3.5	3	2.5	2	2	1.5	1.5	1	1	1	0.5	0.5	0.5
	25	12.5	8.5	6.5	5	4	3.5	3	3	2.5	2	1.5	1.5	1.5	1	1	0.5	0.5
	30	15	10	7.5	6	5	4.5	4	3.5	3	2.5	2	1.5	1.5	1	1	1	1
	35	17.5	11.5	9	7	6	5	4.5	4	3.5	3	2.5	2	2	1.5	1	1	1
	40	20	13.5	10	8	6.5	5.5	5	4.5	4	3.5	2.5	2	2	1.5	1.5	1	1
	45	22.5	15	11.5	9	7.5	6.5	5.5	5	4.5	4	3	2.5	2.5	2	1.5	1.5	1
	50	25	16.5	12.5	10	8.5	7	6.5	5.5	5	4	3.5	3	2.5	2	1.5	1.5	1.5
	55	27.5	18.5	14	11	9	8	7	6	5.5	4.5	3.5	3	3	2	2	1.5	1.5
	60	30	20	15	12	10	8.5	7.5	6.5	6	5	4	3.5	3	2.5	2	1.5	1.5
	65	32.5	21.5	16.5	13	11	9.5	8	7	6.5	5.5	4.5	3.5	3.5	2.5	2	2	1.5
	70	35	23.5	17.5	14	11.5	10	9	8	7	6	4.5	4	3.5	3	2.5	2	2
	75	37.5	25	19	15	12.5	10.5	9.5	8.5	7.5	6.5	5	4	4	3	2.5	2	2
	80	40	26.5	20	16	13.5	11.5	10	9	8	6.5	5.5	4.5	4	3	2.5	2.5	2
	85	42.5	28.5	21.5	17	14	12	10.5	9.5	8.5	7	5.5	4.5	4.5	3.5	3	2.5	2
	90	45	30	22.5	18	15	13	11.5	10	9	7.5	6	5	4.5	3.5	3	2.5	2.5
	95	47.5	31.5	24	19	16	13.5	12	10.5	9.5	8	6.5	5.5	5	4	3	2.5	2.5
	100	50	33.5	25	20	16.5	14.5	12.5	11	10	8.5	6.5	5.5	5	4	3.5	3	2.5
	105	52.5	35	26.5	21	17.5	15	13	11.5	10.5	9	7	6	5.5	4	3.5	3	2.5
	110	55	36.5	27.5	22	18.5	15.5	14	12	11	9	7.5	6	5.5	4.5	3.5	3	3
	115	57.5	38.5	29	23	19	16.5	14.5	13	11.5	9.5	7.5	6.5	6	4.5	4	3.5	3
	120	60	40	30	24	20	17	15	13.5	12	10	8	6.5	6	5	4	3.5	3
	125	62.5	41.5	31.5	25	21	18	15.5	14	12.5	10.5	8.5	7	6.5	5	4	3.5	3
	130	65	43.5	32.5	26	21.5	18.5	16.5	14.5	13	11	8.5	7	6.5	5	4.5	3.5	3.5
	135	67.5	45	34	27	22.5	19.5	17	15	13.5	11.5	9	7.5	7	5.5	4.5	4	3.5
	140	70	46.5	35	28	23.5	20	17.5	15.5	14	11.5	9.5	8	7	5.5	4.5	4	3.5
	145	72.5	48.5	36.5	29	24	20.5	18	16	14.5	12	9.5	8	7.5	6	5	4	3.5
	150	75	50	37.5	30	25	21.5	19	16.5	15	12.5	10	8.5	7.5	6	5	4.5	4