

DETERMINING YOUR BREAKFAST I:C RATIO

To determine your insulin-to-carbohydrate ratio for any one meal, keep track of your blood glucose level before the meal, how many grams of carbohydrate you ate at the meal, how many units of insulin you used in your premeal bolus, and your blood glucose level 3–4 hours after the meal for about 10–14 days. Ideally, your blood glucose level before the meal and 3–4 hours later should vary by no more than 30 mg/dl. Here's what your log might look like:

DATE	PREBREAKFAST BLOOD GLUCOSE LEVEL	GRAMS OF CARBOHYDRATE EATEN AT BREAKFAST	BOLUS INSULIN DOSE	PRELUNCH BLOOD GLUCOSE LEVEL	COMMENTS
6/1	175 mg/dl	50	6.5 units	101 mg/dl	A 1:8 ratio (50/6.5) makes blood glucose drop
6/2	83 mg/dl	50	4.0 units	78 mg/dl	1:12 held BG steady
6/3	62 mg/dl	75	5.0 units	226 mg/dl	Don't count; low to start
6/4	151 mg/dl	50	6.0 units	93 mg/dl	1:8 makes BG drop
6/5	210 mg/dl	40	6.0 units	113 mg/dl	1:7 makes BG drop a lot
6/6	75 mg/dl	75	5.0 units	180 mg/dl	1:15 makes BG rise
6/7	123 mg/dl	50	5.0 units	86 mg/dl	1:10 makes BG drop a bit
6/8	99 mg/dl	125	9.0 units	52 mg/dl	1:14 makes BG drop (although this breakfast was unusual)
6/9	97 mg/dl	30	2.5 units	114 mg/dl	1:12 held BG steady
6/10	154 mg/dl	65	3.0 units	274 mg/dl	1:20 makes BG rise a lot
6/11	295 mg/dl	20	7.0 units	65 mg/dl	1:3 makes BG drop a lot
6/12	168 mg/dl	60	5.0 units	171 mg/dl	1:12 held BG steady

Diabetes Self-Management, "Tune In To Your Ratio(s)" by Gary Scheiner, MS, CDE

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