

Possible methods for the calculation of the Carbohydrate to Insulin Ratio (CIR)

1.) Try and error method → 1U for 10g CH or 0.5U for 10g CH in slim persons

2.) Weight based method → different formulas;

for example  $5.7 \times \text{Weight (kg)} \div \text{TDD (total daily insulin dose)}$

3.) Based on previous carbohydrate needs (also in the Pocket Guide)

The previous insulin requirement was 40 U per day, the previous daily carbohydrate amount was 240 g. 50% of the insulin requirement, i.e. 20 U, is needed for 240 g of carbohydrates. This corresponds to 0.83 U per 10g CH.

4.) The rule of 500 (or 300 or 400) →  $500 \text{ (or 300 or 400)} \div \text{TDD}$

5.) Howorka – Algorithms (Kinga Howorka, method in books, developed by experience)