

To use this wheel:

1. Turn small (upper) wheel to line up open wedge with amount of carbohydrate in meal.
2. Test your blood glucose. 3. Find range for your current blood glucose next to open wedge.
4. Insulin dosage appears in open wedge next to glucose range.



Approximate carbohydrate content of some foods: (1 cup = 240 ml)

1 slice of bread	15 gm	1 small apple or pear (4 oz.)	15 gm
1 cup cereal or potatoes	30 gm	1 small banana (4 oz.)	15 gm
1 cup rice or pasta	45 gm	1 large apple or pear (8 oz.)	30 gm
1 cup cooked dried beans	30 gm	1 large banana (8 oz.)	30 gm
1 cup peas or corn	30 gm	15 chips (crisps) (about 1 oz.)	15 gm
1 cup of fruit juice	30-45 gm	1 cup ice cream	30-45 gm
1 cup milk	15 gm	1 small frosted cupcake	30 gm
1 med. orange or peach (7 oz.)	15 gm	1 medium slice pizza	30 gm



IMPORTANT NOTICE:

Use only after instruction from your healthcare professional. Check your insulin-to-carbohydrate ratio and blood glucose correction scale with your healthcare professional. Insulin dosages are suggestions only and may need adjustment based on other factors.

