

NAME _____ LAST 4 _____ DATE _____

CarbFoodRecog _____ CarbFoodCount _____ Food Label _____ Insight _____ Hypoglycemia _____ CarbMealCount _____

Carbohydrate Quiz *The correct answers are circled below. An X indicates a wrong answer.*

		Does the food have carbohydrate?			
1. Bread	Yes	No	Don't Know	Never eat this food	
2. Breakfast sausages	Yes	No	Don't Know	Never eat this food	
3. Baked potato	Yes	No	Don't Know	Never eat this food	
4. Regular Maple Syrup	Yes	No	Don't Know	Never eat this food	
5. American cheese	Yes	No	Don't Know	Never eat this food	
6. Low-fat Milk	Yes	No	Don't Know	Never eat this food	
7. Apple juice	Yes	No	Don't Know	Never eat this food	
8. Soda pop (not diet)	Yes	No	Don't Know	Never eat this food	
9. Cooked dried beans (e.g. navy beans, lentils)	Yes	No	Don't Know	Never eat this food	
10. Apple	Yes	No	Don't Know	Never eat this food	
11. Sugar	Yes	No	Don't Know	Never eat this food	
12. Butter	Yes	No	Don't Know	Never eat this food	
13. Cooked rice	Yes	No	Don't Know	Never eat this food	
14. plain grilled chicken	Yes	No	Don't Know	Never eat this food	
15. Blackberry jam	Yes	No	Don't Know	Never eat this food	
16. Cooked spaghetti noodles (no sauce)	Yes	No	Don't Know	Never eat this food	
17. Canned Spaghetti sauce (tomato)	Yes	No	Don't Know	Never eat this food	
18. Hamburger patty	Yes	No	Don't Know	Never eat this food	
19. Honey	Yes	No	Don't Know	Never eat this food	

		How many carb choices does the portion contain? <i>Correct answers are circled on the scale below.</i>		
20. 1 cup milk (1 cup = 1 choice)	0 <u>1</u> 2 3 4 5	<input type="radio"/>	Never eat this food	<input type="radio"/>
21. 1 cup pasta (1/3 cup = 1 choice)	0 1 2 <u>3</u> 4 5	<input type="radio"/>	Never eat this food	<input type="radio"/>
22. 1 cup cooked rice (1/3 cup = 1 choice)	0 1 2 <u>3</u> 4 5	<input type="radio"/>	Never eat this food	<input type="radio"/>
23. 1 cup juice (1/2 cup = 1 choice)	0 1 <u>2</u> 3 4 5	<input type="radio"/>	Never eat this food	<input type="radio"/>
24. 1 cup hot cereal (1/2 cup = 1 choice)	0 1 <u>2</u> 3 4 5	<input type="radio"/>	Never eat this food	<input type="radio"/>
25. 1 cup cooked dried beans (1/2 cup = 1 choice)	0 1 <u>2</u> 3 4 5	<input type="radio"/>	Never eat this food	<input type="radio"/>
26. 1 cup mashed potatoes (1/2 cup = 1 choice)	0 1 <u>2</u> 3 4 5	<input type="radio"/>	Never eat this food	<input type="radio"/>

		How many grams of carbohydrates does the portion contain? <i>Correct answers are circled on the scale below.</i>		
20. 1 cup milk 1 choice= 15g	0g <u>15g</u> 30g 45g 60g 75g	<input type="radio"/>	Never eat this food	<input type="radio"/>
21. 1 cup pasta 3 choices= 45g	0g 15g 30g <u>45g</u> 60g 75g	<input type="radio"/>	Never eat this food	<input type="radio"/>
22. 1 cup cooked rice 3 choices= 45g	0g 15g 30g <u>45g</u> 60g 75g	<input type="radio"/>	Never eat this food	<input type="radio"/>
23. 1 cup juice 2 choices= 30g	0g 15g <u>30g</u> 45g 60g 75g	<input type="radio"/>	Never eat this food	<input type="radio"/>
24. 1 cup hot cereal 2 choices= 30g	0g 15g <u>30g</u> 45g 60g 75g	<input type="radio"/>	Never eat this food	<input type="radio"/>
25. 1 cup cooked dried beans 2 choices= 30g	0g 15g <u>30g</u> 45g 60g 75g	<input type="radio"/>	Never eat this food	<input type="radio"/>
26. 1 cup mashed potatoes= 2 choices	0g 15g <u>30g</u> 45g 60g 75g	<input type="radio"/>	Never eat this food	<input type="radio"/>

The correct answers are circled. Arrows point to the correct information on the food label.

27. Looking at the Nutrition Facts label **to the right**, what is the serving size?

Don't know **1 cup** 2 cups 4 cups

28. For one serving, how much carbohydrate would you eat, in grams?

Don't know 228 g 5 g **31 g**

29. If you ate the whole package, how many cups would you eat?

Don't know 1 cup **2 cups** 4 cups

30. If you ate the whole package, how much carbohydrate would you eat, in grams?

Don't know 456 g 10 g **62 g**

Nutrition Facts

Serving Size 1 cup (228g) ←
Servings Per Container 2 ←

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%** ←

Dietary Fiber 0g **0%**

Sugar 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

The correct answers are circled below.

31. Which will make your blood sugar go up higher: eating 3 carbs or 5 carbs?

circle the best answer Don't know 3 **5**

32. A good blood sugar reading just before a meal would be

circle the best answer Don't know 60 **110** 180

33. A good blood sugar reading 2 hours after a meal would be

circle the best answer Don't know 60 **140** 220

34. One "carb choice" is equal to how many grams of carbohydrates?

circle the best answer Don't know **15** 5 25

35. One carb choice will bring up your blood sugar by how many points?

circle the best answer Don't know 500 10 **50**

36. Which of these carb foods will bring up your blood sugar the **fastest**?

circle the best answer Don't know **glucose tablets** candy bar bread

37. You are going to mow the grass, which takes about 30 minutes of solid work. By how many points do you expect your blood sugar to go down?

circle the best answer Don't know 25 **50** 150

38. You just walked fast for one hour and you start to feel shaky and nervous. Before you started walking, your blood sugar was 160. What is it now?

circle the best answer Don't know 210 160 **60**

39. You get a low blood sugar of 50. How many hard candies should you eat to bring up your blood sugar 50 points?

circle the best answer Don't know 1 **5** 10

The correct answers are circled below.

<p>40. You eat breakfast : 2 eggs= 0 carb choices 2 Sausage patties= 0 carb choices Coffee, black, 2 cups with Equal sweetener= 0 carb choices</p>	<p>Circle the best answer →</p>	<p>How many carb choices does this meal contain? 0 1 2 3 4 5 6 7 8 o Don't know</p>
<p>41. You eat lunch: 1 sandwich= 2 carb choices (2 slices bread) Fruit juice, 20 oz bottle= 5 carb choices (4 oz fruit juice = 1 carb choice) 1 Dill pickle</p>	<p>Circle the best answer →</p>	<p>How many carb choices does this meal contain? 0 1 2 3 4 5 6 7 8 o Don't know</p>
<p>42. You eat a snack: 1 large banana= 2 carb choices</p>	<p>Circle the best answer →</p>	<p>How many carb choices does this meal contain? 0 1 2 3 4 5 6 7 8 o Don't know</p>
<p>43. You eat supper: Half (4 pieces) of a large pizza= 8 carb choices (2 for each slice) Green salad= 0 carb choices Iced tea, with Equal= 0 carb choices</p>	<p>Circle the best answer →</p>	<p>How many carb choices does this meal contain? 0 1 2 3 4 5 6 7 8 o Don't know</p>

