

NAME \_\_\_\_\_ LAST 4 \_\_\_\_\_ DATE \_\_\_\_\_

CarbFoodRecog \_\_\_\_\_ CarbFoodCount \_\_\_\_\_ Food Label \_\_\_\_\_ Insight \_\_\_\_\_ Hypoglycemia \_\_\_\_\_ CarbMealCount \_\_\_\_\_

**Carbohydrate Quiz (paper-based version)**

	<b>Does the food have carbohydrate?</b>			
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

**Please choose one table to fill out**

	How many <b>carb choices</b> does the portion contain? <i><b>please circle on the scale below or mark the other choices</b></i>			
20. 1 cup milk	<u>0</u> 1 2 3 4 5	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
21. 1 cup pasta	<u>0</u> 1 2 3 4 5	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
22. 1 cup cooked rice	<u>0</u> 1 2 3 4 5	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
23. 1 cup juice	<u>0</u> 1 2 3 4 5	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
24. 1 cup hot cereal	<u>0</u> 1 2 3 4 5	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
25. 1 cup cooked dried beans	<u>0</u> 1 2 3 4 5	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
26. 1 cup mashed potatoes	<u>0</u> 1 2 3 4 5	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	

**OR**

	How many <b>grams of carbohydrates</b> does the portion contain? <i><b>please circle choice on scale below</b></i>			
20. 1 cup milk	<u>0g</u> 15g 30g 45g 60g 75g	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
21. 1 cup pasta	<u>0g</u> 15g 30g 45g 60g 75g	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
22. 1 cup cooked rice	<u>0g</u> 15g 30g 45g 60g 75g	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
23. 1 cup juice	<u>0g</u> 15g 30g 45g 60g 75g	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
24. 1 cup hot cereal	<u>0g</u> 15g 30g 45g 60g 75g	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
25. 1 cup cooked dried beans	<u>0g</u> 15g 30g 45g 60g 75g	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	
26. 1 cup mashed potatoes	<u>0g</u> 15g 30g 45g 60g 75g	<input type="radio"/> Never eat this food	<input type="radio"/> Don't know	

**For each question circle the best answer below.**

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

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

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