

Michigan Diabetes Research and Training Center's Revised Diabetes Knowledge Test

1. The diabetes diet is:
 - a. the way most American people eat
 - b.* a healthy diet for most people
 - c. too high in carbohydrate for most people
 - d. too high in protein for most people
2. Which of the following is highest in carbohydrate?
 - a. Baked chicken
 - b. Swiss cheese
 - c.* Baked potato
 - d. Peanut butter
3. Which of the following is highest in fat?
 - a.* Low fat (2%) milk
 - b. Orange juice
 - c. Corn
 - d. Honey
4. Which of the following is a "free food"?
 - a. Any unsweetened food
 - b. Any food that has "fat free" on the label
 - c. Any food that has "sugar free" on the label
 - d.* Any food that has less than 20 calories per serving
5. A1C is a measure of your average blood glucose level for the past:
 - a. day
 - b. week
 - c.* 6-12 weeks
 - d. 6 months
6. Which is the best method for home glucose testing?
 - a. Urine testing
 - b.* Blood testing
 - c. Both are equally good
7. What effect does unsweetened fruit juice have on blood glucose?
 - a. Lowers it
 - b.* Raises it
 - c. Has no effect
8. Which should not be used to treat a low blood glucose?
 - a. 3 hard candies
 - b. 1/2 cup orange juice
 - c.* 1 cup diet soft drink
 - d. 1 cup skim milk
9. For a person in good control, what effect does exercise have on blood glucose?
 - a.* Lowers it
 - b. Raises it
 - c. Has no effect
10. What effect will an infection most likely have on blood glucose?
 - a. Lowers it
 - b.* Raises it
 - c. Has no effect
11. The best way to take care of your feet is to:
 - a.* look at and wash them each day
 - b. massage them with alcohol each day
 - c. soak them for one hour each day
 - d. buy shoes a size larger than usual
12. Eating foods lower in fat decreases your risk for:
 - a. nerve disease
 - b. kidney disease
 - c.* heart disease
 - d. eye disease
13. Numbness and tingling may be symptoms of:
 - a. kidney disease
 - b.* nerve disease
 - c. eye disease
 - d. liver disease
14. Which of the following is usually not associated with diabetes:
 - a. vision problems
 - b. kidney problems
 - c. nerve problems
 - d.* lung problems
15. Signs of ketoacidosis (DKA) include:
 - a. shakiness
 - b. sweating
 - c.* vomiting
 - d. low blood glucose
16. If you are sick with the flu, you should:
 - a. Take less insulin
 - b. Drink less liquids
 - c. Eat more proteins
 - d.* Test blood glucose more often
17. If you have taken rapid-acting insulin, you are most likely to have a low blood glucose reaction in:
 - a.* Less than 2 hours
 - b. 3-5 hours
 - c. 6-12 hours
 - d. More than 13 hours
18. You realize just before lunch that you forgot to take your insulin at breakfast. What should you do now?
 - a. Skip lunch to lower your blood glucose
 - b. Take the insulin that you usually take at breakfast
 - c. Take twice as much insulin as you usually take at breakfast
 - d.* Check your blood glucose level to decide how much insulin to take
19. If you are beginning to have a low blood glucose reaction, you should:
 - a. exercise
 - b. lie down and rest
 - c.* drink some juice
 - d. take rapid-acting insulin
20. A low blood glucose reaction may be caused by:
 - a.* too much insulin
 - b. too little insulin
 - c. too much food
 - d. too little exercise
21. If you take your morning insulin but skip breakfast, your blood glucose level will usually:
 - a. increase
 - b.* decrease
 - c. remain the same
22. High blood glucose may be caused by:
 - a.* not enough insulin
 - b. skipping meals
 - c. delaying your snack
 - d. skipping your exercise
23. A high blood glucose reaction may be caused by:
 - a.* heavy exercise
 - b. infection
 - c. overeating
 - d. not taking your insulin

* Correct answer

Note: For non-US patient populations, we recommend reviewing the terms used in items 1, 2, 3, 4 and 8 for appropriateness.