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# Carbohydrate Quiz

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## Which foods are Carbohydrates (Carbs)?

Bread	Yes	No	Unsure	Never eat this food
Breakfast Sausages	Yes	No	Unsure	Never eat this food
Baked Potato	Yes	No	Unsure	Never eat this food
Regular Maple Syrup	Yes	No	Unsure	Never eat this food
American Cheese	Yes	No	Unsure	Never eat this food
Low-Fat Milk	Yes	No	Unsure	Never eat this food
Apple Juice	Yes	No	Unsure	Never eat this food
Soda Pop (not diet)	Yes	No	Unsure	Never eat this food
Cooked Dried Beans (Navy beans, lentils)	Yes	No	Unsure	Never eat this food
Apple	Yes	No	Unsure	Never eat this food
Sugar	Yes	No	Unsure	Never eat this food
Butter	Yes	No	Unsure	Never eat this food
Cooked Rice	Yes	No	Unsure	Never eat this food
Plain Grilled Chicken	Yes	No	Unsure	Never eat this food
Blackberry Jam	Yes	No	Unsure	Never eat this food
Cooked Spaghetti Noodles (no sauce)	Yes	No	Unsure	Never eat this food
Canned Spaghetti Sauce (tomato)	Yes	No	Unsure	Never eat this food
Hamburger Patty	Yes	No	Unsure	Never eat this food
Honey	Yes	No	Unsure	Never eat this food

## How many Carb Choices does the portion contain?

1 Cup Milk	0 1 2 3 4 5	Unsure	Never eat this food
1 Cup Pasta	0 1 2 3 4 5	Unsure	Never eat this food
1 Cup Cooked Rice	0 1 2 3 4 5	Unsure	Never eat this food
1 Cup 100% Juice	0 1 2 3 4 5	Unsure	Never eat this food
1 Cup Hot Cereal	0 1 2 3 4 5	Unsure	Never eat this food
1 Cup Cooked Dried Beans	0 1 2 3 4 5	Unsure	Never eat this food
1 Cup Mashed Potatoes	0 1 2 3 4 5	Unsure	Never eat this food

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## How many grams of carbohydrate does the portion contain?

1 Cup Milk	0g	15g	30g	45g	60g	75g
1 Cup Pasta	0g	15g	30g	45g	60g	75g
1 Cup Cooked Rice	0g	15g	30g	45g	60g	75g
1 Cup 100% Juice	0g	15g	30g	45g	60g	75g
1 Cup Hot Cereal	0g	15g	30g	45g	60g	75g
1 Cup Cooked Dried Beans	0g	15g	30g	45g	60g	75g
1 Cup Mashed Potatoes	0g	15g	30g	45g	60g	75g

## Circle the best answer

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

3    5    Unsure

A good blood sugar reading just before a meal would be?

60    110    180    Unsure

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

60    140    220    Unsure

One “carb choice” is equal to how many grams of carbohydrates?

15    5    25    Unsure

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

500    10    50    Unsure

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

Glucose tablets    Candy bar    Bread    Unsure

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?

25    50    150    Unsure

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?

210    160    60    Unsure

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

1    5    10    Unsure

## How many Carb Choices do these meals contain?

Breakfast: 2 eggs and 2 sausage patties. 2 cups black coffee with sweetener.

0    1    2    3    4    5    6    7    8    Unsure

Lunch: 1 sandwich, 1 dill pickle and 1-20-ounce bottle of fruit juice.

0    1    2    3    4    5    6    7    8    Unsure

Snack: 1 large banana

0    1    2    3    4    5    6    7    8    Unsure

Supper: Half (4 pieces) of a large pizza, green salad and iced tea with sweetener.

0    1    2    3    4    5    6    7    8    Unsure

## For each question circle the best answer

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories 260</b> Calories from Fat 120	
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugar 5g	
<b>Protein</b> 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%

Look at the Nutrition Facts label, what is the serving size?

1 cup            2 cups            4 cups            Unsure

For one serving, how many carbohydrates would you eat in grams?

228g            5g            31g            Unsure

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

1 cup            2 cups            4 cups            Unsure

If you ate the whole package, how many carbohydrates would you eat in grams?

456g            10g            62g            Unsure