# **Carbohydrate Quiz Answers**

#### 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	Yes	No	Unsure	Never eat this food
(Navy beans, lentils)				
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	Yes	No	Unsure	Never eat this food
(no sauce)				
Canned Spaghetti Sauce	Yes	No	Unsure	Never eat this food
(tomato)				
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 <b>1</b> 2345	Unsure	Never eat this food
1 Cup Pasta	012 <b>3</b> 45	Unsure	Never eat this food
1 Cup Cooked Rice	012 <b>3</b> 45	Unsure	Never eat this food
1 Cup 100% Juice	01 <b>2</b> 345	Unsure	Never eat this food
1 Cup Hot Cereal	01 <b>2</b> 345	Unsure	Never eat this food
1 Cup Cooked Dried Beans	01 <b>2</b> 345	Unsure	Never eat this food
1 Cup Mashed Potatoes	01 <b>2</b> 345	Unsure	Never eat this food



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

1 Cup Milk	Og	15g	30g	45g	60g	75g
1 Cup Pasta	Og	15g	30g	<b>45g</b>	60g	75g
1 Cup Cooked Rice	Og	15g	30g	<b>45g</b>	60g	75g
1 Cup 100% Juice	Og	15g	<b>30g</b>	45g	60g	75g
1 Cup Hot Cereal	Og	15g	30g	45g	60g	75g
1 Cup Cooked Dried Beans	Og	15g	<b>30g</b>	45g	60g	75g
1 Cup Mashed Potatoes	Og	15g	<b>30g</b>	45g	60g	75g

#### Circle the best answer

Which will make your blood sugar go up higher: eating 3 carbs or 5 carbs? Unsure 3 5 A good blood sugar reading just before a meal would be? 180 Unsure 60 110 A good blood sugar reading 2 hours after a meal would be? 220 Unsure 60 140 One "carb choice" is equal to how many grams of carbohydrates? 25 Unsure 15 5 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

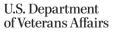
You are going to mow the grass, which takes about 30 minutes of solid work. By how many points do you expect your blood sugar to go down? 25 **50** 150 Unsure

You just walked fast for one hour and you start to feel shaky and nervous. Before you started walking, you 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?

Brea	kfast: 2	2 eggs a	and 2 s	ausage	patties	s. 2 cu	ps blac	k coffe	e with sweetener.	
0	1	2	3	4	5	6	7	8	Unsure	
Lun	h. 1 an	ndurial		nieldo	and 1		aa hatt	lo of fr	uit iuioo	
Lune	m. i sa	nawici		-					uit juice.	
0	1	2	3	4	5	6	7	8	Unsure	
Snac	k: 1 lar	ge ban	ana							
0	1	2	3	4	5	6	7	8	Unsure	
			0	•	0		,			
~										
Sup	ber: Ha	alf (4 p	ieces)	of a lar	ge pizza	a, greei	n salad	and ice	ed tea with sweetener.	
Supp o	per: Ha	alf (4 p 2	ieces) 3	of a lar 4	•••	. 0	n salad 7		ed tea with sweetener. Unsure	

### For each question circle the best answer

Nutrition Facts	Look at the Nutrition Facts label, what is the serving size?						
Serving Size 1 cup (228g) Servings Per Container 2	1 cup	2 cups	4 cups	Unsure			
Amount Per Serving Calories 260 Calories from Fat 120	For one serving, how many carbohydrates would you eat in grams?						
% Daily Value*	228g	5g	31g	Unsure			
Total Fat 13g 20%   Saturated Fat 5g 25%	If you ate the whole package, how many cups would you eat?						
Cholesterol 30mg 10%   Sodium 660mg 28%	1 cup	2 cups	4 cups Unsure				
Total Carbohydrate 31g10%Dietary Fiber 0g0%	Ĩ	•		1			
Sugar 5g If you ate the whole package, how many carbohydrates would you eat in grams?							
Protein 5g	456g	10g	62g	Unsure			
Vitamin A 4% Vitamin C 2%   Calcium 15% Iron 4%							

