

Carbohydrate Counting Quiz

For health professionals only:

Date quiz completed: _____

What is the most recent hemoglobin A1c? _____ %

What date was it completed? _____ \ _____ \ _____
Year Month Day

Patients start here:

Please answer all the questions below. Complete the quiz at the diabetes clinic without the help of handouts, mobile apps, internet sites, or educators.

1. Who completed this quiz? ☐ Myself ☐ Myself and a parent ☐ Other: _____

Carbohydrate Food Recognition

Does this food have carbohydrate?		Please check one answer for each food item. If you don't know the carbohydrate content, you can check "Don't know."		
2	Bread	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
3	Cucumber	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
4	Baked potato	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
5	Regular table syrup	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
6	Cheese	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
7	Milk	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
8	Orange juice	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
9	Pop (not diet)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
10	Chili with kidney beans	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
11	Apple	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
12	Sugar	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
13	Butter	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
14	Plain grilled chicken	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
15	Regular strawberry jam	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
16	Canned spaghetti sauce (tomato)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
17	Ground beef	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
18	Honey	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
19	Corn	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know

Carbohydrate Food Counting

Select the best answer only

How many grams of carbohydrates are in this portion of food?	Select the grams of carbohydrate in this column	Select this column if you don't know
20 1 cup (250 mL) skim milk	<input type="radio"/> 0 <input type="radio"/> 15 <input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75	<input type="radio"/> Don't know
21 1 cup (250 mL) cooked pasta	<input type="radio"/> 0 <input type="radio"/> 15 <input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75	<input type="radio"/> Don't know
22 1 cup (250 mL) cooked rice	<input type="radio"/> 0 <input type="radio"/> 15 <input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75	<input type="radio"/> Don't know
23 1 cup (250 mL) unsweetened apple juice	<input type="radio"/> 0 <input type="radio"/> 15 <input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75	<input type="radio"/> Don't know
24 1 cup (250 mL) mashed potatoes	<input type="radio"/> 0 <input type="radio"/> 15 <input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75	<input type="radio"/> Don't know

Food Labels

Nutrition Facts	
Serving size 1 cup (228 g)	
Servings per package 2	
Amount	% Daily Value
Calories 260	
Fat 13 g	20 %
Saturated 5 g	25 %
+ Trans 0 g	
Cholesterol 30 mg	
Sodium 660 mg	28 %
Carbohydrate 31 g	10 %
Fibre 2 g	8 %
Sugars 8 g	
Protein 5 g	

Use the Nutrition Facts table above to answer the questions below. Please select the best answer.		
25 For one serving, how much available carbohydrate would you eat in grams?	228 g <input type="radio"/> 41 g <input type="radio"/> 31 g <input type="radio"/> 29 g <input type="radio"/>	Don't know <input type="radio"/>
26 If you ate the whole package, how many cups would you eat?	1 cup <input type="radio"/> 2 cups <input type="radio"/> 4 cups <input type="radio"/>	Don't know <input type="radio"/>
27 If you ate the whole package, how much available carbohydrate would you eat?	456 g <input type="radio"/> 82 g <input type="radio"/> 62 g <input type="radio"/> 58 g <input type="radio"/>	Don't know <input type="radio"/>

Insight

		Please check ✓ the best answer	Check this column if you don't know
28	Which of these will raise your blood sugars the fastest?	<input type="checkbox"/> Watermelon <input type="checkbox"/> Chocolate bar <input type="checkbox"/> Whole wheat bread	<input type="checkbox"/> Don't know
29	Which of these will raise your blood sugars the slowest?	<input type="checkbox"/> Plain 2% yogurt <input type="checkbox"/> Plain 2% yogurt with cherries <input type="checkbox"/> Plain 2% yogurt with nuts	<input type="checkbox"/> Don't know
30	Which of these will raise your blood sugars the fastest?	<input type="checkbox"/> Mini Wheats® frosted cereal <input type="checkbox"/> Rice Krispies® cereal <input type="checkbox"/> All-bran™ breakfast cereal	<input type="checkbox"/> Don't know
31	15 grams of carbohydrate will bring up your blood sugar by about how much? (mmol/L)	<input type="checkbox"/> 0.5 <input type="checkbox"/> 2.1 <input type="checkbox"/> 10.0	<input type="checkbox"/> Don't know
32	If you consumed only white bread, how long would it take your blood sugars to peak?	<input type="checkbox"/> 30 minutes to 1 hour <input type="checkbox"/> 2 to 3 hours <input type="checkbox"/> 4 to 5 hours	<input type="checkbox"/> Don't know

Carbohydrate Counting in Meals

How many grams of carbohydrate does this meal or snack contain?	Select the best answer (grams)	
33 Breakfast: 2 eggs 2 toast 2 tbsp (30 mL) regular strawberry jam 1 cup (250 mL) 1% milk	0 15 30 45 60 75 90 105 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Don't know <input type="checkbox"/>
34 Lunch: 1 sandwich with 2 slices turkey 1 dill pickle 3 (28g) digestive cookies 2 cups (500 mL) apple juice	0 15 30 45 60 75 90 105 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Don't know <input type="checkbox"/>
35 Snack: 1 large banana	0 15 30 45 60 75 90 105 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Don't know <input type="checkbox"/>
36 Dinner: 1 cheeseburger with bun 1 cup (250 mL) green salad 1 tbsp (15 mL) regular ranch dressing 1 cup (250 mL) 2% milk	0 15 30 45 60 75 90 105 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Don't know <input type="checkbox"/>