

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 (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

How many grams of carbohydrate does the portion contain?

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

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%

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