



Participant Name: _____

Date: _____

Circle the correct answer. Only give the answers you are sure are correct.

1. What is diabetes?
 - a. Too much sugar or glucose in the blood
 - b. The body does not make or use insulin properly
 - c. Both A and B

2. Carbohydrates, which raise my blood sugar, are found in which foods?
 - a. Starch, fruit, milk, and starchy vegetables
 - b. Cheese, steak, chicken
 - c. Olive oil, butter, fish

3. Fill in the Blank: 1 Carb. Choice = _____ grams of carbohydrate
 - a. 5 grams
 - b. 15 grams
 - c. 20 grams

4. To avoid low blood sugar, the best time to exercise is...
 - a. Anytime
 - b. Before a meal
 - c. After a meal

5. If you have type 2 diabetes and are treated with medicine, you will be on the same medicine for the rest of your life.
 - a. True
 - b. False

6. A healthy blood sugar range for a person with diabetes is...
 - a. Less than 70
 - b. Greater than 240
 - c. Between 80-180

7. Low blood sugar is treated by...
 - a. Drinking water
 - b. Taking extra medication
 - c. Drinking or eating 15 grams of carbohydrate, retesting blood sugar in 15 minutes, repeat if needed

8. The best way to prevent complications is to control blood sugar levels
 - a. True
 - b. False

9. Stress can be...
 - a. Physical, such as an illness
 - b. Emotional, such as feeling upset
 - c. Mental, such as financial difficulties
 - d. All of the above

10. Changes I make to improve my HgbA1C can also improve my blood pressure and cholesterol. This will reduce my risk of heart attack and stroke.
 - a. True
 - b. False