



Name: _____

Date: _____

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

1. Diabetes is:
 - A. a temporary disorder which will go away by itself.
 - B. a Chronic Metabolic Disorder (will not go away) in which the body is unable to use glucose (blood sugar) properly.
 - C. a disorder where there is not enough blood cells to carry the glucose.
 - D. a disorder where there is not enough blood cells to carry the insulin.

2. Insulin is:
 - A. a hormone produced in the pancreas and increases the glucose in the blood.
 - B. a hormone that causes high blood glucose.
 - C. a hormone produced by the pancreas that moves glucose into the cells.
 - D. none of the above.

3. Stress can be:
 - A. physical, such as an illness.
 - B. emotional, such as being upset with friends or family.
 - C. mental, such as financial difficulties.
 - D. all of the above.

4. What foods are carbohydrates?
 - A. All the foods we eat
 - B. Fats and Proteins
 - C. Starches, vegetables, fruits and milk
 - D. None of the above

5. How many grams of carbohydrates are found in one serving?
 - A. 2 grams
 - B. 5 grams
 - C. 15 grams
 - D. 20 grams

6. Bacon and meats are examples of:
 - A. Fats and protein
 - B. Starches
 - C. Carbohydrates
 - D. Free

7. Saturated fat, which will clog up your arteries, is in which of the following foods?
 - A. Avocados
 - B. Carrots
 - C. Bacon
 - D. Bananas



8. What should you look for first, then second on a food label?
- A. Calories then fat grams
 - B. Sugar grams then fiber grams
 - C. Sodium mg. then protein grams
 - D. Serving size then total carbohydrate grams
9. If you are unable to eat because of illness, you should:
- A. Not eat or drink anything until you feel better
 - B. Drink fluids containing carbohydrates such as regular sodas, food supplements to replace the solid food in your meal plan
 - C. Stop taking your insulin and/or medication
 - D. None of the above
10. To avoid low blood sugar, the best time to exercise is
- A. anytime.
 - B. before a meal.
 - C. after a meal.
 - D. before bedtime.
11. It is important to take your medications when you are sick because the stress of being sick can raise your blood glucose levels even if you don't eat.
- A. True
 - B. False
12. A healthy blood sugar range for a person with diabetes is:
- A. less than 70.
 - B. greater than 240.
 - C. between 150 and 250.
 - D. between 80 and 180.
13. Hyperglycemia (high blood glucose) is caused by:
- A. too little insulin or insulin that has expired or "gone bad."
 - B. overeating, weight gain.
 - C. infection and/or stress.
 - D. all of the above.
14. Symptoms of hypoglycemia include:
- A. dizziness, shakiness.
 - B. sweating and hunger.
 - C. mental confusion.
 - D. A, B & C
15. Low blood sugar is treated by:
- A. drinking a large glass of water.
 - B. taking extra diabetes medication.
 - C. drinking/eating 1 carb serving; re-testing your blood sugar in 15 min, repeat as necessary.
 - D. none of the above.
16. The best way to prevent complications is to control blood sugar levels.
- A. True
 - B. False