

SUPPLEMENTARY DATA

TYPE 1 DIABETES NUTRITION KNOWLEDGE SURVEY

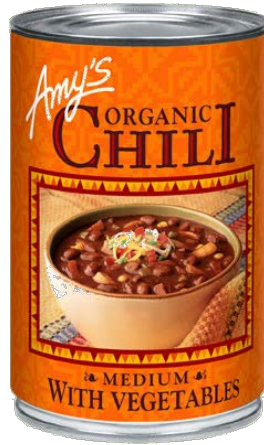
The following questions are about general nutrition and nutrition related to diabetes. For each question, choose what you think is the best answer. Select only ONE answer for each question.

1. Which of the following are benefits of eating fruits and vegetables?	(A) Good source of fiber	(B) Low in fat	(C) Good source of vitamins and minerals	(D) All of these
2. Which of the following foods is high in fiber?	(A) Corn flakes	(B) Kidney beans	(C) Pretzels	(D) White bread
3. Which of the following foods contains heart healthy fats?	(A) Beef	(B) Nuts	(C) Cheese	(D) Butter
4. Which of the following contains more than 15 grams of carbohydrate?	(A) 1 small (4 oz) apple	(B) 12-15 grapes	(C) 1 cup fresh strawberries	(D) 1 cup (8 oz) orange juice
5. Which of the following foods provides the most vitamins and minerals?	(A) French fries	(B) Baked sweet potato	(C) White rice	(D) Potato chips
6. Which of the following is <u>NOT</u> a whole grain food?	(A) Brown rice	(B) White bread	(C) Whole wheat bread	(D) Oatmeal
7. Whole grains are healthier than processed or refined grains because:	(A) They are higher in fiber	(B) They are naturally richer in nutrients	(C) Blood sugars rise more slowly after eating them	(D) All of these
8. If you ate 15 grams carbohydrate of each of the following foods, which would cause your blood sugar to rise the <u>slowest</u> ?	(A) Oatmeal	(B) Plain bagel	(C) Graham crackers	(D) All the same
9. If you ate 15 grams carbohydrate of each of the following foods, which would cause your blood sugar to rise the <u>fastest</u> ?	(A) Apple	(B) Apple juice	(C) Applesauce	(D) All the same
10. A juice labeled "No added sugar":	(A) Is a "free" food	(B) Contains no sugar	(C) Contains carbohydrate	(D) None of these

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- |   |                             |                        |                |                                   |
|---|-----------------------------|------------------------|----------------|-----------------------------------|
|   | (A)                         | (B)                    | (C)            | (D)                               |
| 11. Which of the following is <u>NOT</u> an example of a “free” food? | 3 slices of American cheese | 12 oz can of diet soda | ½ cup broccoli | ½ cup sugar-free gelatin (Jell-O) |

Use the Nutrition Facts label (right) for AMY'S KITCHEN CHILI to answer questions 12-15.



**Nutrition Facts**

Serving Size 1 cup  
Servings Per Container 2

Amount Per Serving

Calories 190      Calories from Fat 50

% Daily Value\*

Total Fat 6g      9%

Saturated Fat 0.5g      3%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 680mg      31%

Total Carbohydrate 30g      10%

Dietary Fiber 8g      30%

Sugars 6g

Protein 13g

Vitamin A 70%

Vitamin C 30%

Calcium 4%

Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

- |   |          |          |          |          |
|---|----------|----------|----------|----------|
|   | (A)      | (B)      | (C)      | (D)      |
| 12. How many cups are in this can of chili?   | ½ cup    | 1 cup    | 2 cups   | 4 cups   |
|   | (A)      | (B)      | (C)      | (D)      |
| 13. How many grams of fiber are in 1 cup of chili?  | 6 grams  | 8 grams  | 16 grams | 30 grams |
|   | (A)      | (B)      | (C)      | (D)      |
| 14. How many total grams of carbohydrate are in 1 serving of chili?                                   | 14 grams | 22 grams | 30 grams | 60 grams |
|   | (A)      | (B)      | (C)      | (D)      |
| 15. How many grams of carbohydrate would you use to calculate an insulin dose for 1 serving of chili? | 6 grams  | 14 grams | 22 grams | 30 grams |



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22. Small lettuce salad ( $\frac{3}{4}$ cup) with carrots, cucumbers, tomatoes, onion (no dressing)	Ⓐ Less than 5 grams	Ⓑ 10 grams	Ⓒ 20 grams	Ⓓ 30 grams
23. 1 cup cooked green beans	Ⓐ Less than 5 grams	Ⓑ 5 grams	Ⓒ 10 grams	Ⓓ 15 grams