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 <u>best</u> answer. Select only <u>ONE</u> answer for each question.

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

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(A) (B) (C) (D)

11. Which of the following is NOT an example of a "free" food?

American cheese diet soda broccoli gelatin (Jell-O)

Use the Nutrition Facts label (right) for <u>AMY'S KITCHEN CHILI</u> 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 30	g 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.			

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

Use the Nutrition Facts label (right) for <u>GATORADE</u> to answer questions 16-18.



Nutrition Facts

Serving Size 8 oz (250 ml) Servings Per Container 2.5

Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 110mg	5%
Potassium 30mg	1%
Total Carbohydrate 14g	5%
Sugars 14g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, iron. *Percent Daily Values are based on a 2,000 calorie diet.

16. How many servings are in this bottle of Gatorade?	(A) 1 serving	® 2.5 servings	© 5 servings	① 8 servings
17. How many grams of carbohydrate are in1 serving of Gatorade?	(A)	®	©	①
	14 grams	28 grams	35 grams	70 grams
18. How many grams of carbohydrate are in this bottle of Gatorade?	(A)	®	©	①
	14 grams	28 grams	35 grams	70 grams

Questions 18-23 are about the number of carbohydrate in different foods. For the food listed in each question, choose the <u>ONE</u> answer that best matches or is closest to the number of carbohydrate in that food.

19. 1 cup (8 oz) low-fat milk	(A)	®	©	①
	6 grams	8 grams	12 grams	20 grams
20. 1 cup cooked spaghetti (white, not whole wheat)	(A)	®	©	©
	20 grams	30 grams	45 grams	65 grams
21. ½ cup corn	(A)Less than5 grams	® 5 grams	© 20 grams	① 30 grams

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 Small lettuce salad (¾ cup) with carrots, cucumbers, tomatoes, onion (no dressing) 	(A) Less than 5 grams	B 10 grams	© 20 grams	① 30 grams
23. 1 cup cooked green beans	(A) Less than 5 grams	® 5 grams	© 10 grams	① 15 grams