

Name _____ Date _____
DOB _____

Diabetes Pre-Test
(Circle the correct answer)

1. What is diabetes?
 - a. The body does not digest food very well.
 - b. The body makes too much insulin and the blood sugar falls.
 - c. The body doesn't make enough insulin or can't use the insulin it produces and the blood sugar goes up.

2. Low blood sugar (hypoglycemia) is caused by:
 - a. Stress
 - b. Skipping meals or waiting too long to eat
 - c. Eating candy

3. High blood sugars (hyperglycemia) can damage the heart, eyes, kidneys and the nervous system.
 - a. True
 - b. False

4. What could you do to take good care of your feet in order to keep from injury or possible amputation?
 - a. Use home remedies to take care of calluses or other minor foot problems
 - b. Never go barefoot and inspect feet daily
 - c. Cut back on exercise

5. High blood sugar is caused by:
 - a. Skipping meals
 - b. Overeating, Sickness, or Stress
 - c. Exercise

6. Usual signs of low blood sugar include:
 - a. Sweaty, dizzy, shaky or irritable
 - b. Increased thirst, urinating more often, blurry vision
 - c. Leg cramps, nausea and vomiting

7. Usual signs of high blood sugar include:
 - a. Sweaty, dizzy, shaky or irritable
 - b. Increased thirst, urinating more often, blurry vision
 - c. Leg cramps, nausea and vomiting

8. Which of the items listed below would be best to first treat a low blood sugar?
 - a. ½ chocolate bar
 - b. ½ peanut butter sandwich
 - c. 4 ounces (1/2 cup) fruit juice

9. How can you lower high blood sugars?
 - a. eat 3 peppermints
 - b. drink plenty of fluids that don't have sugar
 - c. eat cheese crackers

10. Stress causes the blood sugar to:
 - a. Go up
 - b. Go down
 - c. Nothing happens

11. A healthy blood sugar range before eating is:
 - a. More than 150
 - b. Less than 70
 - c. 80-120

12. Eating carbohydrate makes your blood sugar go up.

- a. True
- b. False

Food Groups:

A. Starches and Starchy Vegetables

B. Non-starchy Vegetables

C. Fruit

D. Milk

E. Meat and Protein Choices

F. Fats, Sweets and Alcohol

13. To which food group do the following foods belong? (Put the letter of the food group on the line next to the food.)

_____ Bread

_____ Salad dressing

_____ Butter beans

_____ Ice cream

_____ Buttermilk

_____ Peanut butter

_____ Cheese

_____ Potato

_____ Broccoli

_____ Raisins

_____ Apple

_____ Chicken

_____ Rice

_____ Pecans

14. Food groups that contain carbohydrate include:

- a. Starches and Starchy Vegetables
- b. Fruit
- c. Milk
- d. All of the above

15. Food groups that may contain fat include:

- a. Fats, Sweets and Alcohol
- b. Milk
- c. Meat and Protein Choices
- d. All of the above

16. Calories from the different kinds of milk vary because they contain different amounts of fat.
- True
 - False
17. Which are examples of saturated fat (fats that can increase your risk of heart disease)?
- bacon
 - lard
 - fat back
 - butter
 - all of the above
18. Equal, Sweet and Low, and Splenda are sugar substitutes and may be used by people with diabetes to sweeten foods or liquids.
- True
 - False
19. A serving size of meat for most adults should equal:
- 1 hamburger patty (8-9 ounces)
 - 1 large chicken breast (6-8 ounces)
 - 1 small chicken breast (3-4 ounces)
 - 1 fried pork chop (6-8 ounces)
20. Which of the following equals ONE serving of carbohydrate?
- 1 cup whole kernel corn
 - 1 cup mashed potatoes
 - ½ cup broccoli
 - 1/3 cup rice or pasta