

## Michigan Diabetes Research and Training Center's Brief Diabetes Knowledge Test

1. The diabetes diet is:
  - a. the way most American people eat
  - b.\* a healthy diet for most people
  - c. too high in carbohydrate for most people
  - d. too high in protein for most people
2. Which of the following is highest in carbohydrate?
  - a. Baked chicken
  - b. Swiss cheese
  - c.\* Baked potato
  - d. Peanut butter
3. Which of the following is highest in fat?
  - a.\* Low fat milk
  - b. Orange juice
  - c. Corn
  - d. Honey
4. Which of the following is a "free food"?
  - a. Any unsweetened food
  - b. Any dietetic food
  - c. Any food that says "sugar free" on the label
  - d.\* Any food that has less than 20 calories per serving
5. Glycosylated hemoglobin (hemoglobin A1) is a test that is a measure of your average blood glucose level for the past:
  - a. day
  - b. week
  - c.\* 6-10 weeks
  - d. 6 months
6. Which is the best method for testing blood glucose?
  - a. Urine testing
  - b.\* Blood testing
  - c. Both are equally good
7. What effect does unsweetened fruit juice have on blood glucose?
  - a. Lowers it
  - b.\* Raises it
  - c. Has no effect
8. Which should not be used to treat low blood glucose?
  - a. 3 hard candies
  - b. 1/2 cup orange juice
  - c.\* 1 cup diet soft drink
  - d. 1 cup skim milk
9. For a person in good control, what effect does exercise have on blood glucose?
  - a.\* Lowers it
  - b. Raises it
  - c. Has no effect
10. Infection is likely to cause:
  - a.\* an increase in blood glucose
  - b. a decrease in blood glucose
  - c. no change in blood glucose
11. The best way to take care of your feet is to:
  - a.\* look at and wash them each day
  - b. massage them with alcohol each day
  - c. soak them for one hour each day
  - d. buy shoes a size larger than usual
12. Eating foods lower in fat decreases your risk for:
  - a. nerve disease
  - b. kidney disease
  - c.\* heart disease
  - d. eye disease
13. Numbness and tingling may be symptoms of:
  - a. kidney disease
  - b.\* nerve disease
  - c. eye disease
  - d. liver disease
14. Which of the following is usually not associated with diabetes:
  - a. vision problems
  - b. kidney problems
  - c. nerve problems
  - d.\* lung problems
15. Signs of ketoacidosis include:
  - a. shakiness
  - b. sweating
  - c.\* vomiting
  - d. low blood glucose
16. If you are sick with the flu, which of the following changes should you make?
  - a. Take less insulin
  - b. Drink less liquids
  - c. Eat more proteins
  - d.\* Test for glucose and ketones more often
17. If you have taken intermediate-acting insulin (NPH or Lente), you are most likely to have an insulin reaction in:
  - a. 1-3 hours
  - b.\* 6-12 hours
  - c. 12-15 hours
  - d. more than 15 hours
18. You realize just before lunch time that you forgot to take your insulin before breakfast. What should you do now?
  - a. Skip lunch to lower your blood glucose
  - b. Take the insulin that you usually take at breakfast
  - c. Take twice as much insulin as you usually take at breakfast
  - d.\* Check your blood glucose level to decide how much insulin to take
19. If you are beginning to have an insulin reaction, you should:
  - a. exercise
  - b. lie down and rest
  - c.\* drink some juice
  - d. take regular insulin
20. Low blood glucose may be caused by:
  - a.\* too much insulin
  - b. too little insulin
  - c. too much food
  - d. too little exercise
21. If you take your morning insulin but skip breakfast your blood glucose level will usually:
  - a. increase
  - b.\* decrease
  - c. remain the same
22. High blood glucose may be caused by:
  - a.\* not enough insulin
  - b. skipping meals
  - c. delaying your snack
  - d. large ketones in your urine
23. Which one of the following will most likely cause an insulin reaction:
  - a.\* heavy exercise
  - b. infection
  - c. overeating
  - d. not taking your insulin

\* Correct answer