

Michigan Diabetes Research and Training Center

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