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

DKT, Diabetes Research and Training Center
© University of Michigan, 1998