



## Diabetes and Food: Do you know the basics?

Diabetes is a serious health problem. However, there are things that you can do to lower your risk for eye, kidney, heart, and nerve damage that can result from high blood sugar levels. Blood sugar levels are greatly influenced by the foods you eat, physical activity, stress and medication.

Take the next couple minutes to write down the answers to the following questions. Compare your answers with the correct answers attached to this page. If you have difficulty answering these questions or get more than 3 wrong answers, it is strongly recommended that you make an appointment to see a registered dietitian.

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- 1) Which effects your blood sugar **more**, 1 tablespoon sugar or 1 slice white bread?
    - a) 1 tablespoon sugar
    - b) 1 slice white bread
  
  - 2) How do **carbohydrates** effect your blood sugar?
    - a) raises blood sugar levels
    - b) lowers blood sugar levels
    - c) causes blood sugars to remain in the blood stream longer
    - d) slows down how fast sugar enters the blood stream
    - e) It has little to no effect on blood sugar levels
  
  - 3) How does **protein** effect your blood sugar?
    - a) raises blood sugar levels
    - b) lowers blood sugar levels
    - c) causes blood sugars to remain in the blood stream longer
    - d) slows down how fast sugar enters the blood stream
    - e) It has little to no effect on blood sugar levels
  
  - 4) How does **fat** effect your blood sugar?
    - a) raises blood sugar levels
    - b) lowers blood sugar levels
    - c) causes blood sugars to remain in the blood stream longer
    - d) slows down how fast sugar enters the blood stream
    - e) It has little to no effect on blood sugar levels
  
  - 5) How does **fiber** effect your blood sugar?
    - a) raises blood sugar levels
    - b) lowers blood sugar levels
    - c) causes blood sugars to remain in the blood stream longer
    - d) slows down how fast sugar enters the blood stream
    - e) It has little to no effect on blood sugar levels

- 6) How does **sodium** (salt) effect your blood sugar?
- raises blood sugar levels
  - lowers blood sugar levels
  - causes blood sugars to remain in the blood stream longer
  - slows down how fast sugar enters the blood stream
  - It has little to no effect on blood sugar levels
- 7) Can you be overweight and still have good blood sugar control?
- Yes
  - No
- 8) Which food groups contain carbohydrates?
- grains/beans/starchy vegetables
  - fruit
  - vegetable
  - milk
  - meat
  - fat
- 9) How many servings of carbohydrates should you consume at a meal?
- 0g – 15 g
  - 15 g - 30 g
  - 45 g - 75 g
  - 75 g – 100 g
- 10) In general, how does exercise impact blood sugar levels?
- raises blood sugar levels
  - has little to no effect on blood sugar levels
  - lowers blood sugar levels
  - I don't know
- 11) If you went for a 30 minute walk in the afternoon, when would you need a snack?
- immediately before the walk
  - 1 hour before the walk
  - immediately after the walk
  - I don't need a snack
- 12) Having diabetes puts you at risk for developing cardiovascular (heart) disease. Another known risk factor is blood serum cholesterol values. What nutrient has the largest effect on blood serum cholesterol values?
- Monounsaturated fat
  - Saturated fat
  - Sodium
  - Carbohydrates

13) Alcohol:

- a) must be avoided for people with diabetes
- b) will increase blood sugar levels
- c) should be limited and taken only with food
- d) has little to no effect on diabetes

14) Caffeine:

- a) raises blood sugar levels
- b) lowers blood sugar levels
- c) causes blood sugars to remain in the blood stream longer
- d) slows down how fast sugar enters the blood stream
- e) has little to no effect on blood sugar levels

15) "No added sugar" foods (wafer or diabetic cookies and ice cream):

- a) raises blood sugar levels
- b) lowers blood sugar levels
- c) causes blood sugars to remain in the blood stream longer
- d) slows down how fast sugar enters the blood stream
- e) have little to no effect on blood sugar levels

## Answer Key

1. This was a trick question because they both **affect your blood sugar EQUALLY**. Recent studies show that regardless of the type of carbohydrate (sugar or starch) it is the total amount of carbohydrate that effects the rise in blood sugar levels. Both 1 tablespoon of sugar and 1 slice of bread provide 15 g of total carbohydrate.
2. a) Raises blood sugar levels
3. d) slows down how fast sugar enters the blood stream
4. c) causes blood sugar to remain in the blood stream longer
5. d) slows down how fast sugar enters the blood stream
6. e) it has little to no effect on blood sugar levels
7. a) yes
8. a) grains/beans/ starchy vegetables b)fruit d)milk
9. c) 45 g – 75 g
- 10.c) lowers blood sugar levels
- 11.d) I don't need a snack (Most people with diabetes do not need a snack for activity less than 45 minutes – 1 hour)
- 12.b) saturated fat
- 13.c) should be limited and taken only with food
- 14.e. has little to know effect on blood sugar levels
- 15.a) raises blood sugar levels

\_\_\_\_\_ **Correct**

13 – 15 Correct	Congratulations, you seem to understand the basic nutrition survival skills for diabetes care. You may want to consider seeing a dietitian to help further advance your nutritional knowledge and learn personal ways that you can meet these nutritional goals to decrease your risks for complications.
11 – 13 Correct	While you do have some knowledge of basic nutrition survival skills, some additional information would most likely help prevent diabetes-related complications. It is <b>highly suggested</b> that you schedule an appointment with a registered dietitian to review basic nutritional skills and how to apply these concepts in your life.
10 or less	You lack the basic nutrition survival skills to that are vital to diabetes related complications. Nutrition is one of the three main cornerstones in diabetes care. It is <b>STRONGLY</b> recommended that you schedule an appointment with a registered dietitian top learn these skills and how to apply them to your life.