

Questionnaire

1. The diabetics' diet is:
 - a. The way most people eat.
 - b. A healthy diet for most people.
 - c. Too high in carbohydrates for most people.
 - d. Too high in protein for most people.
2. Which of the following is highest in carbohydrates?
 - a. Baked chicken.
 - b. Cheese.
 - c. Baked potato.
 - d. Peanut butter.
3. Which of the following is highest in fat?
 - a. Low fat milk.
 - b. Orange juice.
 - c. Corns.
 - d. Honey.
4. Which of the following is a food which you can eat freely?
 - a. Any un-sweetened food.
 - b. Any dietic food.
 - c. Any food that says, "sugar free" on label.
 - d. Any food that has less than 20 calories per serving.
5. What is the effect of un-sweetened fruit juice on blood glucose?
 - a. Lowers it.
 - b. Raises it.
 - c. Has no effect.
6. Which should be used to treat low blood sugar:
 - a. 3 hard candies.
 - b. ½ cup orange juice.
 - c. 1 cup diet soft drink.
 - d. 1 cup skimmed milk.
7. A well-balanced diet includes:
 - a. Green leafy vegetables.
 - b. Fiber rich foods.
 - c. Low sugar, oil and fat.
 - d. High sugar, salt and oil.
8. Which of these foods has highest amount of sugar in them?
 - a. Fruit juices.
 - b. Potatoes.
 - c. Artificial sweeteners.
 - d. Diet soft drinks.
9. Which of these foods has highest amount of fat in them?
 - a. Butter / Margarine.
 - b. Brown bread.
 - c. Chicken.
 - d. Rice.
10. HbA1c test has some relationship with your diet?
 - a. No relation.
 - b. Strong relation.
 - c. It's just a routine test.
11. Which of the following contains highest amount of proteins?
 - a. Chicken and meat.
 - b. Fruits and vegetables.
 - c. Pulses and rice.
 - d. Cereals.
12. Food that contains fats and oils gives us a lot of?

- a. Vitamins.
 - b. Calories.
 - c. Minerals.
13. Eating too many sugary foods may cause?
- a. Diabetes.
 - b. Hypertension.
 - c. Tooth decay.
 - d. Heart disease.
14. Which of the following foods contains most cholesterol?
- a. Peanut butter.
 - b. Chicken.
 - c. Strawberry jam.
 - d. Chocolate spread.
15. Breads, cereals, rice, and pasta are high in?
- a. Calcium.
 - b. Carbohydrates.
 - c. Fat.
 - d. Protein.
16. Whole-grain foods like brown rice and whole wheat bread are better choices than white rice and white bread because whole-grains contains:
- a. More fiber.
 - b. More vitamin C.
 - c. Less minerals.
 - d. More carbohydrates.
17. Which of the following foods is a complete source of protein?
- a. Bread.
 - b. Fish.
 - c. Dried beans.
 - d. Doughnut.
18. Most of the excess sodium in our diet comes from?
- a. Salt we add at the table.
 - b. Sodium that is added during food processing and preparation.
 - c. Sodium that occurs naturally in foods.
19. Which of the following has the highest glycemic index?
- a. Ice cream.
 - b. Cucumber.
 - c. Bread.
 - d. Dextrose.
20. Which of the following contains a vitamin that is needed for good vision?
- a. Carrot.
 - b. Apple.
 - c. Mango.
 - d. Cucumber.
21. Do you think that justified consumption of vitamin, mineral, carbohydrates, fat and protein have direct effect on outcomes of diabetes mellitus?
- a. Yes.
 - b. No.
 - c. I don't know.