**Diabetes Quiz**

1. A person with diabetes has to eat special, expensive foods that are different from people on a regular diet.

True False

1. A person with diabetes can lessen their risk of developing other health issues by keeping their blood sugar in good control.

True False

1. Diabetes of any type is a health condition in which sugar (also called glucose) in the blood gets or stays too high.

True False

1. Insulin is the hormone that helps the body move sugar (also called glucose) out of the blood and into the body’s cells to be used as energy.

True False

1. Foods that contain carbohydrates are bad for people with diabetes and they should never eat them.

True False

1. Meats, poultry, and fish are foods that are high in carbohydrate.

True False

1. A person with diabetes can save up all of their carbohydrate choices for the day and eat them all at the same time.

True False

1. Portion size is an important meal plan tool for people with diabetes.

True False

1. One carbohydrate choice = 15 grams of total carbohydrate.

True False

1. One cup of skim milk that has 13 grams of total carbohydrate and one piece of bread that has 16 grams of total carbohydrate are both considered to be one carbohydrate choice.

True False