Carbohydrate (Carb) Counting CHALLENGE - ALL AGES - Current and Prepumper

To help us assess your understanding and ability to use carbohydrate (carb) counting, please complete the following questions. Review your answers with the dietitian and obtain a copy of the answer sheet.

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1. Most vegetables are low in carbs and considered "free." However, some vegetables do have more carbs. Which vegetable would you count as having 15 grams of carb?

A) 1 cup of lettuce
B) 1 cup of celery
C) 1 cup of peas
D) 1 cup of broccoli

2. Which of the following snacks would <u>NOT</u> require an insulin injection or a bolus of insulin?

A) 1 cup of 1% milk
B) 1 cup of vegetarian chili
C) 1 handful (1 cup) of grapes
D) 4 spears of broccoli with Italian dressing (less than 5 grams)

3. You just bought a new box of crackers and look at the nutrition label (*see label on the right*). You plan to eat 9 crackers. How many grams of carb would be in 9 crackers?

A) 10 grams
B) 20 grams
C) 23 grams
D) 41 grams

Nutrition Facts
Per 4 crackers (14 grams)

Amount	% Daily Value
Calories 56	
Fat 1.0 g	2 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 150 mg	4 %
Carbohydrate 10 g	4 %
Fibre 0 g	0 %
Sugars 1 g	
Protein 1 g	
Vitamin A 1%	Vitamin C 0%
Calcium 0%	Iron 0%

4. You are going to have ¾ cup of basmati rice (cooked) with supper, and you are trying to figure out the carb count. For some reason, the nutrition label is missing. You can use the following alternatives to estimate the rice:

A) Use another reference or label that lists the amount of carb for cooked rice
B) Remember from Beyond the Basics that 1/3 cup cooked rice is approximately 15 g carb
C) Use another reference label from a similar product for uncooked rice

5. You want to eat a big bowl of Shreddies®. You look at the label on the box; then measure out 1½ cups of cereal. To calculate your inulin dose, you need to know the grams of carb in your cereal. The best answer is?

A) 35 grams
B) 47 grams
C) 53 grams
D) 62 grams

Nutrition Facts
Per 1 cup (50 grams)

Amount	Cereal Only	with ½ cup milk
Calories	180	230
		% Daily Value
Fat 1.0 g	2 %	2 %
Saturated 0.2 g + Trans 0 g	1 %	2 %
Cholesterol 0 mg	0 %	1 %
Sodium 310 mg	14 %	15 %
Carbohydrate 41 g	14 %	16 %
Fibre 6 g	24 %	24 %
Sugars 8 g		
Protein 5 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	2 %	15 %
Iron	50 %	50 %

6. You have an insulin-to-carb ratio of 1:12. You are very good at carb counting, but you notice that your blood glucose level 2 to 3 hours after meals is always high (12-14 mmol/L), even when they are in a good range before your meals. What should you do?

A) Change your insulin-to-carb ratio to 1:10
B) Add an extra 10 grams to each of your carb counts
C) Decrease your insulin sensitivity factor (or correction factor) by 1
D) Change your insulin-to-carb ratio to 1:14

(see other side)

7. You are going to eat lunch at Subway. You are going to have a 6-inch sub and a cookie. How would you estimate carb content of your sub and cookie?

A) Guess as you think it looks like it would be a couple of starch servings
B) Look online at the Subway nutrition facts
C) Look at nutrition facts poster in the store (or brochure)
D) Answer B and C

8. You are making homemade muffins. Which method would be most accurate for counting the carbs?

A) Use a website, such as eatracker.ca, to analyze the carb content in the recipe by inputting recipe yield and ingredients
B) Estimate based on similar size
C) Calculate the carb content by hand using individual ingredients and recipe yield
D) A and C

9. You are about to eat 3 cookies. According to the label, how many carbs are in 3 cookies?

A) 17
B) 23
C) 11
D) 0

Nutrition Facts
Per 3 cookies (27g)

Amount	% Daily Value	Amount	% Daily Value
Calories 130g		**Sodium** 30mg	1%
Fat 7g	11%	**Carbohydrate** 17g	6%
Saturated 1.5g	7%	Fibre 0g	0%
+ Trans 0g		Sugars 0g	
Polyunsaturated Fat 2g		Sorbitol 6g	
Monounsaturated Fat 4g		**Protein** 1g	
Cholesterol 0mg			

10. You are having 1 cup of pasta casserole (the sauce contains no carb), 1 slice of garlic bread, and 1 medium apple. How would you estimate the carbs in this meal using Beyond the Basics?

A) 15 grams for pasta, 15 grams for bread, 5 grams for apple (total 35 grams carb)
B) 30 grams for pasta, 25 grams for bread, 10 grams for apple (total 65 grams carb)
C) 45 grams for pasta, 15 grams for bread, 20 grams for apple (total 80 grams carb)
D) 30 grams for pasta, 15 grams for bread, 15 grams for apple (total 60 grams carb)

Form adapted from:

Counting Carbohydrates - IWK Pediatric Program, Halifax, NS
and
Carb Counting Quiz - BC Children's Hospital, Vancouver, BC