

Name: _____

Please circle your answers to the following questions.

1. The risk of developing diabetes may be reduced with healthy lifestyle habits by how much?
 - a. 25%
 - b. 50%
 - c. 75%
 - d. None of the above

2. Which foods are recommended as the highest regular intake with Mediterranean style eating?
 - a. Whole Plant Foods (Fruits, vegetables, grains, beans, nuts)
 - b. Lean Protein (Poultry, eggs, and cheese)
 - c. Fish and seafood
 - d. All of the above

3. Which of the following represents the “Plate Method” for portion control?
 - a. $\frac{1}{2}$ meat, $\frac{1}{4}$ starch, $\frac{1}{4}$ vegetables
 - b. $\frac{1}{2}$ vegetables, $\frac{1}{2}$ protein
 - c. $\frac{1}{4}$ protein, $\frac{1}{4}$ starch, $\frac{1}{2}$ vegetables
 - d. None of the above

4. It is likely safe to consume naturally occurring fructose in moderate amounts such as fruit but recommended to limit processed fructose such as high fructose corn syrup in sweetened drinks.
 - a. True
 - b. False

5. Diabetics should never snack.
 - a. True
 - b. False

6. Which of the following were offered as tips for healthier dining out with diabetes?
 - a. Know your plan
 - b. Choose healthier items
 - c. Watch your portions
 - d. Plan ahead for extra carbs
 - e. All of the above

Eating with Diabetes Questionnaire- Answers



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