

Carbs & Cals

Carbohydrate Counting Knowledge Quiz

Name: _____

1: How much carbohydrate is in each portion?

Pasta (shells)



Weight: 265g

50g 70g 90g

Pizza (stuffed crust)



Weight: 130g

20g 40g 80g

Chips (oven)



Weight: 235g

30g 50g 70g

2: Three of these desserts contain around 20g carbs, and three contain approx 60g carbs. Which are which?

Lemon Meringue Pie



Weight: 130g

20g / 60g

Profiteroles



Weight: 80g

20g / 60g

Tiramisu



Weight: 178g

20g / 60g

Sticky Toffee Pudding



Weight: 158g

20g / 60g

Ice Cream (vanilla)



Weight: 80g

20g / 60g

Chocolate Cake



Weight: 40g

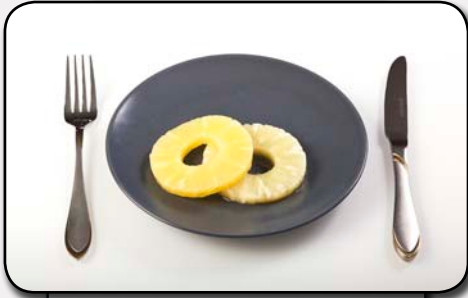
20g / 60g

3: Which snack will raise your blood glucose level the most?

Pineapple (fresh)

Flapjack

Greek Yoghurt



Weight: 80g



Weight: 50g



Weight: 170g

4: Which two fruits have the same carbohydrate content?

Clementine

Banana

Peach (tinned)



Weight: 80g



Weight: 130g (with skin)



Weight: 205g

5: Which of the following foods would you consider taking insulin for?

Roast Chicken

Natural Yoghurt

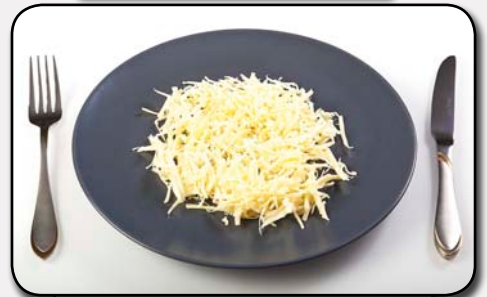
Cheddar (grated)



Weight: 92g



Weight: 190g



Weight: 50g

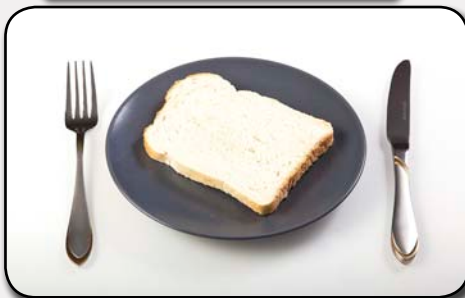
Ginger Cake

Sliced Bread (white)

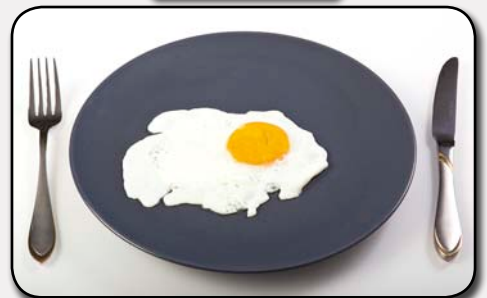
Fried Egg



Weight: 40g



Weight: 33g (medium slice)



Weight: 50g

6: Which snack has the highest carbohydrate content?

Popcorn (sweet)

Chocolate (milk)

Cashew Nuts



Weight: 45g



Weight: 33g



Weight: 55g

7: Which of these foods do NOT require insulin?

Lentils

Mango

New Potatoes



Weight: 120g



Weight: 140g



Weight: 195g

Peas

Sausage Roll

Grapefruit



Weight: 50g



Weight: 63g



Weight: 228g (whole)

8: Which meal has the highest carbohydrate content?

Lasagne

Stir-fry (chicken)

Spag Bolognaise



Weight: 195g



Weight: 275g



286g spag, 605g bolognaise