



## Quiz: Diabetes, Food and Exercise

Have you been recently diagnosed with type 2 diabetes, or pre-diabetes? Did you know that what you eat, along with exercise and medication, can help you on your road to better health? Take this quick and easy quiz to learn about diet and exercise.

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**1. People diagnosed with diabetes should avoid all carbohydrates.**

True    False

**2. If I want to lose weight, skipping meals is the best way to cut down on calories.**

True    False

**3. If I'm diabetic I need to avoid all types of fat.**

True    False

**4. People with diabetes should eat foods that are high in:**

- Fat
- Fiber
- Sugar
- Salt

**5. What type of exercise is best if I'm diabetic? Check all that apply:**

- Brisk walks, climbing stairs
- Lifting weights
- Stretches

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*Answers on reverse side*



## Answers

### 1. Answer: False.

All foods are made up of carbohydrates, proteins or fats – and often a mix of two or all three of these. Carbohydrates are found in a variety of healthy foods including fruits, vegetables, legumes (beans, peas, lentils) and whole grain foods. Carbs are also found in not-so-healthy choices such as cookies and crackers made with refined flour and added sugar. When it comes to healthy eating, choosing the right type of carb – and the correct portion size - is key. Talk with your registered dietitian nutritionist or health care professional about the right food plan for you.

### 2. Answer: False

It's important to eat meals regularly to keep blood sugar levels steady. Skipping a meal will likely cause a dip in blood sugar that may make you feel weak and dizzy. You'll probably feel really hungry, too, which can lead you to overeat at your next meal, potentially raising your blood sugar to unsafe levels. Be sure to stick with your meal schedule and incorporate one to two healthy snacks into your daily calorie and carb count. Staying on track can help you avoid raiding the vending machine mid-day or the fridge at midnight.

### 3. Answer: False.

Luckily, there are lots of good fats to enjoy, whether you have diabetes or not. These monounsaturated and polyunsaturated fats include those found in olive and canola oils, avocado (avocado oil, too), nuts such as walnuts, cashews, and almonds, and fatty fish such as mackerel, tuna, salmon, and sardines. Try switching out butter and lard (not-so-good-for-you fats) with the above oils when cooking and baking. To keep to your weight goals, portion size is important to follow. For example, an appropriate amount of nuts is a small handful, or two tablespoons of nut butter.

### 4. Answer: Fiber.

Fiber is an essential part of every healthy diet, but especially for those with diabetes. It helps promote regularity, and helps keep blood pressure, glucose and cholesterol in a healthy range. Fiber can be found in a variety of plant foods including fruits, vegetables, legumes (beans, peas, lentils), and whole grains. Fiber also keeps us feeling fuller longer (usually with less calories) so it can help with weight loss or weight management.

### 5. Answer: All of the Above

Before starting any exercise program, talk with your healthcare provider first. However, generally speaking, all of these types of exercises are appropriate for people with diabetes. It's important to keep lungs, muscles and bones strong and keep weight in balance; a variety of aerobic and weight-bearing exercises can help you do that, while stretching warms up muscles and can help prevent injuries.

If you haven't exercised regularly in a while, start slowly and gently for about 10-15 minutes a day and work your way up to 30 minutes per day. Remember exercise can take all forms from working out in a gym to taking the stairs at work. If you work at a desk job, stand up once an hour and stretch or move around (this is the perfect time to walk to the water cooler and fill up your glass). All of these "little steps" during the day can add up!