

AdultCarbQuiz Questionnaire Portuguese Version

Do the following foods contain carbohydrates?

1. Bread	Yes	No	Don't know	Never eat this food
2. Sausage	Yes	No	Don't know	Never eat this food
3. Baked potato	Yes	No	Don't know	Never eat this food
4. Chocolate spread	Yes	No	Don't know	Never eat this food
5. Flemish cheese	Yes	No	Don't know	Never eat this food
6. Low-fat milk	Yes	No	Don't know	Never eat this food
7. Apple juice	Yes	No	Don't know	Never eat this food
8. Soda pop (not diet)	Yes	No	Don't know	Never eat this food
9. Cooked dried beans (e.g. navy beans, lentils)	Yes	No	Don't know	Never eat this food
10. Apple	Yes	No	Don't know	Never eat this food
11. Sugar	Yes	No	Don't know	Never eat this food
12. Butter	Yes	No	Don't know	Never eat this food
13. Cooked rice	Yes	No	Don't know	Never eat this food
14. Grilled chicken	Yes	No	Don't know	Never eat this food
15. Blackberry jam	Yes	No	Don't know	Never eat this food
16. Cooked spaghetti (no sauce)	Yes	No	Don't know	Never eat this food
17. Canned tomato sauce	Yes	No	Don't know	Never eat this food
18. Hamburger (no bread)	Yes	No	Don't know	Never eat this food
19. Honey	Yes	No	Don't know	Never eat this food

Please choose ONE of the following tables to fill out.

	How many carbohydrate choices does the portion contain?			
20. 240 mL of milk	0	1	2	3 4 5 Don't know Never eat this food
21. 100 g of cooked spaghetti (no sauce)	0	1	2	3 4 5 Don't know Never eat this food
22. 250 g of cooked rice	0	1	2	3 4 5 Don't know Never eat this food
23. 160 mL of fruit juice	0	1	2	3 4 5 Don't know Never eat this food
24. 30 g of cereals	0	1	2	3 4 5 Don't know Never eat this food
25. 180 g of cooked dried beans	0	1	2	3 4 5 Don't know Never eat this food
26. 250 g of mashed potatoes	0	1	2	3 4 5 Don't know Never eat this food

OR

	How many grams (g) of carbohydrates does the portion contain?			
20. 240 mL of milk	0	15	30 45 60 75	Don't know Never eat this food
21. 100 g of cooked spaghetti (no sauce)	0	15	30 45 60 75	Don't know Never eat this food
22. 250 g of cooked rice	0	15	30 45 60 75	Don't know Never eat this food
23. 160 mL of fruit juice	0	15	30 45 60 75	Don't know Never eat this food
24. 30 g of cereals	0	15	30 45 60 75	Don't know Never eat this food
25. 180 g of cooked dried beans	0	15	30 45 60 75	Don't know Never eat this food
26. 250 g of mashed potatoes	0	15	30 45 60 75	Don't know Never eat this food

Nutrition Facts

This package contains 2 portions of 228 g

Mean nutritional values per portion		% RD*
Calories	260 kCal/1089 kJ	6%
Total fat	13 g	20%
Saturated fat	5 g	25%
Total carbohydrate	31 g	10%
Sugar	5 g	8%
Fiber	0 g	
Protein	5 g	15%
Salt	0.3 g	7%

*Reference dosage for a mean adult (2000 kCal/8400 kJ)

For each question, circle the best answer below.

27. Looking at the nutrition label, what is the portion size?

Don't know 228 g 456 g 912 g

28. For one portion, how much carbohydrates would you eat in grams?

Don't know 228 g 5 g 31 g

29. If you ate the whole package, how many grams of food would you eat?

Don't know 228 g 456 g 912 g

30. If you ate the whole package, how much carbohydrate would you eat in grams?

Don't know 456 g 10g 62 g

31. Which will make your blood sugar go up higher: eating 3 carbs or 5 carbs?

Don't know 3 5

32. A good blood sugar (mg/dL) reading just before a meal would be:

Don't know 60 110 180

33. A good blood sugar (mg/dL) reading 2 hours after a meal would be:

Don't know 60 140 220

34. One carb choice is equal to how many grams of carbohydrates?

Don't know 15 5 25

35. One carb choice will bring up your blood sugar by how many mg/dL?

Don't know 500 10 50

36. Which of these carb foods will bring up your blood sugar the fastest?

Don't know Glucose tablets Candy bar Bread

37. You are going to mow the grass, which takes about 30 minutes of solid work. By how many mg/dL do you expect your blood sugar go down?

Don't know 25 50 150

38. You just walked fast for one hour and you start to feel shaky and nervous. Before you started walking, your blood sugar was 160. And now?

Don't know 210 160 60

39. You get a low blood sugar of 50 mg/dL. How many candies should you eat to bring up your blood sugar 50 mg/dL?

Don't know 1 5 10

40. Imagine that you eat at breakfast: • 2 eggs • 2 sausages • 1 coffee with sweetener	Circle the best answer. 	How many carb choices does this meal contain? 0 1 2 3 4 5 6 7 8 Don't know
41. Imagine that you eat at lunch: • 1 tuna sandwich (50 g of bread) • 160 mL of orange juice	Circle the best answer. 	How many carb choices does this meal contain? 0 1 2 3 4 5 6 7 8 Don't know
42. Imagine that you eat at snack: • 1 large banana (150 g)	Circle the best answer. 	How many carb choices does this meal contain? 0 1 2 3 4 5 6 7 8 Don't know
43. Imagine that you eat at dinner: • 260 g of pizza (2 slices) • Green salad • 100 mL of diet soda	Circle the best answer. 	How many carb choices does this meal contain? 0 1 2 3 4 5 6 7 8 Don't know