



Quiz: test your diabetes knowledge

Choose one answer for each question.

1. Type 2 diabetes happens because:

- A. Your body doesn't use sugar the way it used to
- B. Your pancreas doesn't make enough sugar
- C. Your body makes too much insulin
- D. Your liver uses too much sugar

2. Hemoglobin A1c (A1c) measures your average blood sugar levels over what period?

- A. One year
- B. Three weeks
- C. Three months
- D. One month

3. Insulin is important because it:

- A. Helps your muscles release sugar
- B. Blocks sugar from entering your pancreas
- C. Helps your cells take in sugar
- D. Allows your body to release more insulin

4. If your diabetes isn't controlled, which part of the body may be affected?

- A. Eyes
- B. Ears
- C. Feet
- D. Both A and C

5. Which of the below can help lower your blood sugar levels?

- A. Exercise
- B. Losing weight
- C. A healthy diet
- D. All of the above

6. Which food has about 15 grams of carbohydrates?

- A. One cup cooked pasta
- B. One medium banana
- C. One small sweet potato
- D. Two tablespoons of honey

7. High blood sugar in the morning may be due to:

- A. Your evening meal or snack
- B. Hormones
- C. What you ate for breakfast the day before
- D. Both A and B

Answers:

1. A. Your body doesn't use sugar the way it used to

The body breaks down food to make sugar, or glucose, in the blood. A hormone called insulin helps deliver glucose into the cells. The cells then use that glucose for energy. When glucose cannot get into the cells, it remains in the blood. As a result, the glucose level in the blood (blood sugar) gets too high. Read more: [The Lowdown on Diabetes](#)

2. C. Three months

An A1c (HbA1c) test is a blood test. The test measures your average blood sugar level over the past three months. Learn more: [What Is an A1c?](#)

3. C. Helps your cells take in sugar

Insulin is a hormone that the pancreas produces to help the body use sugar for energy. When you eat certain foods—like those that contain carbohydrates—the sugar level in your blood rises. Insulin helps move that sugar from the bloodstream into the cells to be used for energy. Read more: [Your Guide to Insulin Shots](#)

4. D. Eyes and feet

If you have diabetes, it's important to know where you stand on foot health. People with diabetes are at risk for nerve damage and poor blood flow; both can lead to serious foot problems. Diabetes also increases your risk for common eye conditions, such as glaucoma or cataracts, and that's why the American Diabetes Association (ADA) recommends that people with diabetes get screened every one to two years. Learn more: [10 Steps to Healthier Feet](#) and [Eye Exams: Why You Should Get One and How to Prepare](#)

5. D. All of the above (exercise, losing weight and a healthy diet)

Being active, eating a balanced diet and losing weight (if needed) can all help with improving blood sugar control. Read more on how you can manage your diabetes: [5 Ways to Take Charge of Your Diabetes](#)

6. C. One small sweet potato

A medium banana has 27 grams of carbs; one cup of cooked pasta has about 30 grams of carbohydrates; 2 tablespoons of honey has 35 grams of carbohydrates. Learn more about carbohydrates and food: [Carbohydrate Counting](#)

7. D. Your evening meal or snack and hormones

Hormones Evening food choices, medications and hormones can all affect your blood sugar levels in the morning. Read more: [How to Manage High Morning Blood Sugar](#)