

Participant ID: \_\_\_\_\_

### National Dining with Diabetes *Post-Evaluation*

Survey completion is voluntary and anonymous. Your name will not be shared. We appreciate your time.

1. Check the best answer(s) for each of the following questions.

a. Which statement is true about fiber? (Check only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Increases constipation          | <input type="checkbox"/> Fruits are not good sources |
| <input type="checkbox"/> Raises blood sugar rapidly      | <input type="checkbox"/> Lowers cholesterol          |
| <input type="checkbox"/> Increases absorption of glucose |  |

b. According to the Plate Method, non-starchy vegetables are how much of your plate? (Check only one)

- |                              |                              |
|------------------------------|------------------------------|
| <input type="checkbox"/> 1/4 | <input type="checkbox"/> 1/2 |
| <input type="checkbox"/> 1/3 | <input type="checkbox"/> 3/4 |
| <input type="checkbox"/> 1/8 |                              |

c. Which of the following types of fat has the most saturated fat? (Check only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Olive oil     | <input type="checkbox"/> Vegetable oil |
| <input type="checkbox"/> Butter        | <input type="checkbox"/> Canola oil    |
| <input type="checkbox"/> Safflower oil |  |

d. Which of the following is not used to monitor the risk of diabetic complications? (Check only one)

- |  |   |
|--|---|
| <input type="checkbox"/> Blood glucose (sugar) | <input type="checkbox"/> Microalbumin/eGFR  |
| <input type="checkbox"/> A1C                   | <input type="checkbox"/> Follicle hair test |
| <input type="checkbox"/> Blood pressure        |   |

e. What is a recommendation for physical activity and diabetes? (Check only one)

- ☐ 10 minutes a day/ 5 days a week
- ☐ 150 minutes or more of accumulated moderate physical activity a week.
- ☐ 30 minutes of sustained (non-stop) vigorous activity at least 5 days a week
- ☐ 60 minutes of moderate physical activity a week
- ☐ 100 minutes or more of moderate physical activity

f. Which one is the least common risk associated with uncontrolled diabetes? (Check only one)

- |  |   |
|--|---|
| <input type="checkbox"/> Nerve damage  | <input type="checkbox"/> Kidney failure |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Blindness      |
| <input type="checkbox"/> skin cancer   |   |

g. Which of the following foods contain approximately 15 grams of carbohydrate per serving? (Check all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> 1 cup milk                  | <input type="checkbox"/> 1 small apple   |
| <input type="checkbox"/> 3 oz grilled chicken breast | <input type="checkbox"/> 1/2 cup carrots |
| <input type="checkbox"/> 1 cup orange juice          |  |



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2. Check only one box for each statement.

On how many of the last 7 days did you...?	None	1	2	3	4	5	6	Every day
Exercise for 30 minutes or more?								
Complete a strength training routine?								
Eat 2 cups or more of fruit?								
Eat 2.5 cups or more of vegetables?								
Measure out a serving size when making meal choices?								
Choose a source of unsaturated fat for a meal/snack?								
Review a food label for nutrition information (serving size, carbohydrate amounts, etc.)								
Prepare balanced meals based on the Plate Method?								
Prepare meal(s) at home?								

As a result of attending the Dining with Diabetes program, would you please take a moment to share something you learned with us?