All About Carbohydrates and Health
CPE Questions

1. Which of the following statements is not true of carbohydrates?
   a) They are the main source of energy for the body;
   b) They are comprised of carbon, hydrogen and oxygen;
   c) Types of carbohydrates include sugars, starches, and fiber;
   d) Carbohydrates are typically found in meats, chicken and fish.

2. Monosaccharides and disaccharides are types of ________.
   a) fibers
   b) starches
   c) sugars
   d) all of the above

3. Which of the following are examples of monosaccharides?
   a) glucose
   b) fructose
   c) maltose
   d) a & b only
   e) b & c only
   f) none of the above

4. Sucrose is an example of which type of sugar?
   a) monosaccharide
   b) disaccharide
   c) oligosaccharide
   d) none of the above

5. Lactose is made up of which two monosaccharides?
   a) glucose & fructose
   b) glucose & galactose
   c) glucose & glucose
   d) glucose & maltose

6. Which of the following statements about dietary fiber is not true?
   a) dietary fiber is found in fruits, vegetables, legumes and whole grains;
   b) dietary fiber provides structure in plant cell walls;
   c) dietary fiber is easily digested by digestive enzymes;
   d) none of the above.

7. Carbohydrate digestion starts in the _____________.
   a) stomach
   b) small intestine
   c) large intestine
   d) none of the above
8. Which enzyme is responsible for breaking down starch into maltose?
   a) sucrase
   b) maltase
   c) amylase
   d) lactase

9. What hormone allows glucose to pass from the blood into the muscles?
   a) inulin
   b) insulin
   c) glycogen
   d) estrogen

10. The American Diabetes Association recommends which of the following guidelines be followed by people with diabetes?
    a) limit dietary fiber
    b) limit sodium
    c) limit saturated fat
    d) limit dietary sugar

11. What part of a grain seed contain dietary fiber?
    a) endosperm
    b) germ
    c) bran
    d) b & c
    e) a & c

12. To be defined as a “whole grain” food product, what components must be present in the same proportions as in the original grain seed?
    a) bran, germ and exoderm;
    b) bran, endosperm and germ;
    c) germ, dietary fiber, and bran;
    d) none of the above.

13. Variables such as __________ can affect the glycemic index value of a food.
    a) ripeness
    b) processing techniques
    c) food combinations
    d) all of the above
    e) none of the above
14. The primary difference between glycemic index and glycemic load is that _______.
   a) glycemic index measures blood sugar response to one food while glycemic load measures blood sugar response to a meal
   b) glycemic index measures blood sugar response while glycemic load accounts for blood sugar response as well as the food’s carbohydrate content
   c) glycemic index is a measured over a 1 hour period while glycemic load is measured over 2 hours
   d) none of the above

15. According to the 2010 Report of the Dietary Guidelines Advisory Committee, when selecting carbohydrate foods, there is no need for concern with glycemic index or glycemic load.
   a) True
   b) False

16. Which of the following functions is served by sugars in foods?
   a) forms crystals in frozen foods;
   b) enhances the firmness of baked goods;
   c) caramelizes when heated;
   d) promotes the spoilage of foods.

17. What common sugar do lactose, maltose, corn syrup and high-fructose corn syrup all share?
   a) sucrose
   b) glucose
   c) fructose
   d) none of the above

18. During the process of carbohydrate digestion, the body makes distinctions between naturally occurring and added sugars.
   a) True
   b) False

19. High fructose corn syrup is made using an enzymatic process that converts ______ from corn starch into ______ and ____.
   a) starch, glucose and fructose
   b) dextrose, fructose and sucrose
   c) corn fiber, glucose and glucose
   d) maltose, glucose and glucose

20. Over the past 35 years, the use of sugar in the U.S. food supply has______.
   a) increased
   d) decreased
   c) not changed
   d) none of the above
21. Which of the following best explains the conflicting viewpoints over fructose and obesity?
   a) fructose does not influence blood glucose efficiently;
   b) fructose blunts leptin sensitivity;
   c) fructose does not directly stimulate pancreatic insulin production;
   **d) all of the above.**

22. The primary differences between a sugar alcohol and sugar is that sugar alcohols
   a) have fewer calories;
   b) are sweeter than sugar;
   c) are not completely absorbed;
   **d) all of the above**
   e) none of the above

23. Which of the following is not an example of a sugar alcohol?
   a) sorbitol
   b) mannitol
   c) xylitol
   **d) galactitol**

24. What is the suggested maximum intake level of added sugars according to the Dietary Reference Intakes (DRIs)?
   a) 15% or less of energy
   **b) 25% or less of energy**
   c) 35% or less of energy
   d) 45% or less of energy

25. The recommended daily value for carbohydrate consumption is ______ grams or about ______ of calories in a 2,000 calorie diet.
   a) 150, 30 percent
   b) 200, 40 percent
   c) 250, 50 percent
   **d) 300, 60 percent**

26. Which of the following food products would be considered a whole-grain product?
   a) multi-grain crackers
   b) 100% wheat bread
   c) bran cereal
   d) stone-ground wheat rolls
   **e) all of the above**
   f) none of the above
27. How does the average adult’s daily intake of fiber compare to the daily value (DV) for fiber (25 grams)?
   a) 5 grams less than the DV
   b) 10 grams less than the DV
   c) 15 grams less than the DV
   d) 20 grams less than the DV

28. According to the information presented, when communicating with consumers about nutrition, it is important to create tips that are
   a) positive, simple, and personalized;
   b) specific, manageable, and fun;
   c) frightening, threatening, and punitive;
   d) a & b only
   e) a, b & c
   f) none of the above