

Online supplementary table – Frequency of participants who answered "**Correctly**" for food items on the AdultCarbQuiz

| I. Carbohydrate food recognition | | |
|---|--|--------------|
| Does the following food contain carbohydrates? | | |
| Item No. | Food items | n (%) |
| 1 | Bread | 215 (96) |
| 2 | Breakfast sausages | 100 (44) |
| 3 | Baked potato | 187 (83.5) |
| 4 | Regular Maple Syrup | 162 (72.3) |
| 5 | Cheese | 89 (39.7) |
| 6 | Low-fat Milk | 128 (57.1) |
| 7 | Apple juice | 155 (69.2) |
| 8 | Soda pop (not diet) | 173 (77.2) |
| 9 | Cooked dried beans (e.g., navy beans, lentils) | 155 (69.2) |
| 10 | Apple | 141 (62.9) |
| 11 | Sugar | 173 (77.2) |
| 12 | Butter | 73 (32.6) |

| | | |
|----|-------------------------------------|------------|
| 13 | Cooked rice | 207 (92.4) |
| 14 | Plain grilled chicken | 162 (72.3) |
| 15 | Jam | 166 (74.1) |
| 16 | Cooked spaghetti noodles (no sauce) | 191 (85.3) |
| 17 | Canned Spaghetti sauce (tomato) | 141 (62.9) |
| 18 | Hamburger patty | 99 (44.2) |
| 19 | Honey | 155 (69.2) |

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| II. Counting carbohydrates in each of the foods | | |
| How many grams of carbohydrates are in each serving? | | |
| Item No. | Food items | n (%) |
| 20 | 1 cup milk | 129 (57.6) |
| 21 | 1 cup pasta | 42 (18.8) |
| 22 | 1 cup cooked rice | 32 (14.3) |
| 23 | 1 cup juice | 60 (26.8) |
| 24 | 1 cup hot cereal | 42 (18.8) |
| 25 | 1 cup cooked dried beans | 36 (16.1) |
| 26 | 1 cup mashed potatoes | 44 (19.6) |

| III. Interpreting nutrition labels for carbohydrate | | |
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| Item No. | Food label questions | n (%) |
| 27 | Looking at the Nutrition Facts label to the right, what is the serving size | 150 (67) |
| 28 | For one serving, how much carbohydrate would you eat, in grams? | 137 (61.2) |
| 29 | If you ate the whole package, how many cups would you eat? | 127 (56.7) |
| 30 | If you ate the whole package, how much carbohydrate would you eat, in grams? | 11049.1) |

| IV & V. Glycaemic targets and hypoglycaemia prevention and treatment | | |
|---|--|--------------|
| Item No. | Questions | n (%) |
| 31 | Which will make your blood sugar increase: eating three or five carbs? | 188 (83.9) |
| 32 | A good blood sugar reading just before a meal would be? | 189 (84.4) |

| | | |
|----|---|------------|
| 33 | A good blood sugar reading 2 hours after a meal would be? | 198 (88.4) |
| 34 | One "carb choice" is equal to how many grams of carbohydrates? | 97 (43.3) |
| 35 | One carb choice will raise your blood sugar by how many points? | 46 (20.5) |
| 36 | Which of these carb foods will raise your blood sugar the fastest? | 184 (82.1) |
| 37 | Suppose you were going to mow the grass, which takes about 30 minutes of solid work; by how many points do you expect your blood sugar to reduce? | 68 (30.4) |
| 38 | You just walked fast for 1 hour and started feeling shaky and nervous. Suppose your blood sugar was 160 before you started walking. What is it now? | 180 (80.4) |
| 39 | You get a low blood sugar of 50. How many hard candies should you eat to increase your blood sugar by 50 points? | 75 (33.5) |

| VI. Counting carbohydrates in a meal | | |
|---|---|--------------|
| Item No. | How many grams of carbs exist in a whole meal? | n (%) |
| 40 | You eat breakfast: 2 eggs 2 Sausage Coffee, black, two cups with artificial sweetener. | 56 (25) |
| 41 | You eat lunch: 1 sandwich Fruit juice, 600 mL 1 pickled cucumber | 9 (4%) |
| 42 | You eat a snack: 1 large banana | 46 (20.5) |
| 43 | You eat supper: Half (4 pieces) of a large pizza Green salad Iced tea | 37 (16.5) |