

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

<b>I. Carbohydrate food recognition</b>		
<b>Does the following food contain carbohydrates?</b>		
<b>Item No.</b>	<b>Food items</b>	<b>n (%)</b>
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)

<b>II. Counting carbohydrates in each of the foods</b>		
<b>How many grams of carbohydrates are in each serving?</b>		
<b>Item No.</b>	<b>Food items</b>	<b>n (%)</b>
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)

<b>III. Interpreting nutrition labels for carbohydrate</b>		
<b>Item No.</b>	<b>Food label questions</b>	<b>n (%)</b>
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)

<b>IV &amp; V. Glycaemic targets and hypoglycaemia prevention and treatment</b>		
<b>Item No.</b>	<b>Questions</b>	<b>n (%)</b>
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)

<b>VI. Counting carbohydrates in a meal</b>		
<b>Item No.</b>	<b>How many grams of carbs exist in a whole meal?</b>	<b>n (%)</b>
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)