

### Appendix 1. Quiz to assess LC-DPP teacher's knowledge about low-carbohydrate meal plan

Please choose all answers that are correct (by bolding or starring the right answer or by e-mailing me your choices in plain text). More than 1 answer will be correct.

1. Which of these fast-food restaurants reliably have standard low-carb options:
  - a. Jimmy John's
  - b. Chipotle
  - c. Chinese restaurants
  
2. When making something low-carb at a restaurant make sure to consider:
  - a. asking for extra butter pats or low-carb sides if they aren't serving you enough fat
  - b. asking for lettuce-wrapped sandwiches and burgers
  - c. checking for how salty the dressings are
  
3. Some low-carb flours include:
  - a. almond flour
  - b. cauliflower
  - c. coconut flour
  - d. rice flour
  
4. When someone is following a low-carb diet, we want their weight loss to be:
  - a. more than 5 pounds a week at first
  - b. less than 5 pounds a week at first
  - c. generally we don't care how fast or slow their weight loss is, although if they're not at their ideal weight and they're still not losing weight, it's time to troubleshoot
  
5. Low-carb diets tend to make people:
  - a. hungrier and less thirsty
  - b. hungrier and more thirsty
  - c. less hungry and less thirsty
  - d. less hungry and more thirsty
  
6. If someone is constipated, they could try:
  - a. taking a magnesium supplement
  - b. drinking more water
  - c. adding in more foods with potassium
  
7. When attending a party, how can someone prepare to stick to their low-carb meal plan?
  - a. bring something low-carb
  - b. eat before hand so they don't arrive very hungry
  - c. give themselves a non low-carb treat at the party
  - d. pre-think how they will deal with peer pressure at the party
  
8. What low-carb foods can often be found at convenience or corner stores?
  - a. salted nuts (ideally lower carb like almonds, walnuts, and pecans and not higher carb like cashews and pistachios)
  - b. hard boiled eggs
  - c. string cheese
  - d. pork rinds (make sure they don't include trans fats)

9. Net carbs:
  - a. are total grams of carbohydrates minus grams of fiber
  - b. are also called non-fiber grams of carbohydrates
  - c. do not include naturally present sugars
  - d. should be no more than about 20-35 grams a day for someone following a very low-carbohydrate diet
  
10. A very low-carb diet typically:
  - a. includes fruit other than berries
  - b. increases blood pressure
  - c. includes saturated fat from animal and plant sources
  
11. Rare side effects of a low-carb diet include:
  - a. insomnia
  - b. hair loss
  - c. more cavities
  - d. diarrhea
  
12. A participant is facing a weight-loss plateau. What are some possible causes?
  - a. eating too many calories
  - b. consuming foods with artificial sweeteners most days
  - c. poor sleep
  - d. eating more than 40 grams of protein at once
  
13. A participant says they're feeling dizzy or woozy. What are some possible causes?
  - a. Insufficient intake of water and salt
  - b. Perceived or actual hypoglycemia
  - c. Low blood pressure
  
14. A participant is worried about following a low-carb diet since they are very physically active and don't want it to hurt their performance. How might you respond?
  - a. Weight loss on a low-carb diet is typically muscle-sparing, which can help preserve athletic performance
  - b. Lots of athletes, especially those who do sports that require endurance, do quite well on a low-carb diet, since it prevents "hitting the wall" or "bonking."
  - c. They should not exercise heavily while following a very low-carbohydrate diet.
  
15. What should participants know about alcohol?
  - a. When on a low-carb diet, participants may get drunk more easily from less alcohol.
  - b. Unsweetened and unflavored liquor has 0g net carbs.
  - c. Alcohol may decrease fat burning and weight loss
  
16. What types of fats are preferred on a low-carb diet?
  - a. Lard with partially hydrogenated oils added
  - b. Coconut oil
  - c. Olive oil
  - d. Butter
  
17. Which of the following are true about sugar alcohols?
  - a. Calculate net carbs by only counting half of the grams of sugar alcohols
  - b. They can cause intestinal distress and flatulence

- c. Erythritol is often considered to have the least amount of influence on blood sugar of all the sugar alcohols
  - d. They are an essential part of a low-carb diet.
18. A participant is complaining of intestinal distress. What might be causing it?
- a. Cauliflower
  - b. Sugar-free gum
  - c. Erythritol
  - d. Broccoli
19. Which of these foods are potentially problematic on a low-carb diet because of their carb content?
- a. Starchy vegetables like carrots
  - b. Butter
  - c. Chocolate with a cacao content less than 85%
  - d. Bacon and processed meats with added sugars
20. Which of the following typically improve when someone follows a low-carb meal plan?
- a. triglycerides
  - b. weight
  - c. HbA1c

Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 100
Calories from Saturated Fat 15	
% Daily Value*	
<b>Total Fat</b> 11g	<b>17 %</b>
Saturated Fat 2g	<b>9 %</b>
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 5g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 110mg	<b>5 %</b>
<b>Potassium</b> 150mg	<b>4 %</b>
<b>Total Carbohydrate</b> 17g	<b>6 %</b>
Dietary Fiber 14g	<b>54 %</b>
Sugars 2g	

21. How many net grams of carbohydrates are in the food to the left?

- 17
- 14
- 3
- 2

Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	

22. How many net grams of carbohydrates are in the food to the left?

- 37
- 34
- 27
- 25