

POP QUIZ

A refresher course on the managed-carb lifestyle

Whether you're new to the world of controlled-carb eating or if you've been eating low-carb for years, you'll have fun testing your "Carb IQ" with this quiz. Regardless of where you are on the low-carb continuum, the information in the answer key will help you understand concepts you may not be familiar with.

1 If you're watching your carb intake, you need to know the "net" or "effective" carb counts of various foods. Rank the following foods, from lowest to highest, according to their net carb counts:

- a. ___ 3 slices bacon
- b. ___ 1 medium baked potato
- c. ___ 1 cup low-fat yogurt
- d. ___ 1 whole avocado
- e. ___ 1 medium carrot

2 Every diet is the brainchild of a doctor or nutritionist. Match the following diets to their developers:

- a. ___ Barry Sears
- b. ___ Loren Cordain
- c. ___ Jack Goldberg and Karen O'Mara
- d. ___ Arthur Agatston
- e. ___ Robert Atkins
- f. ___ Rachel and Richard Heller
- g. ___ Herman Tarnower

- 1. South Beach Diet
- 2. Scarsdale Diet
- 3. Atkins Nutritional Approach
- 4. The Zone
- 5. Carbohydrate Addict's Diet
- 6. The GO-Diet
- 7. Paleo Diet

3 What does the term "BMI" stand for?

- Bariatric Mass Increase
- Body Mass Index
- Bulk Matter Indicator
- Body Measurement Indication

4 Some eating plans (notably the South Beach Diet) rely heavily on the glycemic index to guide food choices. Rank the following foods, from lowest to highest, according to their ratings on the glycemic index:

- a. ___ Popcorn
- b. ___ Watermelon
- c. ___ Green beans
- d. ___ Grapes
- e. ___ Peanut M&Ms

5 There are many myths about low-carb dieting and the managed carb lifestyle. Mark "T" for "True" or "F" for "False" next to each statement.

- a. ___ Hunger is inevitable if you want to lose weight.
- b. ___ People with an "apple" shape have greater health risks than people with a "pear" shape.
- c. ___ The ketosis caused by low-carb diets is dangerous.
- d. ___ Many overweight people have insulin resistance, a precursor to diabetes.
- e. ___ If you're committed to controlling your carbs, you shouldn't drink alcohol.

6 If you're leading a managed-carb lifestyle, sugar substitutes are a godsend. Match the brand names of artificial sweeteners to the type of sugar substitute it contains:

- | | |
|---------------------|--------------|
| a. ___ Equal | 1. Saccharin |
| b. ___ Splenda | 2. Aspartame |
| c. ___ NutraSweet | 3. Aspartame |
| d. ___ Sweet 'N Low | 4. Sucralose |

Answer Key:

1. Score 1 point for each correct answer: a (0.1 g); d (3.5 g); e (5.1 g); c (17.2 g); b (46.1 g). Carb counting isn't intuitive—you need hard facts to keep track of the number of carbs you consume. Reading the nutritional labels on packaged foods is a must, and watch for "hidden carbs" in products you might think are innocuous. A great online carb counter can be found at www.low-carb.ca/low-carb-tools/carb_counter.html. *Dana Carpender's Carb Gram Counter* (Dana Carpender, October 2004, Fair Winds Press, \$3.99) is handy to carry in your pocketbook.

2. Score 1 point for each correct answer: a-4 (The Zone is a diet consisting of 40% carbs, 30% protein and 30% fat, and recommends eating five times per day with each meal or snack meeting the carb/protein/fat ratio); b-7 (The Paleo Diet encourages eating like cavemen—lean meat, poultry, fish, fruits and vegetables, but no dairy, cereals or processed foods); c-6 (The GO-Diet restricts carbs to 50 net grams per day, requires consumption of 25 grams of fiber per day and that 50% of fat consumption is monounsaturated); d-1 (The South Beach Diet regulates blood sugar spikes by relying on the glycemic index for food choices and consists of three phases); e-3 (The Atkins Diet consists of four stages, beginning with severe carb restriction and gradually increasing carbs through ongoing weight loss and lifetime maintenance); f-5 (The Carbohydrate Addict's Diet allows for no snacks, two meals a day consisting of vegetables and protein and one meal that consists of one-third protein, one-third vegetables and one-third starch); g-2 (The Scarsdale Diet rotates two weeks of severely restricted calories, fat and carbs with two weeks of slightly more liberal eating; rotations are repeated until desired amount of weight is lost). Source: *Living the Low Carb Life*, by Jonny Bowden (Sterling, Paperback, March 2005, \$12.95).

3. Score 1 point: Body Mass Index. BMI is the measurement of body fat that most health professionals use to when talking about

weight. BMI is determined by dividing weight in kilograms by height in meters squared ($BMI = \text{kg}/\text{m}^2$). The National Institutes of Health (NIH) defines "underweight" as a BMI of less than 18.5, "normal" as a BMI of 18.5-24.9, "overweight" as a BMI of 25-29.9 and "obese" as a BMI of over 30. To look up your BMI using inches and pounds, visit www.nhlbi.nih.gov/guide/lines/obesity/bmi_tbl.htm.

4. Score 1 point for each correct answer: c (<15); e (32); d (43); a (55); b (72). Foods that are low (less than 55) on the glycemic index don't have much of an impact on your blood sugar level. Intermediate foods (55-69 on the index) have more of an impact, and those with levels of 70 or more cause your blood sugar to spike. The goal is to choose foods that are low on the GI, although some low-GI foods (like Peanut M&Ms) should be avoided or eaten sparingly, while some high-GI foods (like watermelon) don't translate to blood sugar spikes. One resource for GI ratings is *The New Glucose Revolution Complete Guide to Glycemic Index Values* by Jennie Brand-Miller et al., (Marlowe & Co., August 2003, \$6.95).

5. Score 1 point for each correct answer: a-False. When you restrict calories, you're limiting the amount of food you eat. But, when you restrict carbs, you can eat as many calories and as much food as you'd like—as long as you choose low-carb foods. You never need to be hungry while eating low-carb. b-True. Those people with greater abdominal fat ("apple" shapes) are at higher risk for cardiovascular disease. c-False. Ketosis occurs when your body switches from using glucose for fuel to burning fat for fuel. Ketosis is often confused with ketoacidosis, a dangerous condition found in type 1 diabetics. Unless you're an alcoholic or have uncontrolled diabetes, the ketones you produce on a low-carb diet will not rise to dangerous levels. d-True. It's estimated that 50 million Americans have insulin resistance, which is the decreased ability of insulin to move glucose into cells. Insulin

resistance is caused in large part by diets high in processed carbs and trans-fats. Controlling carbs has been shown to dramatically improve insulin sensitivity. e-False. Unless you're severely restricting your carbs (as you would during the two-week Atkins Induction Phase, for example), moderate drinking is perfectly acceptable. The caveat is that you have to be aware of what you're drinking, to make sure you don't blow your carb count. Distilled spirits (vodka, gin, bourbon, etc.) have zero carbohydrates, but cocktail mixers can get you into trouble. Make sure that your mixers are sugar-free and carb-free, and pass on the blended drinks with little parasols. Keep in mind that alcohol can make your blood sugar unstable, and that alcohol can slow down the process of burning fat. As with much else in life, moderation is the key.

6. Score 1 point for each correct answer: a-2 or 3; b-4; c-2 or 3; d-1. See "Sweet Nothings" on page 62 for detailed information about artificial sweeteners.

Score your quiz according to the instructions in the answer key and add up your points.

What's your carb IQ?

● **20 or over:** You're a low-carb genius! You have all the tools you need to control your carbs for life. Congratulations on your knowledge and healthy lifestyle!

● **19-11:** You're ready for an advanced course of study. Act on the knowledge you have and keep reading in order to learn more. You're well on your way to reaching your goals.

● **10 or under:** Everyone has to start somewhere. Congratulations on taking the plunge! Pledge to learn more about controlling your carbs and implement what you learn into your daily life. You'll be on track in no time at all.

SCORING