

TEST: PROVE YOU'RE A BOLUS WIZZARD

Q1:	What average blood glucose will keep your HbA1c at or under 6.5% or 48mmol/mol?
A:	
Q2:	Name the three simple sugars and what their Glycaemic Index score is, and which is the most effective for treating hypos:
A:	a)
	b)
	c)
Q3:	Why have two of the simple sugars got a much lower Glycaemic Index?
A:	
Q4:	What does the accuracy of carb counting need to be within for usual mixed macronutrient meals?
A:	

TEST: PROVE YOU'RE A BOLUS WIZZARD

Q5:	What is the key difference between European and USA food labels when counting carbohydrate?
A:	
Q6:	Why do people with type 1 diabetes still get a post-meal blood glucose spike, even if they bolus 15-30min before meals?
A:	
Q7:	If your glucose level is 10 - 14mmol/l or 180-250mg/dl, how many minutes before eating should you bolus?
A:	
Q8:	What are the two steps needed for a Super Bolus?
A:	
Q9:	What are three ways you can lower the Glycaemic index of a meal?
A:	a)
	b)
	c)

TEST: PROVE YOU'RE A BOLUS WIZZARD

Q10:	Why may some the foods with a high Glycaemic Index not raise your blood glucose as the tales suggest?
A:	
Q11:	For people who only carbohydrate count and give insulin based on their carb ratio, when does this not work effectively?
A:	
Q12:	Why does high protein intake increase the blood glucose level?
A:	
Q13:	Why does fat intake increase the blood glucose level?
A:	
Q14:	What percentage extra could you start with and what split of bolus for high fat and protein meals?
A:	
Q15:	Why is the food insulin index different to other methods of assessing insulin need, what did it measure?
A:	

TEST: PROVE YOU'RE A BOLUS WIZZARD

Q16:	What is the simple way to apply the work of the Food Insulin Index to improve matching insulin need for meals?
A:	
Q17:	What bolus strategies will suit the below phases of training the best?
A:	Bulking:
	Leaning:
	Keto:

TOTAL SCORE: /24

Post your score on the [Facebook Group](#)