

TEST: PROVE YOU'RE A BOLUS WIZZARD

1. What average blood glucose will keep your HbA1c at or under 6.5% or 48mmol/mol?

A. _____

2. Name the three simple sugars and what their Glycaemic Index score is, and which is the most effective for treating hypos:

A. _____

B. _____

C. _____

3. Why have two of the simple sugars got a much lower Glycaemic Index?

A. _____

4. What does the accuracy of carb counting need to be within for usual mixed macronutrient meals?

A. _____

5. What is the key difference between European and USA food labels when counting carbohydrate?

A. _____

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6. Why do people with type 1 diabetes still get a post-meal blood glucose spike, even if they bolus 15-30min before meals?

A. _____

7. If your glucose level is 10 - 14mmol/l or 180-250mg/dl, how many minutes before eating should you bolus?

A. _____

8. What are the two steps needed for a Super Bolus?

A. _____
B. _____

9. What are three ways you can lower the Glycaemic index of a meal?

A. _____
B. _____
C. _____

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10. Why may some the foods with a high Glycaemic Index not raise your blood glucose as the tales suggest?

A. _____

11. For people who only carbohydrate count and give insulin based on their carb ratio, when does this not work effectively?

A. _____

12. Why does high protein intake increase the blood glucose level?

A. _____

13. Why does fat intake increase the blood glucose level?

A. _____

14. What percentage extra could you start with and what split of bolus for high fat and protein meals?

A. _____

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15. Why is the food insulin index different to other methods of assessing insulin need, what did it measure?

A. _____

16. What is the simple way to apply the work of the Food Insulin Index to improve matching insulin need for meals?

A. _____

17. What bolus strategies will suit the below phases of training the best?

A. Bulking-

B. Leaning-

C. Keto-

Total score: /24

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