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Endokrinologie, Ernährungsmedizin
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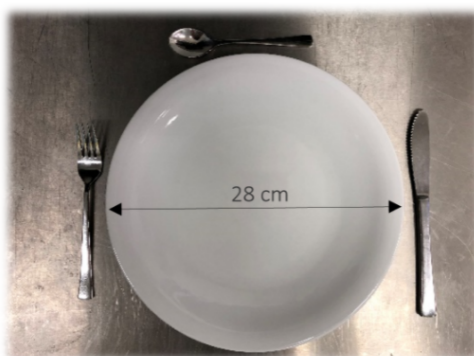**Diabetes Center Berne**

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Language ⌄

«Let's think about food!»

Nutrition is an important theme in our life. The estimation of nutritional content, for example carbohydrate or energy, is a particular challenge. It plays a decisive role in a healthy lifestyle or the diagnosis of Diabetes mellitus and estimation of insulin dosage. «How many grams of carbohydrates, fat, and protein are in there, and how much energy (Kilocalories) am I taking in?»

With this 10-minute questionnaire you can test your ability to estimate the nutritional content of food.Important: All foods are presented on the same plate. At the end of the questionnaire, you will receive an evaluation of your answers.

All answers are recorded and evaluated anonymously: your answers cannot be linked back to you. By taking part in this study, you accept our Data protection policy.

This project is a collaboration between the University Clinic for Diabetology, Endocrinology, Nutrition, and Metabolism of the University Hospital Bern (UDEM, Inselspital), the Federal Instutite of Technology Zurich (ETHZ), and the Diabetes Center Bern (DCB).

☐ I accept the data protection and participation conditions

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How old are you? ⌄

What gender are you? ⌄

What is your weight (in kg)?
Enter a number between 40 and 200.

How tall are you (in cm)?
Enter a number between 150 and 210.

What is your highest educational level? ⌄

Do you have diabetes? ⌄

Do one of the following health problems affect you? ⌄

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How much sugar (in grams) does a glass (2 dL) of apple juice contain?

○ 20
○ 25.3
○ 28.6

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Which food product has the highest proportion of dietary fibre (per 100g) ?

○ Swiss Bündnerfleisch

○ Iceberg lettuce

○ Red beans

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Which food product has the highest proportion of protein (per 100g) ?

○ Salami

○ Chicken leg

○ Mascarpone cheese

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Which food product has the highest energy density (calories per weight)?

○ Milk chocolate

○ Nature Chips

○ Butterli biscuits

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Which food product has the highest proportion of unsaturated fatty acids (per 100g) ?

○ Coconut oil

○ Mayonnaise

○ Nuts

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Which food product has the highest salt content (per 100g) ?

○ Cornflakes

○ Appenzeller cheese slice

○ Toast

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30

Spaghetti, celery piccata and zucchini: How many calories does this meal contain?

○ 195
○ 234
○ 273
○ 312

Skip Next

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Polenta, lambragout and cabbage: How many calories does this meal contain?

○ 396
○ 494
○ 594
○ 693

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Cereals-vegetables loaf, green beans and marinated tomatoes: How many calories does this meal contain?

- ◯ 94
- ◯ 141
- ◯ 188
- ◯ 235

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Pasta with zucchini: How many calories does this meal contain?

- ◯ 350
- ◯ 437
- ◯ 524
- ◯ 611

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Risotto, quorn-morel ragout and carrots: How many calories does this meal contain?

○ 275
○ 413
○ 551
○ 689

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Boiled potatoes, beef roulade and cabbage: How many calories does this meal contain?

○ 471
○ 565
○ 659
○ 753

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Cheese-leek-patty, bread roll and cabbage: How many calories does this meal contain?

◯ 226
◯ 338
◯ 450
◯ 562

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Berliner: How many calories does this meal contain?

◯ 90
◯ 136
◯ 182
◯ 228

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You have successfully filled the questionnaire, thank you so much!

Your results:

You have answered 25% of the questions correctly.
You have answered 4/6 of the questions on packaged or ready made foods correctly.

What happens next?

We would gladly involve you in a second study. The anonymous use of purchase data from Loyalty cards (CUMULUS/SUPERCARD) and their automatic analysis provides exciting insights into the food purchasing behavior of the Swiss population. The development of digital solutions is intended to promote healthy shopping behavior in the future.

Do you have a CUMULUS or SUPERCARD, would like to know how healthy your food purchases are, and want to receive 20CHF in coupons?

Are you interested?

Then please give us your email address and we will send you the information to proceed.

Thank you once more for your help!

The UDEM(University Hospital Bern), ETH Zürich, and Diabetes Center Berne project team. Lia Bally, Melanie Stoll, Klaus Fuchs, Avik Mukihja

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