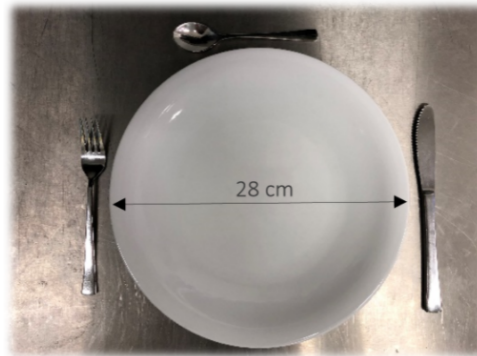


«Let's think about food!»

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 Institute of Technology Zurich (ETHZ), and the Diabetes Center Bern (DCB).

☐ [I accept the data protection and participation conditions](#)

Start

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? ▼

Yes, type 2 diabetes

Do one of the following health problems affect you? ▼

Diabetes treatment ▼

Latest haemoglobin A1c value as % (in the last 3 months)

Enter a number between 5 and 13.

Next

Question 1 of 14

29



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

- ☐ 20
- ☐ 25.3
- ☐ 28.6

Skip

Next

Question 2 of 14

29

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

- ☐ Swiss Bündnerfleisch



- ☐ Iceberg lettuce



- ☐ Red beans



Skip

Next

Question 3 of 14

30

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

☐ Salami



☐ Chicken leg



☐ Mascarpone cheese



Skip

Next

Question 4 of 14

30

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

☐ Milk chocolate



☐ Nature Chips



☐ Butterli biscuits



Skip

Next

Question 5 of 14

30

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

☐ Coconut oil☐ Mayonnaise☐ Nuts

Skip

Next

Question 6 of 14

30

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

☐ Cornflakes☐ Appenzeller cheese slice☐ Toast

Skip

Next

Question 7 of 14

29



Millet risotto, porc loin and sugar peas: How many grams of carbohydrates does this meal contain?

- ☐ 18
- ☐ 22
- ☐ 26
- ☐ 30

Skip

Next

Question 8 of 14

30



Quinoa, egg and vegetables: How many grams of carbohydrates does this meal contain?

- ☐ 26
- ☐ 31
- ☐ 36
- ☐ 41

Skip

Next

Question 9 of 14

29



Pasta, fish fillet and zucchini: How many grams of carbohydrates does this meal contain?

- ☐ 33
☐ 39
☐ 45
☐ 51

Skip

Next

Question 10 of 14

30



Mashed sweet potatoes, marinated tofu and Italian vegetables: How many grams of carbohydrates does this meal contain?

- ☐ 63
☐ 72
☐ 81
☐ 90

Skip

Next

Question 11 of 14

30



Bread roll, Wiener sausages and mixed salad: How many grams of carbohydrates does this meal contain?

- ☐ 45
☐ 52
☐ 59
☐ 66

Skip

Next

Question 12 of 14

30



Polenta, beef roulade and cabbage: How many grams of carbohydrates does this meal contain?

- ☐ 10
☐ 13
☐ 16
☐ 19

Skip

Next

Question 13 of 14

30



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

- ☐ 43
- ☐ 54
- ☐ 65
- ☐ 76

Skip

Next

Question 14 of 14

29



Mashed potatoes, Wiener sausages and carrots: How many grams of carbohydrates does this meal contain?

- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8

Skip

Next



Eidgenössische Technische Hochschule Zürich
Swiss Federal Institute of Technology Zurich



Diabetes Center Berne



UNIVERSITÄT
BERN

Language ▼

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

Your results:

You have answered 13% of the questions correctly.

You have answered 3/6 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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Send Email