

100-Question Multiple-Choice Quiz About Diabetes with Answers

1. What is diabetes mellitus?

- A. A lung disease
- B. A condition where the body cannot properly regulate blood sugar
- C. A bone disorder
- D. A viral infection

Answer: B

Explanation: Diabetes mellitus is a chronic condition in which the body either does not produce enough insulin or cannot use insulin effectively, leading to elevated blood glucose levels.

2. Which hormone helps regulate blood sugar?

- A. Estrogen
- B. Cortisol
- C. Insulin
- D. Adrenaline

Answer: C

Explanation: Insulin is produced by the pancreas and helps move glucose from the bloodstream into cells for energy.

3. Which organ produces insulin?

- A. Liver
- B. Pancreas
- C. Kidney
- D. Heart

Answer: B

Explanation: The pancreas contains beta cells that produce insulin.

4. What is the main problem in Type 1 diabetes?

- A. Too much insulin production
- B. Autoimmune destruction of insulin-producing cells
- C. Excess sugar intake only
- D. Liver failure

Answer: B

Explanation: Type 1 diabetes occurs when the immune system attacks the beta cells in the pancreas.

5. What is the primary issue in Type 2 diabetes?

- A. Complete lack of insulin
- B. Insulin resistance
- C. Viral infection
- D. Excess calcium

Answer: B

Explanation: In Type 2 diabetes, the body's cells do not respond effectively to insulin.

6. Which symptom is common in diabetes?

- A. Blurred vision
- B. Hair loss only
- C. Hearing loss
- D. Nosebleeds

Answer: A

Explanation: High blood sugar can damage blood vessels in the eyes, causing blurred vision.

7. What does "hyperglycemia" mean?

- A. Low blood pressure
- B. High blood sugar

- C. Low blood sugar
- D. High cholesterol

Answer: B

Explanation: Hyperglycemia refers to elevated glucose levels in the blood.

8. What does "hypoglycemia" mean?

- A. High insulin levels
- B. Low blood sugar
- C. High blood sugar
- D. High sodium levels

Answer: B

Explanation: Hypoglycemia occurs when blood glucose drops too low.

9. Which test measures average blood sugar over 2–3 months?

- A. CBC
- B. A1C test
- C. X-ray
- D. MRI

Answer: B

Explanation: The A1C test reflects average blood glucose levels over the past few months.

10. What A1C level is commonly used to diagnose diabetes?

- A. 4.0%
- B. 5.0%
- C. 6.5% or higher
- D. 3.5%

Answer: C

Explanation: An A1C of 6.5% or above on two tests usually indicates diabetes.

11. Which type of diabetes is usually diagnosed in childhood?

- A. Type 1 diabetes
- B. Gestational diabetes
- C. Prediabetes
- D. Type 2 diabetes only

Answer: A

Explanation: Type 1 diabetes often develops during childhood or adolescence.

12. What is gestational diabetes?

- A. Diabetes caused by infection
- B. Diabetes occurring during pregnancy
- C. Diabetes caused by stress only
- D. Diabetes in newborns

Answer: B

Explanation: Gestational diabetes develops during pregnancy and may increase future diabetes risk.

13. Which lifestyle factor increases Type 2 diabetes risk?

- A. Regular exercise
- B. Healthy diet
- C. Physical inactivity
- D. Adequate sleep

Answer: C

Explanation: Lack of physical activity contributes to insulin resistance and weight gain.

14. Which food is highest in simple sugars?

- A. Candy
- B. Broccoli
- C. Chicken
- D. Eggs

Answer: A

Explanation: Candy contains concentrated sugars that can quickly raise blood glucose.

15. Which beverage may rapidly increase blood sugar?

- A. Water
- B. Unsweetened tea
- C. Regular soda
- D. Black coffee

Answer: C

Explanation: Regular soda contains large amounts of sugar that rapidly increase blood glucose.

16. Which complication can diabetes cause in the eyes?

- A. Cataracts only
- B. Retinopathy
- C. Ear infections
- D. Glaucoma only

Answer: B

Explanation: Diabetic retinopathy damages blood vessels in the retina and can lead to vision loss.

17. Which body part is commonly affected by diabetic neuropathy?

- A. Teeth
- B. Nerves
- C. Hair
- D. Fingernails

Answer: B

Explanation: Neuropathy is nerve damage often affecting the feet and hands.

18. Why is foot care important for people with diabetes?

- A. Shoes wear out faster
- B. Diabetes can reduce circulation and sensation
- C. Feet grow larger
- D. Toenails stop growing

Answer: B

Explanation: Poor circulation and nerve damage can increase the risk of ulcers and infections.

19. Which blood sugar level is generally considered low?

- A. Below 70 mg/dL
- B. Above 200 mg/dL
- C. 150 mg/dL
- D. 120 mg/dL

Answer: A

Explanation: Blood glucose below 70 mg/dL is often classified as hypoglycemia.

20. Which symptom may occur during hypoglycemia?

- A. Sweating

- B. Dry skin only
- C. Hair growth
- D. Slow heartbeat only

Answer: A

Explanation: Sweating, shakiness, and confusion are common signs of low blood sugar.

21. What is insulin resistance?

- A. The body rejects water
- B. Cells do not respond properly to insulin
- C. The pancreas stops working completely
- D. Excess oxygen in blood

Answer: B

Explanation: Insulin resistance means glucose has difficulty entering cells despite insulin being present.

22. Which nutrient has the biggest immediate effect on blood sugar?

- A. Carbohydrates
- B. Protein
- C. Vitamins
- D. Minerals

Answer: A

Explanation: Carbohydrates break down into glucose and directly affect blood sugar.

23. Which is a healthy carbohydrate choice?

- A. White bread
- B. Sugary cereal
- C. Whole grains

D. Candy bars

Answer: C

Explanation: Whole grains contain fiber, which slows glucose absorption.

24. What is prediabetes?

- A. Normal blood sugar
- B. Blood sugar higher than normal but not yet diabetes
- C. A temporary infection
- D. Extremely low blood sugar

Answer: B

Explanation: Prediabetes is a warning stage where blood glucose is elevated but not high enough for diabetes diagnosis.

25. Which exercise helps improve insulin sensitivity?

- A. Walking
- B. Sleeping
- C. Watching television
- D. Sitting for long periods

Answer: A

Explanation: Physical activity helps muscles use glucose more effectively.

26. Which diabetes medication is often first prescribed for Type 2 diabetes?

- A. Penicillin
- B. Metformin
- C. Aspirin
- D. Ibuprofen

Answer: B

Explanation: Metformin helps lower glucose production in the liver and improves insulin sensitivity.

27. Which condition is a medical emergency in diabetes?

- A. Mild thirst
- B. Diabetic ketoacidosis
- C. Sneezing
- D. Mild headache

Answer: B

Explanation: Diabetic ketoacidosis (DKA) can occur when the body lacks insulin and produces dangerous ketones.

28. Which symptom may suggest diabetic ketoacidosis?

- A. Fruity-smelling breath
- B. Improved vision
- C. Slow hair growth
- D. Sneezing

Answer: A

Explanation: Fruity breath is caused by ketone buildup in DKA.

29. Which monitoring device continuously tracks glucose?

- A. Thermometer
- B. Continuous glucose monitor
- C. Blood pressure cuff
- D. Pulse oximeter

Answer: B

Explanation: A CGM measures glucose levels throughout the day and night.

30. Which factor can raise blood sugar levels?

- A. Illness
- B. Exercise only
- C. Drinking water
- D. Sleeping normally

Answer: A

Explanation: Stress hormones released during illness can increase blood glucose.

31. Which nutrient slows sugar absorption?

- A. Fiber
- B. Salt
- C. Sugar
- D. Cholesterol

Answer: A

Explanation: Fiber helps regulate blood sugar by slowing digestion.

32. Which body system is heavily affected by diabetes complications?

- A. Circulatory system
- B. Skeletal system only
- C. Reproductive system only
- D. Hair follicles only

Answer: A

Explanation: Diabetes damages blood vessels and affects circulation.

33. Why are regular eye exams important for people with diabetes?

- A. To measure hearing
- B. To detect retinal damage early
- C. To improve memory
- D. To reduce allergies

Answer: B

Explanation: Early detection of diabetic eye disease can prevent vision loss.

34. Which diabetes type is most associated with obesity?

- A. Type 2 diabetes
- B. Type 1 diabetes only
- C. Gestational diabetes only
- D. None

Answer: A

Explanation: Excess body weight increases insulin resistance and Type 2 diabetes risk.

35. What is a common sign of high blood sugar?

- A. Increased thirst
- B. Improved concentration
- C. Reduced urination
- D. Increased energy only

Answer: A

Explanation: High glucose causes dehydration, leading to excessive thirst.

36. Which condition may result from long-term uncontrolled diabetes?

- A. Kidney disease
- B. Broken bones only

- C. Asthma only
- D. Earwax buildup

Answer: A

Explanation: High blood sugar can damage kidney blood vessels over time.

37. Which hormone opposes insulin's action?

- A. Glucagon
- B. Calcium
- C. Iron
- D. Hemoglobin

Answer: A

Explanation: Glucagon raises blood sugar by stimulating glucose release from the liver.

38. What is the purpose of insulin injections?

- A. To raise cholesterol
- B. To help lower blood sugar
- C. To cure infections
- D. To increase calcium

Answer: B

Explanation: Insulin injections help move glucose into cells.

39. Which is a risk factor for gestational diabetes?

- A. Healthy weight
- B. Family history of diabetes
- C. Daily exercise
- D. Low blood pressure

Answer: B

Explanation: Genetics and family history can increase gestational diabetes risk.

40. What is the fasting blood glucose test?

- A. Blood sugar measured after not eating
- B. Blood pressure test
- C. Vision screening
- D. Bone density test

Answer: A

Explanation: This test measures glucose levels after fasting for at least 8 hours.

41. Which symptom can occur in untreated diabetes?

- A. Frequent urination
- B. Improved eyesight
- C. Weight gain only
- D. Slower breathing only

Answer: A

Explanation: Excess glucose causes the kidneys to remove more water, increasing urination.

42. Which type of diabetes can sometimes be prevented with lifestyle changes?

- A. Type 2 diabetes
- B. Type 1 diabetes
- C. Genetic diabetes only
- D. Juvenile diabetes only

Answer: A

Explanation: Healthy eating, exercise, and weight management can reduce Type 2 diabetes risk.

43. Which food is best for stable blood sugar?

- A. Oatmeal
- B. Candy
- C. Sugary soda
- D. Frosting

Answer: A

Explanation: Oatmeal contains fiber and complex carbohydrates.

44. Why is smoking dangerous for people with diabetes?

- A. It improves circulation
- B. It increases blood vessel damage
- C. It lowers glucose automatically
- D. It strengthens nerves

Answer: B

Explanation: Smoking worsens circulation and increases complication risks.

45. Which term refers to damage to the kidneys from diabetes?

- A. Nephropathy
- B. Neuropathy
- C. Retinopathy
- D. Osteopathy

Answer: A

Explanation: Diabetic nephropathy involves kidney damage caused by high blood sugar.

46. Which test measures blood sugar at a single moment?

- A. Finger-stick glucose test
- B. MRI
- C. Colonoscopy
- D. Ultrasound

Answer: A

Explanation: A finger-stick test provides a current blood glucose reading.

47. Which vitamin deficiency is sometimes linked to metformin use?

- A. Vitamin B12
- B. Vitamin C
- C. Vitamin D
- D. Vitamin K

Answer: A

Explanation: Long-term metformin use may reduce vitamin B12 absorption.

48. Which fruit is generally healthier than fruit juice for diabetes?

- A. Whole apple
- B. Apple juice
- C. Fruit punch
- D. Soda

Answer: A

Explanation: Whole fruit contains fiber that slows sugar absorption.

49. Which symptom may suggest nerve damage in diabetes?

- A. Tingling in feet
- B. Stronger nails
- C. Improved balance only

D. Increased hearing

Answer: A

Explanation: Tingling or numbness often indicates neuropathy.

50. What is the role of the liver in blood sugar regulation?

- A. Stores and releases glucose
- B. Produces insulin only
- C. Produces oxygen
- D. Stores calcium only

Answer: A

Explanation: The liver stores glucose as glycogen and releases it when needed.

51. Which is a healthy snack for many people with diabetes?

- A. Nuts
- B. Candy bars
- C. Frosted donuts
- D. Sugary cereal

Answer: A

Explanation: Nuts contain healthy fats and protein that help stabilize blood sugar.

52. Which diabetes complication affects the heart?

- A. Cardiovascular disease
- B. Appendicitis
- C. Tonsillitis
- D. Arthritis only

Answer: A

Explanation: Diabetes increases the risk of heart disease and stroke.

53. Why should people with diabetes monitor blood pressure?

- A. High blood pressure increases complication risk
- B. Blood pressure has no effect
- C. It improves eyesight directly
- D. It lowers insulin needs automatically

Answer: A

Explanation: Hypertension combined with diabetes increases damage to blood vessels.

54. Which type of fat is healthier for people with diabetes?

- A. Unsaturated fat
- B. Trans fat
- C. Artificial fat only
- D. Burned fat

Answer: A

Explanation: Unsaturated fats may improve heart health.

55. Which symptom is associated with hyperglycemia?

- A. Extreme thirst
- B. Shaking immediately
- C. Sweating only
- D. Sudden hunger only

Answer: A

Explanation: High blood sugar can lead to dehydration and thirst.

56. What is carb counting?

- A. Counting vitamins
- B. Tracking carbohydrate intake
- C. Measuring cholesterol only
- D. Counting calories only

Answer: B

Explanation: Carb counting helps manage blood glucose levels.

57. Which healthcare provider specializes in diabetes care?

- A. Endocrinologist
- B. Dermatologist
- C. Orthopedist
- D. Ophthalmologist only

Answer: A

Explanation: Endocrinologists specialize in hormone-related conditions, including diabetes.

58. Which diabetes medication may increase insulin release?

- A. Sulfonylureas
- B. Antibiotics
- C. Antihistamines
- D. Pain relievers

Answer: A

Explanation: Sulfonylureas stimulate the pancreas to release more insulin.

59. Which symptom can result from severe hypoglycemia?

- A. Confusion
- B. Increased alertness only
- C. Stronger vision only
- D. Hair growth

Answer: A

Explanation: Low glucose deprives the brain of energy, causing confusion.

60. Why is hydration important in diabetes?

- A. It helps prevent dehydration from high blood sugar
- B. It cures diabetes
- C. It eliminates insulin needs
- D. It increases sugar absorption

Answer: A

Explanation: High blood glucose can increase fluid loss through urination.

61. Which diabetes complication affects wound healing?

- A. Poor circulation
- B. Improved immunity
- C. Faster clotting only
- D. Increased muscle mass

Answer: A

Explanation: Poor blood flow can delay healing and increase infection risk.

62. Which test measures ketones?

- A. Urine test
- B. Vision test
- C. Hearing test
- D. Bone scan

Answer: A

Explanation: Ketones can be detected in urine or blood during DKA.

63. Which symptom is common in newly diagnosed Type 1 diabetes?

- A. Unexplained weight loss
- B. Weight gain only
- C. Improved appetite control
- D. Better vision

Answer: A

Explanation: Without insulin, the body cannot use glucose properly and breaks down fat and muscle.

64. Which nutrient helps people feel full longer?

- A. Protein
- B. Sugar
- C. Candy
- D. Syrup

Answer: A

Explanation: Protein promotes satiety and can help control appetite.

65. What does a glucose meter measure?

- A. Blood sugar level
- B. Cholesterol only
- C. Oxygen level only
- D. Calcium level only

Answer: A

Explanation: Glucose meters provide quick blood sugar readings.

66. Which hormone deficiency causes Type 1 diabetes?

- A. Insulin
- B. Thyroxine
- C. Estrogen
- D. Testosterone

Answer: A

Explanation: Type 1 diabetes results from insufficient insulin production.

67. Which complication may require dialysis?

- A. Kidney failure
- B. Ear infection
- C. Sinusitis
- D. Tooth decay

Answer: A

Explanation: Severe diabetic kidney disease may lead to kidney failure requiring dialysis.

68. Which is a healthy beverage option for diabetes management?

- A. Water
- B. Sweet tea
- C. Energy drinks
- D. Regular soda

Answer: A

Explanation: Water hydrates without raising blood sugar.

69. What is one benefit of regular physical activity?

- A. Improved insulin sensitivity
- B. Guaranteed cure
- C. Permanent elimination of glucose
- D. Increased insulin resistance

Answer: A

Explanation: Exercise helps the body use insulin more effectively.

70. Which symptom may indicate high blood sugar overnight?

- A. Morning headaches
- B. Improved energy only
- C. Increased hearing
- D. Stronger nails

Answer: A

Explanation: High nighttime glucose can lead to morning headaches and fatigue.

71. Which is a common site for insulin injection?

- A. Abdomen
- B. Fingernails
- C. Forehead
- D. Elbows only

Answer: A

Explanation: The abdomen is commonly used because insulin absorbs predictably there.

72. Why should injection sites be rotated?

- A. To prevent tissue damage
- B. To increase pain
- C. To stop insulin working
- D. To weaken skin

Answer: A

Explanation: Rotating sites prevents lumps and improves insulin absorption.

73. Which diabetes complication affects the brain's blood vessels?

- A. Stroke
- B. Asthma
- C. Bronchitis
- D. Ulcers only

Answer: A

Explanation: Diabetes increases stroke risk through blood vessel damage.

74. Which cholesterol type is often called "bad cholesterol"?

- A. LDL
- B. HDL
- C. Triglycerides
- D. Glucose

Answer: A

Explanation: High LDL cholesterol contributes to plaque buildup in arteries.

75. Which cholesterol type is considered "good cholesterol"?

- A. HDL
- B. LDL
- C. Glucose
- D. Ketones

Answer: A

Explanation: HDL helps remove cholesterol from the bloodstream.

76. What is a possible symptom of diabetic retinopathy?

- A. Vision changes
- B. Hearing improvement
- C. Stronger smell
- D. Faster reflexes

Answer: A

Explanation: Damage to retinal blood vessels can impair vision.

77. Which condition can increase insulin resistance?

- A. Obesity
- B. Regular exercise
- C. Balanced nutrition
- D. Hydration

Answer: A

Explanation: Excess body fat interferes with insulin effectiveness.

78. Which meal component can help prevent blood sugar spikes?

- A. Fiber-rich foods
- B. Sugary desserts
- C. Soda
- D. Candy

Answer: A

Explanation: Fiber slows digestion and glucose absorption.

79. Which diabetes type always requires insulin therapy?

- A. Type 1 diabetes
- B. Prediabetes
- C. Gestational diabetes only
- D. Mild Type 2 diabetes only

Answer: A

Explanation: People with Type 1 diabetes must replace missing insulin.

80. Which symptom can occur during severe hyperglycemia?

- A. Fatigue
- B. Increased coordination
- C. Better memory only
- D. Improved hearing

Answer: A

Explanation: High blood sugar can cause weakness and fatigue.

81. What is an insulin pump?

- A. A device that delivers insulin continuously
- B. A glucose meter only
- C. A blood pressure monitor
- D. A thermometer

Answer: A

Explanation: Insulin pumps provide insulin throughout the day through a small catheter.

82. Which condition often occurs together with Type 2 diabetes?

- A. High blood pressure
- B. Appendicitis
- C. Tuberculosis
- D. Scoliosis

Answer: A

Explanation: Hypertension commonly occurs with insulin resistance and obesity.

83. Why are regular dental visits important for people with diabetes?

- A. Diabetes increases gum disease risk
- B. Teeth absorb insulin
- C. Sugar disappears in gums
- D. Dental care lowers cholesterol directly

Answer: A

Explanation: High blood sugar can increase infections and gum disease.

84. Which blood vessel problem is common in diabetes?

- A. Atherosclerosis
- B. Improved circulation
- C. Bone loss only
- D. Muscle tears only

Answer: A

Explanation: Diabetes accelerates plaque buildup in arteries.

85. Which symptom may occur if blood sugar drops too quickly?

- A. Dizziness
- B. Improved balance
- C. Stronger muscles immediately
- D. Better sleep instantly

Answer: A

Explanation: Rapid glucose decline can affect brain function and balance.

86. Which food is highest in fiber?

- A. Beans
- B. Candy
- C. Ice cream
- D. White bread

Answer: A

Explanation: Beans contain substantial fiber and protein.

87. What is the goal of diabetes management?

- A. Maintain healthy blood glucose levels
- B. Eliminate all carbohydrates forever
- C. Avoid all exercise
- D. Increase sugar intake

Answer: A

Explanation: Proper management reduces the risk of complications.

88. Which hormone is released during stress and can raise blood sugar?

- A. Cortisol
- B. Insulin
- C. Calcium
- D. Melatonin

Answer: A

Explanation: Stress hormones like cortisol increase glucose production.

89. Which habit may help prevent Type 2 diabetes?

- A. Maintaining a healthy weight
- B. Smoking
- C. Physical inactivity
- D. Excess sugary drinks

Answer: A

Explanation: Weight management lowers insulin resistance risk.

90. Which test may diagnose gestational diabetes?

- A. Glucose tolerance test
- B. Vision test
- C. Allergy test
- D. Hearing test

Answer: A

Explanation: The glucose tolerance test measures how the body handles sugar.

91. Which body cells need insulin to efficiently absorb glucose?

- A. Muscle cells
- B. Hair cells only
- C. Nail cells only
- D. Tooth enamel only

Answer: A

Explanation: Muscle cells rely heavily on insulin for glucose uptake.

92. Which symptom may indicate dehydration from high blood sugar?

- A. Dry mouth
- B. Stronger voice
- C. Better eyesight
- D. Increased appetite only

Answer: A

Explanation: Excess urination can lead to dehydration and dry mouth.

93. Which diabetes complication can lead to amputations?

- A. Severe foot ulcers
- B. Ear infections
- C. Seasonal allergies
- D. Migraines

Answer: A

Explanation: Poor circulation and nerve damage can lead to serious infections and tissue damage.

94. Which macronutrient has little direct effect on blood sugar?

- A. Protein
- B. Sugar
- C. Starch
- D. Candy

Answer: A

Explanation: Protein affects blood sugar less directly than carbohydrates.

95. What should a person with diabetes carry in case of hypoglycemia?

- A. Fast-acting glucose source
- B. Heavy weights
- C. Extra salt
- D. Ice packs only

Answer: A

Explanation: Glucose tablets or juice can quickly raise low blood sugar.

96. Which long-term complication can diabetes increase the risk of?

- A. Heart attack
- B. Improved circulation
- C. Stronger vision only
- D. Faster wound healing

Answer: A

Explanation: Diabetes damages blood vessels and increases cardiovascular risk.

97. Which type of diabetes occurs during pregnancy and may disappear afterward?

- A. Gestational diabetes
- B. Type 1 diabetes
- C. Prediabetes
- D. Juvenile diabetes

Answer: A

Explanation: Gestational diabetes often resolves after childbirth but increases future diabetes risk.

98. Which factor helps lower blood sugar naturally during exercise?

- A. Muscles use glucose for energy
- B. Bones absorb glucose
- C. Hair removes sugar
- D. Teeth process insulin

Answer: A

Explanation: Exercising muscles consume glucose, lowering blood sugar.

99. Which diabetes treatment plan is most effective?

- A. Individualized care tailored to the person
- B. One identical plan for everyone
- C. Ignoring symptoms
- D. Avoiding medical advice

Answer: A

Explanation: Diabetes management varies based on age, lifestyle, medications, and health conditions.

100. What is the overall goal of diabetes management?

- A. To maintain healthy blood glucose and reduce complications
- B. To eliminate all food intake
- C. To avoid all physical activity
- D. To increase blood sugar levels

Answer: A

Explanation: Effective diabetes management focuses on controlling blood glucose, promoting health, and preventing complications.