SPORTS NUTRITION QUIZ

PART I: TRUE OR FALSE

1. __ T __ F Water is a nutrient often ignored by athletes, yet it is extremely important for performance.

2. __ T __ F Fat is the most concentrated source of food energy and has twice as many calories as an equal amount of carbohydrate or protein.

3. __ T __ F A high fat diet is recommended because it is very easily digested.

4. __ T __ F Excess protein intake is stored in the body and later changed to muscle.

5. __ T __ F Carbohydrate is stored in the muscle in limited amounts. A high carbohydrate diet is necessary to replace stored carbohydrate which are used during exercise.

6. __ T __ F The most important energy source for physical activity is carbohydrate.

PART II: MULTIPLE CHOICE (More than one answer may be correct)

7. Methods of weight loss which may cause dehydration and hurt wrestling performance:
   a. eating 3 meals/day  
   b. drinking less  
   c. regular exercise  
   d. spitting

8. Dehydration limits the body’s ability to:
   a. cool itself  
   b. lose weight  
   c. wrestle  
   d. eat more

9. The best fluid choices before wrestling or between matches include:
   a. water  
   b. milkshakes  
   c. diluted juices  
   d. coffee

10. An example of a high fat meal is:
    a. cheeseburger, fries and a milkshake.  
    b. turkey sandwich on whole wheat bread, apple, skim milk

11. If you are eating a large meal before a wrestling match, allow at least ______ hours/minutes between eating and exercise.
    a. 15 minutes  
    b. 1-2 hours  
    c. 3-4 hours  
    d. 1 day
QUIZ ANSWERS

1. TRUE  Water makes up over 60% of our bodies. Drink fluids before, during, and after exercise. Don’t become dehydrated.

2. TRUE  Carbohydrate and protein have only 4 calories per gram while fat has 9 calories per gram.

3. FALSE  Fat takes much longer to digest. A high fat meal is not recommended before exercise.

4. FALSE  Excess protein calories are stored as body fat. The best way to build muscle is to exercise.

5. TRUE  Carbohydrates are stored in the muscle tissue as glycogen. This “stored” carbohydrate is used for energy during exercise.

6. TRUE  Carbohydrate, not protein or fat, is the preferred fuel source during exercise.

7. B, D

8. A

9. A, C

10. A

11. C

This information is provided to you by the Wisconsin Dietetics Association, Wisconsin Department of Public Instruction Nutrition Education and Training (NET) Program and the Wisconsin Interscholastic Athletic Association.