

Wisconsin Wrestling Minimum Weight Project

SPORTS NUTRITION QUIZ

PART I: TRUE OR FALSE

- T F Water is a nutrient often ignored by athletes, yet it is extremely important for performance.
- 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.
- T F A high fat diet is recommended because it is very easily digested.
- T F Excess protein intake is stored in the body and later changed to muscle.
- 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.
- T F The most important energy source for physical activity is carbohydrate.

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

- Methods of weight loss which may cause dehydration and hurt wrestling performance:
 - eating 3 meals/day
 - drinking less
 - regular exercise
 - spitting
- Dehydration limits the body's ability to:
 - cool itself
 - lose weight
 - wrestle
 - eat more
- The best fluid choices before wrestling or between matches include:
 - water
 - milkshakes
 - diluted juices
 - coffee
- An example of a high fat meal is:
 - cheeseburger, fries and a milkshake.
 - turkey sandwich on whole wheat bread, apple, skim milk
- If you are eating a large meal before a wrestling match, allow at least _____ hours/minutes between eating and exercise.
 - 15 minutes
 - 1-2 hours
 - 3-4 hours
 - 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