SPORTS NUTRITION QUIZ

__ T  __ F  1. Protein should be the major source of calories in an athlete's diet.

__ T  __ F  2. Meat is a good source of carbohydrates as well as protein.

__ T  __ F  3. Bread, cereal and grain products provide carbohydrates as well as vitamins and minerals.

__ T  __ F  4. The daily recommended amount of sodium for healthy Americans over the age of 14 is 6000 milligrams.

__ T  __ F  5. When trying to lose weight, losing “water weight” is the best approach.

__ T  __ F  6. The pre-competition meal should be high in sugar to give extra energy.

__ T  __ F  7. Wrestling is the most exciting sport there is.

8. Which of the following foods is highest in vitamin C:
   a. whole wheat bread    c. skim milk
   b. chicken              d. orange juice

9. The most important nutrient for any athlete is:
   a. protein               c. fat
   b. carbohydrates         d. all of these

(Turn over for the answers)
QUIZ ANSWERS

1. FALSE  Carbohydrates should be the main energy source in an athlete’s diet.

2. FALSE  Meat contains no carbohydrates.

3. TRUE

4. FALSE  Recent recommendations state that daily intake of sodium be limited to 2300 milligrams per day.

5. FALSE  Losing “water weight” (or dehydration) is only a temporary weight loss. With muscles being 70% water, dehydration negatively affects athletic performance. Losing excess fat should be the goal of any weight loss program.

6. FALSE  The pre-competition meal should be high in starches or complex carbohydrates.

7. NO!  Actually, you can decide this one for yourself.

8. d.

9. d.  All of these nutrients play an important role in an athlete’s diet.

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.