

SportsNutrition

Nancy Clark MS, RD, CSSD
www.nancyclarkrd.com

SPORTS NUTRITION QUIZ

1. The night before a game, you should eat a high carbohydrate dinner, such as pasta?
 - a. True
 - b. False. Training is more important than food.
 - c. Partially true. You should also eat high carb foods at breakfast and lunch, as well as at dinner.
2. If you are stopping for fast food after an away-game, a positive choice for your recovery meal is--
 - a. Chicken Caesar Salad?
 - b. Cheeseburger (for protein)?
 - c. Pizza with thick crust?
3. The amount of protein you need to build muscles is--
 - a. A little bit at each meal, such as 1/4 of a plate filled with meat, as happens with stir-fried beef with lots of rice and vegetables.
 - b. The foundation of the meal, so that protein covers 2/3 of the dinner plate, as happens if you have a large steak with some veggies.
4. You should avoid food within the hour before you exercise?
 - a. True
 - b. False
5. If you are low on energy before your afternoon practice, should you eat:
 - a. banana
 - b. more breakfast
 - c. more lunch
 - d. all of the above.
6. For student athletes who train in the afternoon, breakfast should be:
 - a. The equivalent in calories to two to three slices of cheese pizza.
 - b. An energy bar
 - c. High in protein (such as an egg white omelet), to enhance muscular growth.
7. You are dehydrated and will be unable to exercise at your best if:
 - a. Your urine is dark and smelly
 - b. You don't need to urinate during the school day (let's say, from about 8:00 a.m. until 3:00 p.m.)
 - c. You feel thirsty
 - d. All of the above
8. A sports drink (like Gatorade) is a good way for student-athletes to replace electrolytes lost in sweat?
 - a. True
 - b. False
9. If you are hungry after your afternoon practice, should you:
 - a. Have a snack?
 - b. Wait until dinner to eat?
10. Carbohydrates are fattening. If you want to lose weight, you should limit your intake of bagels, bread, pasta, and potato?
 - a. True
 - b. False
11. To lose ten pounds of body fat in a year, you should consume how many fewer calories per day:
 - a. 100?
 - b. 250?
 - c. 500?
12. The less you weigh, the better you will perform ... The best athlete is the thinnest athlete.
 - a. True
 - b. False