



Sports Nutrition Quiz

Every athlete should know how proper nutrition can affect their workouts and enhance their performance. We've designed a quick quiz so you can gauge your sports nutrition knowledge. Once you're done, just compare your answers with our info-packed answer sheet and use that as a helpful learning guide. Knowing more about sports nutrition will ensure maximum performance during your game.



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1. Athletes need the same foods as less active people, only more of it.

Agree Disagree Don't know

2. The training diet should be about 60% carbohydrate, 15-20% protein and 20-30% fat.

Agree Disagree Don't know

3. Protein is the primary fuel for muscles.

Agree Disagree Don't know

4. A low fat training diet is necessary for losing body fat.

Agree Disagree Don't know

5. Whole wheat pita, banana, fortified breakfast cereals, rice, corn, chocolate milk, pasta, orange juice and potatoes are all carbohydrate-rich foods.

Agree Disagree Don't know

6. If you eat enough food energy/calories and you follow a sensible strength training program with a certified trainer, you will be able to build muscle tissue.

Agree Disagree Don't know



7. Before a workout it is important to have protein.

- Agree Disagree Don't know

8. After a workout it is important to have more protein than carbohydrates.

- Agree Disagree Don't know

9. To lose body fat and gain more lean body mass, you should work well in advance (2-3 months) of the competitive season.

- Agree Disagree Don't know

10. Cutting out calories to lose weight will not provide enough energy to support training at a high intensity for longer periods of time.

- Agree Disagree Don't know

11. Choose the best pre-game meal. (circle one)

- a. Hot dog, fries and slaw
- b. Pasta with tomato sauce
- c. Pasta, meat sauce, small side salad, fruit and fluid

12. Pre-game fluids (circle any answer that is correct)

- a. You need to drink at least 2 cups (500m L) fluid two hours before the game
- b. Higher sugar drinks (colas, 100% fruit juice) are not advised right before the game

13. The pre-game meal should be consumed at least 2-3 hours before competition

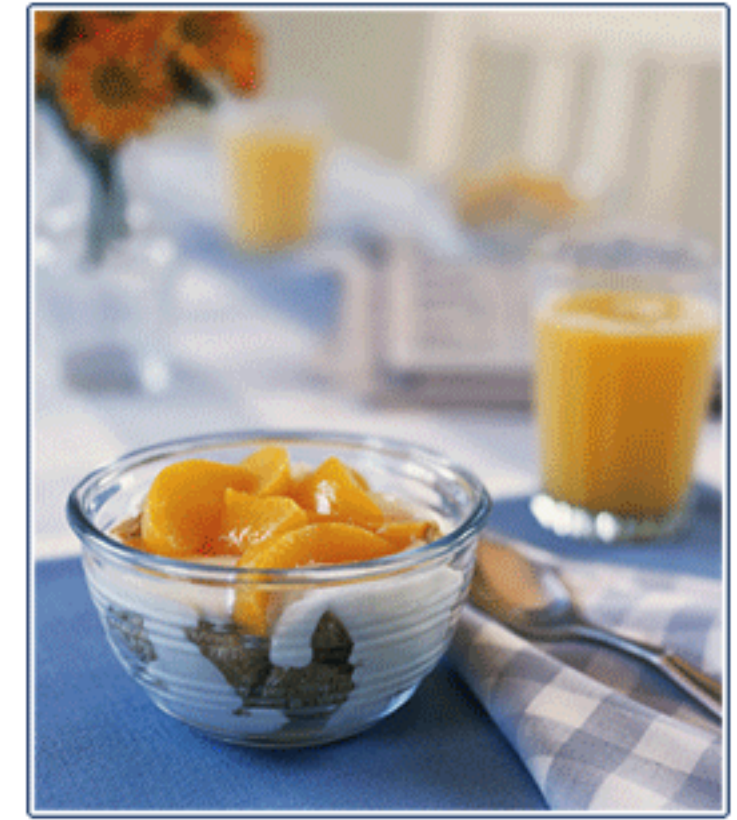
- Agree Disagree Don't know

14. A sports drink would be the best choice during competition because: (circle any that apply)

- a. It has about half the sugar of regular fruit juice or pop
- b. It helps to keep your blood sugar from dropping during active play
- c. It contains electrolytes that stimulate the drive to drink

15. Recovery (circle one answer)

- a. After intense training or competition, fluids and foods containing carbohydrates are important
- b. Protein is more important than carbohydrate for recovery



16. For recovery after intense training or competition it is recommended to refuel within 15-30 minutes.

Agree

Disagree

Don't know

17. The prime muscle fuel for training, competition and recovery after exercise is: (circle one)

- a. Protein
- b. Carbohydrate
- c. Fat

18. Smart recovery fuels are: (circle the one incorrect answer)

- a. Chocolate milk and a banana
- b. Isolated whey protein powder
- c. Sport drink and energy bar

19. Back-to-back games (circle any answer that is correct)

- a. After an evening game, a high carbohydrate, moderate protein and fat meal is best to prepare for the next afternoon game
- b. A hockey team that fails to keep replacing carbohydrates after back-to-back games may jeopardize energy needed to win the final competition



20. For every pound of sweat loss you need to drink ____ cups water. One big gulp water = ____ oz.