

# Sports Nutrition Quiz: Answers

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

Correct Answer: Agree

We all need to eat the same balanced diet based on Canada's Food Guide. Athletes who train intensely need more servings of each food group than everyone else.

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

Correct Answer: Agree

Carbohydrates are key to maintaining our energy balance, fuelling working muscles and in energizing the brain. Protein is essential for normal growth and maintenance of body tissue and for muscle growth and repair. Fat is an important carrier of fat soluble vitamins, supplies essential fatty acids and energy. All are important to performance everyday.

3. Protein is the primary fuel for muscles.

Correct Answer: Disagree

Carbohydrates are the primary source of fuel for muscles. Without enough carbohydrates muscles will actually waste or breakdown. Proteins are not a primary source of energy for the body. They are used to build and repair muscles.

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

Correct Answer: Disagree

A balanced diet which provides fewer calories than are expended daily will lead to weight loss.

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

Correct Answer: Agree

Grain products (bread, cereal, crackers, pasta and rice), fruits, some vegetables and milk products all provide carbohydrates for energy.

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.

Correct Answer: Agree

It takes dedicated effort in the gym plus a balanced diet to build muscle.

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

Correct Answer: Disagree

It is important to have a meal that is mainly carbohydrates, but with a moderate amount of protein and fat - make sure it is eaten at least 2 hours before a game or workout. The small amount of protein and fat help to stabilize the rate of release of the energy from the carbohydrate foods, so a balanced meal is key to sustained energy.

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

Correct Answer: Disagree

Immediately after a workout, you need to replace your glycogen stores with carbohydrates- preferably simple carbohydrates like fruit juice, sports drinks, cookies, or crackers which are fast release, quick energy sources. Follow up with a well-balanced meal within 2 hours.

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

Correct Answer: Agree

It is recommended to lose body fat ahead of a competitive season or intense training season. During the competitive season focus on maintaining body composition and a sustained energy level with a balanced diet.

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

Correct Answer: Agree

Your body needs adequate nutrition and calories to sustain energy and prevent injury during an intense period of training.

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 fluids

Correct Answer: c

This meal is a good source of carbohydrates, contains a moderate amount of protein and fat plus hydrating fluids.

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

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

Correct Answer: Both are correct.

You need to drink fluids before, during and after a game for adequate hydration. Choose water, sports drinks or diluted fruit juice (1:1 dilution with water). High sugar drinks tend to sit in the stomach. This can cause stomach upset during a game as well as draw water away from working muscles. This is most often the cause of that sloshing, aqua belly you sometimes can experience.

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

Correct answer: Agree

This allows for adequate digestion and enables the fuel to reach the muscles when it is needed.

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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

Correct Answer: All are true.

Sports drinks are formulated specifically to enter the blood stream quickly and get water and carbohydrates to the working muscle as fast as possible. Look for drinks that contain 15-16 g sugar per 250 mL.

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

Correct Answer: a

Carbohydrates restore muscle glycogen (energy) after a workout. By consuming carbohydrates within 20 minutes post-exercise you are more likely to maximize your energy stores in the muscle for your next workout.

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

Correct Answer: Agree

Immediately after workouts eat a snack containing carbohydrate along with a small amount of protein. A few crackers with some cheese, a yogurt or a handful of dried fruit and nuts all work.

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

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

Correct Answer: b

Carbohydrate is the #1 fuel for all parts of the body. Protein supplies less than 5% of energy for use in the body.

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

Correct Answer: b (is the incorrect choice)

Whey protein is not an adequate recovery fuel. The milk and banana and sport drink and energy bar are good sources of carbohydrates and help re-fuel and recover muscle energy after a workout.

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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

Correct Answer: Both are correct

For optimal performance everyday, it is important to make balanced food choices and re-fuel appropriately after each game or practice.

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

Weigh yourself before a competition or practice and then again after. Multiply the # of pounds lost by 3 cups to obtain the number of cups fluid to replace. Start right after the game and continue drinking until fully re-hydrated. 1 big gulp liquid = 1 oz., so 8 gulps is about 1 cup.