



# 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**

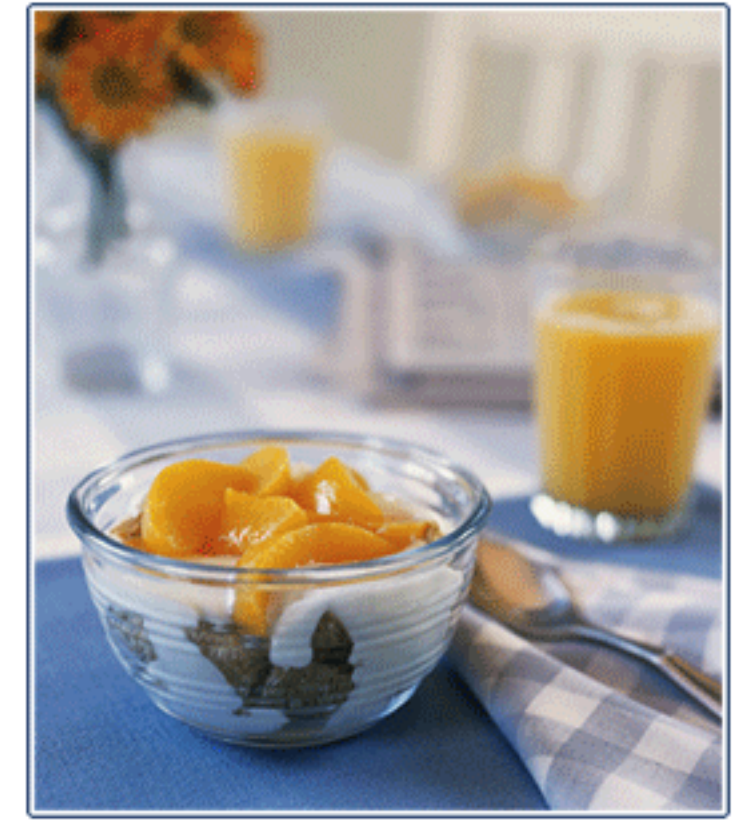
- Agree       Disagree       Don't know

**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.**