

# Wisconsin Wrestling Minimum Weight Project

## 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 requirement of sodium for healthy Americans over the age of 10 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. The best weight loss plan for wrestlers is:
- a. exercise more
  - b. drink less water
  - c. eat less
  - d. both a and c
9. Which of the following foods is highest in vitamin C:
- a. whole wheat bread
  - b. skim milk
  - b. chicken
  - d. orange juice
10. The most important nutrient for any athlete is:
- a. protein
  - b. calcium
  - b. water
  - d. fat

(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 The minimum daily requirement for healthy Americans over the age of 10 is 500 milligrams. Recent recommendations state that daily intake of sodium be limited to 2400 milligrams which is equivalent to 6 grams (or 600 milligrams) of salt or less.
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. c.
9. d.
10. c.