

Nancy Clark's Sports **Nutrition Guidebook**

CORRESPONDENCE EDUCATION PROGRAM # 2013-74

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LEARNING OBJECTIVES

After reading *Nancy Clark's Sports Nutrition Guidebook*, the participant will be able to:

1. Understand the three important keys to eating, namely variety, wholesomeness, and moderation.
2. Be able to discuss the Food Guide Pyramid in terms of number of servings and serving size.
3. Identify good, better and best choices in each food group of the Food Guide Pyramid.
4. Discuss how diet impacts on health and diseases such as heart disease, cancer, high blood pressure, diabetes, osteoporosis, and pregnancy.
5. Understand the importance of eating breakfast.
6. Recognize what to look for when comparing cereals in order to make healthier and nutritious choices.
7. Discuss the pros and cons of coffee and other beverages that contain caffeine.
8. Make better food choices throughout the day to fight stress and fatigue.
9. Understand what makes up a healthy salad that is lower in calories but high in nutrition.
10. Apply strategies to increase nutrition and reduce fat and calories when eating out.
11. Discuss the benefits of snacking to keep energy levels high and to fuel exercise.
12. Understand the timing of snacking prior to exercise in the morning or in the afternoon.
13. Discuss the effects of caffeine on exercise performance.

14. Describe pre-exercise meal and snacking guidelines such as eating high-carbohydrate meals, allowing adequate time for digestion, being cautious with sugary foods, and limiting high-fat proteins.
15. Describe factors that must be considered when eating during long endurance exercise.
16. Understand what the body needs in terms of fluid, electrolyte and glucose replacement during extensive exercise that lasts for longer than 60 to 90 minutes.
17. Apply guidelines for fluid replacement.
18. Identify factors that indicate dehydration.
19. List nutritional strategies that help to improve recovery from extensive exercise.
20. Discuss the pros and cons of alcohol for athletes.
21. Evaluate the role of vitamin and mineral supplements and athletic performance.
22. List signs and symptoms of overtraining.
23. Understand the difference between complex and simple carbohydrates and their role in providing fuel for athletes.
24. Discuss the glycemic index and which foods should be eaten prior to exercise and after exercise.
25. Understand the concept of carbohydrate loading and strategies that enhance glycogen synthesis and those that distract from it.
26. Separate fact from fiction regarding carbohydrates and weight gain.
27. Discuss the role of protein in athletic performance.
28. Understand and calculate the protein needs of different individuals.
29. Discuss the effects of too much protein.
30. Discuss strategies for adequate protein intake in athletes and individuals who are vegetarians.
31. Understand the role of iron and zinc in maintaining health, and recommended intakes as well as foods that supply these minerals.
32. Separate fact from fiction regarding protein supplements.

33. Understand the role of body fat in the body, factors that determine an individual's body fat and levels of body fat that are necessary for good health.
34. Separate fact from fiction regarding exercise and losing body fat.
35. Discuss menopause and its role in body fat gain.
36. Describe the pros and cons of determining body fat using underwater weighing, the Bod Pod, skinfold calipers and bioelectrical impedance.
37. Discuss factors that should be addressed for those individuals who want to gain weight without adding excess fat.
38. Understand the physiology of losing weight healthfully.
39. Discuss common mistakes that dieters often make that cause lost weight to be regained.
40. Calculate estimated daily calorie needs including calories for a resting metabolic rate, activities of daily living, and purposeful exercise.
41. Calculate caloric intake that would create a slow and healthy weight loss without starvation.
42. List the ten steps to successful fat loss.
43. Discuss weight loss myths and truths.
45. Discuss the signs and symptoms of eating disorders and food obsessions.
46. Understand the powerful physiological drive hunger creates
47. Describe the role exercise addiction plays in eating disorders.
48. List common personality traits that are often seen in athletes with eating disorders.
49. Identify the clinical symptoms associated with a diagnosis of anorexia and bulimia.
50. Discuss steps that can be taken to help prevent amenorrhea in female athletes with eating disorders.



CEC/CEU TEST FOR:

Nancy Clark's Sports Nutrition Guidebook

Please choose the best answer.

Chapter 1: A Plan for Good Nutrition

- 1. Which of the following is a key to eating well?**
 - a. Waiting until you are very hungry before you eat
 - b. Not allowing yourself to get too hungry before you eat
 - c. Ignoring your hunger
 - d. Eating while you are still full

- 2. Which of the following represent the 3 important keys to healthful eating?**
 - a. Variety, moderation, wholesomeness
 - b. Balance, portion control, taste
 - c. Variety, satiety, balance
 - d. Satiety, nutrition, variety

- 3. The Food Guide Pyramid divides foods into _____ basic groups.**
 - a. 2
 - b. 4
 - c. 5
 - d. 7

- 4. According to the food pyramid guidelines for a healthy 1800 calorie diet, 2 ½ cups or about _____ of vegetables should be eaten daily.**
 - a. 200 grams
 - b. 400 grams
 - c. 500 grams
 - d. 800 grams

5. **Whole grain foods are good sources of _____, _____ and _____.**
- Protein, fiber, B vitamins
 - Protein, fat, B vitamins
 - Carbohydrate, fat, B vitamins
 - Carbohydrate, fiber, B vitamins
6. **Grains account for _____ percent of the energy consumed in the United States.**
- 25%
 - 30%
 - 40%
 - 50%
7. **People who eat diets based on refined grains tend to have a higher incidence of chronic diseases such as:**
- Arthritis & heart disease
 - Heart disease & adult-onset diabetes
 - COPD & arthritis
 - Arthritis and adult-onset diabetes
8. **Which of the following foods is the least processed?**
- White rice
 - White bread
 - Stoned-wheat crackers
 - White crackers
9. **Which of the following represents a single serving (one ounce) of grain foods?**
- ½ cup of cooked pasta
 - ½ cup of cooked rice
 - 1 slice of bread
 - All of the above
10. **Which of the following suggestions can help achieve the recommended intake of 2 ½ cups of vegetables per day?**
- Eat an extra large portion of vegetables whenever vegetables are eaten
 - Eat a bowl of green salad for dinner
 - Eat a baked potato for lunch or dinner
 - Eat a bowl of spinach salad for dinner
11. **Which of the following is a phytochemical found in tomatoes and protects against certain cancers?**
- Vitamin A
 - Potassium
 - Lycopene
 - Folic acid

- 12. Which of the following vegetables has the highest nutritional value?**
- a. Cucumbers
 - b. Celery
 - c. Pale lettuce
 - d. Broccoli
- 13. Tomato juice and vegetable juice can be an alternative for those wanting to increase their intake of vegetables, however commercial products are often high in _____.**
- a. Sugar
 - b. Preservatives
 - c. Sodium
 - d. Chemicals
- 14. Which of the following vegetables contains the most potassium?**
- a. Celery
 - b. Baked potato
 - c. Onion
 - d. Tomato
- 15. To prevent bananas from becoming too ripe you should:**
- a. Place them in a brown bag
 - b. Place them in a plastic bag
 - c. Store them uncovered at room temperature
 - d. Store them in the refrigerator
- 16. Which of the following juices has fewer calories and more nutrients?**
- a. Orange
 - b. Cranberry
 - c. Pineapple
 - d. Apple
- 17. Which of the following fruits has the most Vitamin A?**
- a. Grapefruit
 - b. Cantaloupe
 - c. Banana
 - d. Pear
- 18. Peak bone density occurs at age:**
- a. 30 – 35
 - b. 25 – 30
 - c. 20 – 25
 - d. 15 -- 20

- 19. Men and women over the age of 50 should get at least _____ mg of calcium daily.**
- a. 800
 - b. 1,000
 - c. 1,200
 - d. 1,500
- 20. Which of the following is true regarding frozen yogurt compared to regular yogurt?**
- a. It is lower in sugar
 - b. It is lower in calories
 - c. It is fat free and calorie free
 - d. It has less calcium
- 21. Most people should consume about _____ of protein-rich food daily.**
- a. 12 ounces
 - b. 10 ounces
 - c. 5 to 7 ounces
 - d. 6 to 8 ounces
- 22. Which of the following foods contains the highest grams of protein?**
- a. 4 ounces of chicken breast
 - b. 4 ounces of tofu
 - c. 8 ounce glass of milk
 - d. ½ cup baked beans
- 23. Which of the following represents a single serving of peanut butter?**
- a. 1 tsp.
 - b. 1tbsp.
 - c. 2 tbsp.
 - d. ½ cup
- 24. Which of the following is the preferred choice when including fat and oils in the diet?**
- a. Beef lard
 - b. Canola and olive oils
 - c. Partially hydrogenated oil
 - d. Butter
- 25. Which of the following would be considered a well balanced meal?**
- a. Peanut butter sandwich on white bread and a glass of milk
 - b. Fried chicken with a green salad
 - c. Hamburger with French fries and a glass of milk
 - d. Vegetable pizza with peppers, onions, and mushrooms on a whole wheat crust

Chapter 2: Eating to Stay Healthy for the Long Run

26. _____ is the number one killer in America.
- Cancer
 - Poor nutrition
 - Heart disease
 - Diabetes
27. Which of the following foods contains cholesterol?
- Chicken
 - Apple
 - Spinach
 - Potato
28. Which of the following statements is true regarding cholesterol?
- Cholesterol is a bigger culprit in heart disease than saturated fat
 - Beef has more cholesterol than chicken and fish
 - Beef has a cholesterol value similar to chicken and fish
 - Chicken is higher in saturated fat than beef
29. The polyunsaturated fat found in fish oil thought to be protective against heart disease is known as:
- Trans fatty acids
 - Omega-3 fatty acids
 - Omega-6 fatty acids
 - Monounsaturated fatty acid
30. The American Heart Association recommends eating about _____ per week of oily fish to help reduce the risk of heart disease.
- 4 ounces
 - 8 ounces
 - 10 ounces
 - 12 ounces
31. Due to mercury in fish the FDA advises pregnant and breast-feeding women that they can safely eat up to _____ ounces of fish per week and limit their tuna intake to one _____ ounce can per week.
- 4, 6
 - 6, 6
 - 8, 4
 - 12, 6

- 32. Which of the following fish is considered the safest to eat?**
- Salmon
 - Sword fish
 - Shark
 - King mackerel
- 33. Most of the cholesterol in the blood is:**
- Derived from foods containing cholesterol such as eggs
 - Made in the liver
 - Made in fat cells
 - Made in the gallbladder
- 34. Which of the following statements is true regarding the intake of nuts in a healthy diet?**
- They contain high levels of saturated fat and should be avoided
 - They are high glycemic and will cause you to be hungry quicker
 - Eating a serving of nuts 5 times per week can reduce the risk of heart disease by 50% and diabetes by 25%
 - Those trying to lose weight should avoid them since they are high in calories
- 35. How many grams of fat should be included daily for a person whose total calorie input is 2000 and would like to limit their fat intake to 25%?**
- 500 grams
 - 56 grams
 - 25 grams
 - 250 grams
- 36. Which of the following statements is true regarding supplements?**
- Antioxidants such as vitamins C and E are known to reduce the risk of heart disease
 - Vitamin supplementation has been shown to increase athletic performance
 - Taking a multivitamin and mineral supplement can compensate for a high-fat, low-fiber, unbalanced diet
 - You should not rely on vitamin and antioxidant supplements to protect your heart health
- 37. People who eat at least _____ a day of fruits and vegetables have a 40% lower risk for certain cancers.**
- 2 servings
 - 4 servings
 - 5 servings
 - 7 servings

- 38. It is estimated that diet is a factor in an estimated _____ percent of cancer cases.**
- a. 35%
 - b. 45%
 - c. 50%
 - d. 70%
- 39. Which of the following protects the cell walls from free-radical damage thus reducing the risk of certain cancers?**
- a. Vitamin C
 - b. Vitamin A
 - c. Vitamin E
 - d. Selenium
- 40. Which of the following strategies can help reduce cancer risk?**
- a. Eating a low-fat diet
 - b. Having a positive outlook on life
 - c. Consuming foods with omega-3 fatty acids
 - d. All of the above
- 41. Which of the following factors increase the risk for hypertension?**
- a. Smoking
 - b. Stress
 - c. Poor diets
 - d. All of the above
- 42. According to the 2005 Dietary Guidelines for Americans, the suggested daily value for sodium intake is:**
- a. 1,500 mg
 - b. 2300 mg or less
 - c. 3600 mg or less
 - d. 300 mg
- 43. A high potassium diet is thought to be protective against high blood pressure. Which of the following foods is the best source of potassium?**
- a. White bread
 - b. Butter
 - c. Potatoes
 - d. Salad dressing
- 44. The suggested daily intake for potassium is _____ mg for the average person.**
- a. 6,000
 - b. 4,700
 - c. 3,500
 - d. 2,000

- 45. Which of the following are risk factors for type 2 diabetes?**
- Eating lots of sugar & high glycemic foods
 - Exercise and eating lots of sugar
 - Being overweight and lack of exercise
 - Being overweight and eating lots of sugar
- 46. Which of the following individuals is at high risk for osteoporosis?**
- Young female athlete who has stopped having regular menstrual cycles
 - Pre-menopausal female
 - 35 year old male with good muscle development
 - Young female athlete with a normal regular menstrual cycle
- 47. Which of the following factors can contribute to an increased risk of osteoporosis?**
- Regular exercise
 - A calcium rich diet
 - A high sodium intake
 - Normal hormone levels
- 48. Which of the following is the best source of soluble fiber?**
- Wheat bran
 - Whole grain bread
 - Spinach
 - Kidney beans
- 49. When consuming 2,000 calories per day, individuals should strive to get _____ grams of fiber in their diet.**
- 28
 - 16
 - 12
 - 8
- 50. Which of the following is recommended to help increase fiber in the diet?**
- Choose a cereal with at least 5 grams of fiber per serving
 - Snack on homemade popcorn or dried fruits and nuts
 - Read food labels in order to select foods with added fiber
 - All of the above

Chapter 3: Breakfast: The Key to a Successful Sports Diet

- 51. Skipping breakfast can result in which of the following?**
- Low energy
 - Cravings for sweet foods resulting in a high intake of cookies and treats
 - Undesired weight gain
 - All of the above
- 52. Often when people say they are not hungry for breakfast it is because _____.**
- They ate too many calories the night before
 - They are not fully awake early in the morning
 - They don't want to become sluggish later in the morning
 - They had rather wait for donuts or treats later in the morning
- 53. Which of the following is true regarding eating a substantial breakfast?**
- Dieters tend to eat more throughout the day leading to more weight gain
 - Dieters are less hungry throughout the day and less likely to overindulge at night
 - Exercisers have less energy due to more glucose in the blood stream
 - In a survey of successful dieters, those who skipped breakfast were more likely to maintain their weight loss
- 54. Which of these 3 breakfast meals has the most calories?**
- Medium bagel & vanilla yogurt
 - 2 slices of cheese pizza
 - 2 packets of instant oatmeal, small box of raisins and ½ cup powdered milk
 - All 3 contain the same number of calories
- 55. Which of the following cereals contains the most fiber?**
- Cheerios
 - Complete Bran Flakes
 - Fiber One
 - Raisin Bran
- 56. On a food label which of the following would indicate the highest amount of sugar in a cereal?**
- Sugar listed as the first ingredient
 - Sugar listed as the second ingredient
 - Sugar listed as the third ingredient
 - Sugar listed as the fourth ingredient

57. A good rule of thumb is to eat about _____ of your daily calories in the morning.
- 10%
 - One third
 - 40%
 - One half
58. The average American consumes _____ milligrams of caffeine per day.
- 100
 - 200
 - 300
 - 400
59. Pregnant women should limit their caffeine intake to less than _____ milligrams per day.
- 100
 - 200
 - 300
 - 400
60. Which of the following is true regarding coffee/caffeine intake and dehydration?
- Athletes should avoid caffeine because it can lead to dehydration
 - Beverages with caffeine do not count towards daily fluid needs
 - Beverages with caffeine can increase the risk of heat illness when athletes exercise in the heat
 - Beverages with caffeine do count toward daily fluid needs and according to scientific research do not cause dehydration

Chapter 4: Lunch and Dinner: At Home and on the Run

61. Active people tend to get hungry every _____ hours or sooner.
- 2
 - 3
 - 4
 - 5
62. Lunch should consist of:
- At least 500 calories and foods from at least 3 food groups
 - 300 calories and foods from at least 2 food groups
 - 800 calories and foods from at least 2 food groups
 - 200 calories from one food group

- 63. A typical salad bar meal can contain _____ calories with _____ percent of those coming from fat.**
- 500, 25
 - 800, 30
 - 1,000, 45
 - 1,500, 50
- 64. Which of the following contains the most nutrients and fiber?**
- Iceberg lettuce
 - Bibb lettuce
 - Romaine lettuce
 - Spinach
- 65. Tips to reduce the fat and calories in salad dressing include which of the following?**
- In restaurants order salad dressing on the side
 - Choose low-fat salad dressings
 - Dilute regular dressings with vinegar, lemon juice or low fat milk
 - All of the above
- 66. In America, the biggest meal of the day is:**
- Breakfast
 - Lunch
 - Dinner
 - After dinner snacks
- 67. Advantages to eating a hearty breakfast and lunch include which of the following?**
- More energy to cope with daytime stresses
 - More energy for after work exercise
 - Less likely to feel the need for high calorie foods at night
 - All of the above
- 68. Which of the following are tips to increase the likelihood of having a nutritious dinner at home?**
- Don't arrive home too hungry
 - Plan time in your schedule to food shop so you are not coming home to an empty refrigerator
 - Eat more than just plain pasta
 - All of the above
- 69. When dining out, which of the following is the best choice for a starter?**
- Clam chowder soup
 - Crab bisque soup
 - Minestrone soup
 - Creamy potato and cheese soup

- 70. Which of the following is the least healthy preparation for poultry and seafood when dining out?**
- a. Fried
 - b. Baked
 - c. Dry broiled
 - d. Roasted
- 71. Which of the following is true regarding fast food?**
- a. It is low in saturated fat
 - b. It is low in carbohydrates and fiber
 - c. It is low in calories
 - d. It is nutrient dense
- 72. Which of the following fast food meals would be a healthier choice?**
- a. Chicken sandwich with special sauce and cheese
 - b. Value meal with a hamburger, large fries and soda
 - c. Slice of thick crust vegetable pizza with peppers, onions, and mushrooms
 - d. Baked potato with broccoli, cheese, and bacon bits
- 73. Which of the following statements regarding fast food choices is true?**
- a. Roasted chicken skin should be removed before eating the chicken meat to reduce fat calories
 - b. A Pizza Hut personal pan pizza supreme has fewer fat calories than a KFC extra crispy breast
 - c. The best choice of bread for a sandwich is pita bread rather than a large whole wheat roll
 - d. All of the above
- 74. Which of the following McDonald's foods has the highest fat and calorie content?**
- a. Quarter Pounder
 - b. Chicken McNuggets 6 pack
 - c. Fillet-o-Fish
 - d. Large French Fries
- 75. Which of the following foods served at Taco Bell has the highest fat and calorie content?**
- a. Nachos Supreme
 - b. Taco Salad
 - c. Taco Supreme
 - d. Bean Burrito

Chapter 5: Snacks and Snack Attacks

- 76. Snacks commonly make up _____ percent of total calories.**
- a. 10 to 20
 - b. 25
 - c. 20 to 50
 - d. 55
- 77. To avoid the association of snacks with sweet treats such as cakes and candy, the book recommends thinking of eating between meals as a:**
- a. Second lunch
 - b. Free for all
 - c. Lost meal
 - d. Makeup meal
- 78. Which of the following is true regarding snacks and active people?**
- a. Snacking should be avoided since it can lead to weight gain
 - b. It is important and should be a part of a sports diet
 - c. It leads to eating too many simple sugars
 - d. It leads to eating too many fat calories
- 79. Which of the following is not a good replacement for a healthier snack?**
- a. Yogurt instead of ice cream
 - b. Orange juice instead of orange soda
 - c. Pretzels instead of corn chips
 - d. Candy bar instead of an energy bar
- 80. Which of the following fruits has the highest nutrition score?**
- a. Peach
 - b. Watermelon
 - c. Apple juice
 - d. Mango
- 81. Which of the following is not true regarding energy bars?**
- a. They are portable
 - b. They are convenient
 - c. They cost less than standard foods
 - d. Most are easy to digest
- 82. Advantages to snacking in the afternoon are:**
- a. Helps improve mood
 - b. Takes the edge off your appetite so you are less tempted to opt for sugary treats
 - c. Can give you energy for after work exercise
 - d. All of the above

- 83. Which of the following is most likely to result in a nutrition problem?**
- a. Eating a cookie for dessert after lunch
 - b. Eating a bag of cookies instead of a meal
 - c. Having an afternoon snack to prevent yourself from getting too hungry
 - d. Eating more calories to support your activities and avoid craving sweets

Chapter 6: Carbohydrate to Fuel Muscles

- 84. Monosaccharides and disaccharides are examples of:**

- a. Fatty acids
- b. Complex carbohydrates
- c. Amino acids
- d. Simple carbohydrates

- 85. Which of the following is not a monosaccharide?**

- a. Glucose
- b. Sucrose
- c. Fructose
- d. Galactose

- 86. Fruits and vegetables offer a variety of sugars in differing proportions but in the end they all breakdown to:**

- a. Glucose
- b. Glycerol
- c. Triglycerides
- d. Lactose

- 87. The type of sugar found in sports drinks which supplies more energy value with less sweetness than sugar is known as:**

- a. Fructose
- b. A glucose polymer
- c. Lactose
- d. Sucrose

- 88. Humans store extra glucose in the form of glycogen found mostly in:**

- a. Liver and fat cells
- b. Muscle and fat cells
- c. Muscle and liver
- d. Liver and nerve tissue

- 89. Which of the following is nutritionally superior for health and performance?**

- a. Honey
- b. Brown sugar
- c. Table sugar
- d. They are all equal

90. Which of the following statements is true?

- a. Fruits, vegetables & grains provide energy, vitamins, minerals, fiber and phytochemicals
- b. The carbohydrates in sugary soft drinks provide energy as well as vitamins and minerals
- c. The carbohydrates in polymer drinks provide energy as well as vitamins and minerals
- d. All of the above

91. Athletes who are weight conscious should be aware that fat provides _____ calories per teaspoon whereas carbohydrates supply only _____ calories per teaspoon.

- a. 9, 4
- b. 75, 45
- c. 36, 16
- d. 100, 45

92. The metabolic cost of converting excess carbohydrates to body fat is _____ of calorie intake.

- a. 10 percent
- b. 3 percent
- c. 30 percent
- d. 23 percent

93. Your body preferentially burns the _____ and stores the _____.

- a. Carbohydrate, fat
- b. Protein, carbohydrate
- c. Fat, protein
- d. Carbohydrate, protein

94. The glycemic index is based on a _____ gram serving of a carbohydrate food, which may or may not represent an actual serving.

- a. 200
- b. 100
- c. 50
- d. 75

95. Which of the following foods has the highest glycemic index?

- a. Cooked oatmeal
- b. Snickers bar
- c. Chocolate PowerBar
- d. White Lenders bagel

96. Which of the following factors will influence the glycemic response of a food?

- a. Amount eaten
- b. Way it is prepared
- c. Amount of added fat
- d. All of the above

97. The average 150-pound male has approximately _____ calories of carbohydrate stored in the liver, muscles and blood.

- a. 1,800
- b. 3,500
- c. 10,000
- d. 900

98. The average 150-pound male has approximately _____ calories of stored fat?

- a. 3,500
- b. 10,000
- c. 60,000 to 100,000
- d. 20,000 to 30,000

99. Trained muscle can store _____ percent more glycogen than untrained muscle.

- a. 60 to 90
- b. 50 to 80
- c. 40 to 70
- d. 20 to 50

100. According to studies performed with hockey players, the difference in performance between well-fueled players and those who ate inadequate carbohydrates was most evident:

- a. In the first period
- b. In the last period
- c. Shortly after the midpoint
- d. In the second period

101. Endurance athletes should strive to eat about _____ grams of carbohydrate per kilogram of body weight each day.

- a. 12
- b. 4
- c. 20
- d. 8

102. Research subjects who ate high carbohydrate diets compared to those who ate high protein and fat diets replaced their muscle glycogen stores in _____ days.

- a. 2
- b. 3
- c. 4
- d. 5

103. With each ounce of stored glycogen, the body stores about _____ ounces of water, which becomes available during exercise.

- a. 5
- b. 4
- c. 3
- d. 2

104. In order to facilitate carb loading, training should be tapered two weeks prior to competition. Some exercise scientists suggest reducing exercise time to _____ percent of normal.

- a. 40
- b. 30
- c. 20
- d. 10

105. If you have properly carb loaded prior to your event you should weigh:

- a. 2 to 4 pounds more
- b. 2 to 4 pounds less
- c. 6 to 10 pounds more
- d. The same

106. Which of the following statements is true regarding fat and protein prior to endurance competition?

- a. Protein is not used for energy so it is wise to trade protein calories for carbohydrate
- b. Fat can be reduced to 20 to 30% of intake to allow for more carbohydrate intake
- c. Fat loading is also important for additional energy
- d. Eat at least 2 large servings of protein daily in addition to getting protein in 2-3 servings of dairy

107. The sugar necessary to maintain blood glucose levels comes from:

- a. The conversion of glycerol to glucose
- b. Diminution of protein
- c. Muscle glycogen
- d. Liver glycogen

- 108. Endurance athletes often underestimate the value of _____ to improve performance.**
- a. Vitamins
 - b. Rest
 - c. Special foods
 - d. Antioxidants
- 109. One gram of carbohydrate contains how many calories?**
- a. 2
 - b. 9
 - c. 7
 - d. 4
- 110. One gram of fat contains how many calories?**
- a. 4
 - b. 6
 - c. 9
 - d. 7
- 111. What percent of the calories are coming from carbohydrate in a one cup serving of macaroni and cheese that contains 410 total calories and 48 grams of carbohydrate?**
- a. 27%
 - b. 12%
 - c. 8%
 - d. 47%
- 112. For an endurance athlete who weighs 73kg and consumes a 4,000-calorie diet, about _____ of their diet should be carbohydrates.**
- a. 60%
 - b. 50%
 - c. 45%
 - d. 40%

Chapter 7: Protein to Build and Repair Muscles

- 113. Which of the following statements is true regarding muscle building?**
- a. If you eat a lot of protein you will build a lot of muscle
 - b. If you eat a lot of carbohydrate you will gain fat weight
 - c. Carbohydrates are not important for those wanting to build muscle
 - d. Resistance exercise builds muscles

- 114. Excess protein can be:**
- Used to build more muscle tissue
 - Burned as energy
 - Stored as amino acids
 - All of the above
- 115. Protein performs which of the following functions in the human body?**
- Builds and repairs muscle
 - Produces hormones
 - Boosts the immune system
 - All of the above
- 116. Which of the following individuals has the lowest protein need?**
- A trained recreational athlete with good muscle development
 - A dieter consuming too few calories
 - An endurance athlete
 - A growing teenage athlete
- 117. No scientific evidence to date suggests that protein intakes exceeding _____ grams per pound or _____ grams per kilogram will provide an advantage.**
- 2.0, 4.0
 - 0.4, 0.8
 - 0.9, 2.0
 - 1.0, 1.5
- 118. What is the recommended daily amount of protein for a 140-pound adult endurance athlete?**
- 100 to 120 grams
 - 85 to 100 grams
 - 50 to 75 grams
 - 40 to 60 grams
- 119. Which of the following foods contains the most protein per standard serving?**
- 3.5 ounces of tofu
 - 1 cup of baked beans
 - 6 ounces of tuna
 - 1 large egg

- 120. Which of the following is true regarding too much protein?**
- a. Performance may suffer if there is no room for adequate carbohydrate in the diet to support training
 - b. There is an increased risk of dehydration and stress on the kidneys
 - c. A diet high in protein can also be high in fat, creating an increased risk for heart disease and certain cancers
 - d. All of the above
- 121. Which of the following individuals is at highest risk for amenorrhea?**
- a. A female athlete with low calorie and protein intake
 - b. A male endurance athlete
 - c. A vegetarian female athlete who eats sufficient calories and protein
 - d. A vegetarian male athlete who competes in ultra endurance events
- 122. Amenorrheic athletes have a 4-½ times higher risk of:**
- a. Cancer
 - b. Stress fractures
 - c. Heart disease
 - d. Infertility
- 123. Which of the following foods contains the most amount of iron?**
- a. 4 ounces of top round beef
 - b. 1 large egg
 - c. 3 ounces of tuna
 - d. 6 medium raw oysters
- 124. Which of the following foods contains the most amount of zinc?**
- a. 3 ounces of tuna
 - b. 1 large egg
 - c. 6 medium raw oysters
 - d. 4 ounces of top round beef
- 125. Which of the following daily iron recommendations is correct?**
- a. 18 milligrams for men
 - b. 8 milligrams for post-menopausal females
 - c. 18 milligrams for post-menopausal females
 - d. 8 milligrams for pre-menopausal females
- 126. Which of the following daily zinc recommendations is correct?**
- a. 8 milligrams for women and 11 milligrams for men
 - b. 18 milligrams for men and 8 milligrams for women
 - c. 8 milligrams for men and 18 milligrams for women
 - d. 10 milligrams for women and 18 milligrams for men

- 127. Which of the following vitamins may enhance iron absorption?**
- a. Vitamin A
 - b. Vitamin C
 - c. Vitamin B
 - d. Vitamin D
- 128. Which of the following athletes is at high risk for iron deficiency anemia?**
- a. A menstruating female athlete
 - b. A vegetarian who does not eat red meat
 - c. A female teenage endurance athlete
 - d. All of the above
- 129. Which of the following is not a strategy for increasing iron intake?**
- a. Cooking in a cast iron skillet
 - b. Combining vegetable sources of iron with animal sources of iron
 - c. Drinking coffee or tea with a meal
 - d. Eating foods with the words “iron-enriched” or “fortified” on the label
- 130. Which of the following is true of iron overload?**
- a. It is associated with heart disease
 - b. Men and postmenopausal women are more susceptible
 - c. It is a genetic condition
 - d. All of the above
- 131. A vegan may be deficient in which of the following vitamins?**
- a. Vitamin B-12
 - b. Vitamin A
 - c. Vitamin C
 - d. All of the above
- 132. In theory, if you wanted to gain one pound of muscle per week you would need _____ extra grams of protein per day?**
- a. 50
 - b. 30
 - c. 14
 - d. 100

Chapter 8: Replacing Sweat Losses

- 133. Sweating helps the body keep a normal internal temperature of:**
- a. 40 degrees C
 - b. 37 degrees C
 - c. 39 degrees C
 - d. 35 degrees C

134. Working muscles can generate _____ times more heat than they do at rest.

- a. 50
- b. 40
- c. 30
- d. 20

135. At what body temperature does damage to cells occur?

- a. 43 degrees C
- b. 106 degrees F
- c. 104 degrees F
- d. 39 degrees C

136. Which of the following statements is true regarding men and women and sweating?

- a. Both men and women need to be diligent about replacing sweat losses
- b. Many men produce less sweat than needed for cooling
- c. Women tend to sweat less efficiently than men
- d. All of the above

137. James an endurance athlete weighed himself before and after 2 hours of exercise to determine his rate of fluid loss. What would your fluid recommendation be during exercise if he weighed 2 pounds less following exercise?

- a. Drink 16 ounces of fluid
- b. Drink 8 ounces of fluid
- c. Drink 32 ounces of fluid
- d. Drink 48 ounces of fluid

138. Which of the following individuals is least likely to drink enough during exercise due to problems with their thirst mechanism?

- a. Older adults
- b. Young children
- c. Young adults
- d. Both a and b

139. The simplest way to tell if you are adequately replacing sweat loss is:

- a. Drink at least 8 glasses of water every day
- b. Look for sufficient quantity of urine and a pale yellow color
- c. Look for urine that is dark in color
- d. Not feeling thirsty

- 140. Which of the following are signs of dehydration?**
- a. Weight gain after an intensive exercise session
 - b. Dry mouth and raspy throat
 - c. Irrational behavior, inability to concentrate
 - d. All of the above
- 141. Drinking too much water and causing a sodium imbalance is known as?**
- a. Hypoglycemia
 - b. Hypernatremia
 - c. Hyponatremia
 - d. Hyperglycemia
- 142. Symptoms of hyponatremia include which of the following?**
- a. Low concentration of sodium in the blood
 - b. Confusion and loss of coordination
 - c. Headache, fatigue, nausea
 - d. All of the above
- 143. During long endurance exercise (4 hours) sodium drinks or foods should be included that provide _____ milligrams of sodium per hour.**
- a. 250 to 500
 - b. 3,000
 - c. 1,000
 - d. 500 to 1,000
- 144. Which of the following statements is true regarding alcohol and recovery from exercise?**
- a. Alcohol is a good source of carbohydrate
 - b. Alcohol is a depressant and offers no edge for athletes
 - c. Alcohol is a good choice for replacing fluids lost during exercise
 - d. The calories in alcohol are not fattening since it is absorbed quickly into the blood stream
- 145. The definition of “moderate” drinking is:**
- a. Two drinks per day for men and women
 - b. One drink per day for men and women
 - c. Three drinks per day for men and 2 drinks for women
 - d. Two drinks per day for men and one for women

Chapter 9: Fueling Before Exercise

- 146. Which of the following are functions of eating a snack before exercise?**
- Helps absorb gastric juices and abate hunger
 - Helps prevent muscle loss
 - Helps prevent hyperglycemia
 - All of the above
- 147. Adverse gastrointestinal reactions to pre-exercise foods occur in _____ percent of endurance athletes?**
- 10 to 20
 - 20 to 30
 - 30 to 50
 - Over 70
- 148. Which of the following statements is not true regarding exercising on an empty stomach?**
- More fat is burned during exercise
 - Burning more fat during exercise will cause you to lose more fat
 - To lose body fat you need to create a calorie deficit at the end of the day
 - Eating a pre-exercise snack will generally allow you to exercise harder and may contribute to a desired calorie deficit
- 149. Which of the following athletes is most likely to experience digestive problems?**
- Swimmers
 - Runners
 - Bikers
 - Cross country skier
- 150. The best advice you can give an athlete regarding a pre-exercise meal or snack is:**
- Eat a banana before exercise
 - Eat a bagel one hour before exercise
 - Experiment to find out what works and what doesn't work for your body
 - Avoid all food within four hours of training or competing
- 151. Which of the following statements regarding exercise and digestion is true?**
- The body can both digest food and exercise comfortably during moderately hard exercise
 - Athletes who bike should not eat any food close to exercise time since biking has an adverse effect on digestion
 - Meals consisting of high protein, high fat foods can be easily digested and converted to energy
 - All of the above

152. Which of the following statements is true regarding incidence of gastrointestinal stress during exercise?

- a. Women are more prone than men
- b. Older athletes are more prone than younger athletes
- c. Highly trained are more prone than untrained
- d. Over-hydration increases the risk

153. Predisposing factors that can contribute to increased risk of gastrointestinal problems during exercise include which of the following?

- a. Age
- b. Exercise intensity
- c. Caffeine
- d. All of the above

154. Exercise stimulates changes in the hormones that control the digestive process, and post marathon levels of these GI hormones in marathon runners can be _____ than resting levels

- a. Two to five times lower
- b. Two to five times higher
- c. Five to eight times lower
- d. Five to eight times higher

155. A general recommendation for eating one hour before moderately hard exercise in the morning is:

- a. 2 calories of carbohydrate per pound of body weight
- b. 8 calories of carbohydrate per pound of body weight
- c. 2 calories of protein per pound of body weight
- d. 8 calories of protein per pound of body weight

156. Which of the following is true regarding research and eating before morning exercise?

- a. Those who exercised on an empty stomach performed better
- b. Exercising on an empty stomach increased strength
- c. 400 calories, 3 hours before exercise improved time to exhaustion over those who drank just water
- d. Exercising on an empty stomach increased time to exhaustion over those who ate a meal before exercising

- 157. Which of the following statements is true regarding eating food 1 hour before a workout?**
- The food can be digested and used to fuel intense exercise such as sprinting
 - The food cannot be digested with either moderate or high intensity exercise
 - Digestion can occur and the food can be used for fuel during exercise if it is at a pace that can be maintained for 30 minutes
 - All digestion stops during exercise
- 158. Which of the following is the correct order for digesting food into fuel?**
- Mouth, small intestine, liver, stomach, large intestine
 - Mouth, stomach, liver, small intestine, large intestine
 - Mouth, stomach, small intestine, large intestine, liver
 - Mouth, stomach, small intestine, liver, large intestine
- 159. Which of the following strategies are beneficial in preparing for an all-day event such as a triathlon or 100 mile bike ride?**
- Two days before the event cut back on exercise and take a rest day the day before the event
 - Eat protein rich meals for breakfast, lunch and dinner
 - Be careful not to drink a lot of fluid
 - All of the above
- 160. Which of the following is the best pre-exercise food choice for exercise lasting less than an hour?**
- Cheese omelet
 - Slice of whole wheat toast
 - Pancakes with butter and maple syrup
 - Large ice cream cone
- 161. Which of the following is true regarding the consumption of high-sugar foods 15 to 45 minutes before exercise?**
- It will most likely increase your energy
 - It may have a negative effect by contributing to hypoglycemia shortly after you start to exercise
 - It will increase your energy but not necessarily your performance
 - Research has yet to determine what effect it will have
- 162. Which of the following is the best way to make sure you have enough fuel for exercise after work?**
- Have a sugary snack 30 minutes before exercise
 - Eat a sugary snack within 10 minutes of exercise
 - Exercise on an empty stomach
 - Eat enough calories for breakfast and lunch

- 163. Which of the following statements regarding caffeine and exercise is true?**
- a. Caffeine can contribute to clearer thinking and greater concentration
 - b. Caffeine can be consumed even when exercising in hot weather because it does not contribute to dehydration
 - c. A cup or two of coffee before exercise may be helpful as an energizer, more may be of little value
 - d. All of the above

Chapter 10: Fueling During and After Exercise

164. Stamina for endurance exercise can significantly be improved by consuming _____ grams of carbohydrate per hour during the exercise.

- a. 30 to 60
- b. 10 to 15
- c. 25 to 60
- d. 20 to 30

165. Which of the following individuals need to refuel during exercise?

- a. High school athletes who practice after school from 3:30 to 5:30
- b. Business people who work out in the morning
- c. An individual performing 30 to 60 minutes of exercise
- d. All of the above

166. During a moderate to hard endurance workout, carbohydrates supply what percentage of the energy?

- a. 60 percent
- b. 50 percent
- c. 40 percent
- d. 30 percent

167. Muscle cramps most commonly occur in individuals who:

- a. Work their muscles to exhaustion
- b. Work at low intensities
- c. Are well hydrated
- d. Are highly conditioned

168. A good rule of thumb to prevent or minimize dehydration is to drink about _____ ounces of fluid every 15 to 20 minutes of hard exercise.

- a. 12
- b. 4
- c. 6
- d. 8

169. Individuals prone to muscle cramps should rule out which of the following nutritional issues?

- a. Hypoglycemia
- b. Lack of calcium and potassium
- c. Lack of niacin
- d. All of the above

170. Sugar-free gum and candy often contain _____, which can cause gastrointestinal problems in some individuals.

- a. Sugar alcohol
- b. Corn syrup
- c. Sorbitol
- d. Saccharin

171. Which of the following statements is true regarding protein during recovery from exercise?

- a. Eating protein may enhance the building and repair of muscles
- b. Protein may contribute to muscle soreness
- c. Protein needs to be avoided during recovery
- d. Both b and c

172. Recovery carbohydrates should be taken at the rate of _____ every hour and taken at 30 minute intervals for four to five hours.

- a. 0.5 grams per pound
- b. 10 grams per pound
- c. 5 grams per pound
- d. 1.0 grams per pound

173. To optimize muscle glycogen replenishment carbohydrate foods and beverages should be consumed within _____ following exercise.

- a. 1 hour
- b. 15 minutes
- c. 45 minutes
- d. 2 hours

174. Two minerals lost through sweating in exercising individuals are _____ and _____.

- a. Calcium and sodium
- b. Potassium and calcium
- c. Potassium and sodium
- d. Zinc and calcium

175. Which of the following statements is true regarding sodium, exercise and sweat loss?

- a. It is the electrolyte that is lost in highest concentration
- b. Salty foods and fluids should not be consumed before exercise since this could contribute to water loss
- c. Sodium depletion is more of a problem in extreme exercise lasting more than four hours
- d. Both a and c

176. In general the concentration of sodium in the blood _____ during exercise because proportionately more water is lost.

- a. Decreases
- b. Stays the same
- c. Increases
- d. Disappears

177. Which of the following statements is true regarding vitamins and recovery from exercise?

- a. There is substantial research indicating that extra vitamins are needed to replace those lost during exercise
- b. Vitamins are not used up during exercise, they are recycled
- c. Vitamins have been shown to reduce the oxidative damage that occurs during exercise
- d. All of the above

Chapter 11: Supplements, Performance Enhancers, and Engineered Sports Foods

178. Which of the following statements is true regarding vitamins and minerals used by the body?

- a. The body can make all the vitamins and minerals it needs if you take supplements
- b. Vitamin D maintains the rigid structure of bones
- c. Plants grown in depleted soil contain no vitamins or minerals
- d. Vitamins are metabolic catalysts that regulate biochemical reactions in the body

179. With the exception of iron, you can get the recommended intake of most nutrients by eating _____ of a variety of foods daily.

- a. 1,000 calories
- b. 1,500 calories
- c. 2,000 calories
- d. 2,500 calories

180. Which of the following statements regarding taking vitamin supplements is not true?

- a. Chromium, when taken in moderate doses, has been shown to help people lose body fat
- b. Zinc does not prevent colds
- c. Multivitamins, although not harmful, have not been shown to offer a clear health benefit
- d. Recent studies have shown no benefits from taking antioxidants to help protect against heart disease

181. Many athletes see increases in lean body mass when they supplement with creatine, but _____ fail to see any changes.

- a. 10 to 15 percent
- b. 15 to 20 percent
- c. 20 to 30 percent
- d. 30 to 40 percent

182. Which of the following categories of individuals should consider supplementing with a multivitamin and mineral pill?

- a. People who do not spend any time in the sun or consistently wear sunscreen
- b. People who eat less than 1,200 calories daily
- c. Women who are thinking about becoming pregnant
- d. All of the above

183. Which of the following muscle building supplements claims to help reduce muscle protein breakdown?

- a. Beta-hydroxy beta-methyl butyrate (HMB)
- b. Taurine
- c. Human growth hormone (HGH)
- d. Dehydroepian drosterone (DHEA)

184. Which of the following could be considered drawbacks to using sports foods and fluids?

- a. Post exercise store-bought sports drinks can be expensive
- b. The disposal of the plastic bottles and food wrappers can have a negative impact on the environment
- c. Sports food/fluid products can sometimes offer nutrients in an unnatural balance that may hinder performance
- d. All of the above

Chapter 12: Age Specific Nutritional Needs

- 185. Pregnant athletes should focus on foods rich in _____.**
- Calcium
 - Protein and iron
 - Folic acid
 - All of the above
- 186. Which of the following statements regarding weight gain during pregnancy is true?**
- Athletic women who are underweight at the start of pregnancy lose weight
 - Athletic women who are underweight at the start of pregnancy commonly gain more weight
 - Athletic women who are overweight at the start of pregnancy may become obese
 - Athletic women who are overweight at the start of pregnancy gain no weight
- 187. Most children can meet their nutrient needs with _____ of a variety of wholesome foods.**
- 1,000 to 1,200 calories
 - 1,200 to 1,500 calories
 - 1,500 to 1,800 calories
 - 1,800 to 2,000 calories
- 188. Which of the following statements represents the best course of action to follow to help an over fat child?**
- Help the child to become more active, and provide them with wholesome, nourishing food as well as semi-regular junk foods
 - Put the child on a strict diet with no junk food, candy, or other sweets
 - Encourage the child to lose weight by pointing out how good slender children look and how good they are at sports
 - Point out how much better their clothes would look on them if they lost weight
- 189. Which of the following statements regarding nutrition and older athletes is true?**
- To date, research suggests that older athletes have no significantly different nutrition needs than younger athletes
 - As people age, their need for protein increases slightly
 - With age the thirst mechanism becomes less sensitive, so older adults should drink enough to urinate every three to four hours
 - All of the above

- 190. Which of the following statements is true regarding weight gain and menopause?**
- a. Weight gain is inevitable
 - b. The weight gain is due to hormonal shifts that occur during menopause
 - c. The weight gain is a result of muscle loss and decreased physical activity
 - d. Both a and b

Chapter 13: Assessing Your Body: Fat, Fit or Fine?

- 191. The reference 24-year old female is _____ percent fat and the reference 24-year old male is _____ percent fat.**
- a. 15, 8
 - b. 32, 25
 - c. 27, 15
 - d. 20, 10
- 192. Which of the following represents the amount of essential fat for men and women?**
- a. Men-8%, women-18%
 - b. Men-12%, women-20%
 - c. Men-4%, women-12%
 - d. Men-15%, women-25%
- 193. Which of the following is true regarding fat storage in females?**
- a. The enzymes for fat release are high in the hips and thighs of females
 - b. The easiest time for females to lose fat in the hips and thighs is during the last trimester of pregnancy and during breast feeding
 - c. The enzymes for fat storage are low in the hips and thighs of females
 - d. All of the above
- 194. Which of the following statements is true regarding exercise and body fat?**
- a. To lose body fat you must create a calorie deficit for the day
 - b. Exercise will cause one to lose lots of body fat
 - c. Exercising for one hour a day is the best way to lose weight
 - d. Both b and c
- 195. Which of the following types of exercise has been shown to be more effective at reducing body fat?**
- a. Low intensity exercise
 - b. High intensity exercise
 - c. Exercise that uses primarily fat as a fuel
 - d. a and c

196. Which of the following statements is true regarding exercise and weight loss?

- a. Women are more likely to lose weight with exercise than men
- b. Men are more likely to lose weight with exercise than women
- c. Men and women tend to lose the same amount of weight with exercise
- d. Women tend to lose more body fat with exercise than men since they carry more fat

197. Which of the following statements is true regarding cellulite?

- a. It is a special kind of fat that appears after repeatedly losing and gaining weight
- b. It appears mostly in the abdominal area
- c. Women are more prone to cellulite than men because their skin is thinner and their fat compartments are larger and rounder
- d. It does not appear to be genetically influenced

198. Which of the following statements is true regarding injuries and the inability to exercise?

- a. The muscle will turn to fat
- b. Muscles tend to lose their size when not used
- c. Injured athletes tend to continue to eat large portions as if they were still training which can lead to weight gain
- d. Both b and c

199. Individuals who burn off _____ to _____ calories per week tend to be leaner and healthier than sedentary individuals.

- a. 1,000 to 2,000
- b. 2,000 to 3,000
- c. 5,000 to 6,000
- d. 300 to 500

200. In general, about _____ of Americans are dissatisfied with their appearance.

- a. 25%
- b. One half
- c. One third
- d. 60%

201. Which of the following is not a common area of dissatisfaction for men?

- a. Abdomen
- b. Buttocks
- c. Balding scalp
- d. Upper body

202. A disorder that is on the rise in men which manifests as obsessive thoughts about being too small is known as:

- a. Bulimia
- b. Reverse anorexia
- c. Binge eating disorder
- d. Body dysmorphia

203. Which of the following is true regarding a healthy body?

- a. A healthy body can come in all sizes and shapes
- b. You can be fit and fat
- c. You can improve your body image by focusing on what your body can do rather than what you dislike about your body
- d. All of the above

204. What is a healthy weight range for the following client: female, 5 feet 6 inches?

- a. 117 to 143
- b. 100 to 130
- c. 130 to 150
- d. 150 to 170

205. Individuals who are significantly overweight can experience significant improvements in health by losing just _____ of their current weight.

- a. 1 to 2 percent
- b. 10 to 20 percent
- c. 5 to 10 percent
- d. 25 to 30 percent

206. Underwater weighing is most appropriate for which of the following individuals?

- a. A very muscular bodybuilder
- b. A very lean marathon runner
- c. An average male
- d. A 60 year old with osteoporosis

207. The accuracy of body fat measurement using calipers depends on which of the following?

- a. The appropriateness of the conversion equations
- b. The skill of the technician
- c. The accuracy of the calipers
- d. All of the above

208. A lean athlete whose body fat is being determined by bioelectrical impedance is most likely to:

- a. Be overestimated
- b. Be underestimated
- c. Get a very accurate reading
- d. Both b and c

209. The standard error in body fat measurement is _____.

- a. Plus or minus 1 percent
- b. Plus or minus 3 percent
- c. Plus or minus 2 percent
- d. Plus or minus 4 percent

Chapter 14: Adding Bulk, Not Fat

210. Which of the following factors contributes to the inability to gain weight in some individuals even when they consume additional calories?

- a. Genetics
- b. Fidgeting
- c. Greater activity in their daily lives
- d. All of the above

211. Theoretically, to gain a pound of body weight per week you would need to consume an additional _____ calories per day.

- a. 500
- b. 350
- c. 800
- d. 3500

212. Which of the following is not necessary to build muscle?

- a. Performing resistance training
- b. Consuming excess protein
- c. Consuming extra calories
- d. Consuming additional calories primarily from carbohydrates

213. Which of the following are good strategies to help individuals gain weight?

- a. Eat a lot of high protein snacks during the day and at night
- b. Eat higher calorie foods such as French fries, ice cream, and candy
- c. Eat larger than normal portions at mealtime
- d. All of the above

- 214. All of the following recommendations regarding meal timing and weight gain are true except:**
- a. Eat a carbohydrate-protein snack before you weight train
 - b. Evenly distribute your calories throughout the day
 - c. Eat a high fat snack immediately after weight training to replace glycogen
 - d. Eat frequently throughout the day
- 215. Your client weighs 150 pounds and would like to eat 5 grams of carbohydrate per pound. How many calories from carbohydrate should they consume?**
- a. 750
 - b. 1,600
 - c. 2,200
 - d. 3,000
- 216. With appropriate calorie intake and a good resistance program an untrained male may initially gain _____ pounds of muscle a month.**
- a. 2
 - b. 4
 - c. 1
 - d. 3

Chapter 15: Losing Weight Without Starving

- 217. All of the following statements are true regarding diets except:**
- a. Diets don't teach athletes (or anyone) how to eat healthfully and appropriately
 - b. Everyone who goes on a diet goes off a diet and has a high chance of regaining lost weight
 - c. Diets deter binge eating because dieters feel guilty when they cheat on their diet
 - d. All of the above
- 218. To lose weight you should:**
- a. Stop eating foods you like
 - b. Eat appropriate portions of nutritional foods you like
 - c. Remove foods that you consider fattening out of your diet
 - d. Categorize foods as good and bad and avoid the bad foods
- 219. In order to protect yourself against frauds and nutritional gurus when seeking professional guidance regarding nutrition and weight loss, look for a:**
- a. Dietitian
 - b. Registered dietitian (RD)
 - c. Nutritionist
 - d. Weight loss specialist

220. Your client weighs 180 pounds but at one time weighed a healthy weight of 140 pounds. What is their estimated resting metabolic rate?

- a. 1600 kcals
- b. 1400 kcals
- c. 1800 kcals
- d. 1200 kcals

221. Which of the following organs consumes the greatest number of calories in a day?

- a. Liver
- b. Lungs
- c. Brain
- d. Heart

222. Your client's resting metabolic rate is 1,500 calories. They are moderately active throughout their day. What would you recommend for their calorie intake in order to achieve weight maintenance?

- a. 1500 calories
- b. 1800 calories
- c. 2250 calories
- d. 2000 calories

223. You determined your client needs 3,000 calories for weight maintenance. This total includes resting metabolic needs, calories for daily activities and calories for purposeful exercise. In order to lose weight what should their daily intake be?

- a. 1400 calories
- b. 2400 calories
- c. 1800 calories
- d. 2800 calories

224. A reasonable weight loss target for an individual who weighs less than 150 pounds is?

- a. 1-2 pounds per week
- b. 0.5 to 1 pound per week
- c. 2-3 pounds per week
- d. 5 pounds per week

225. Which of the following statements is true regarding weight loss?

- a. The less you eat the more fat you will lose
- b. Quick weight loss is more likely to stay off
- c. To lose weight, you should eat less than 1,200 calories per day
- d. Slow and steady weight loss stays off

- 226. Which of the following statements is true regarding weight loss?**
- Weight loss is always mathematical-reduce your caloric intake by 500 calories a day and lose 1 pound per week
 - You can still lose weight even if you have no fat to lose
 - Weight loss is very difficult for those who try to drop below their genetic set-point weight
 - It is impossible to gain weight on just 1,000 calories per day
- 227. The purpose of eating more food at breakfast and lunch is:**
- To have more energy to fuel exercise and burn calories
 - So you will be less hungry at dinner
 - To avoid overeating at night
 - All of the above
- 228. Which of the following individuals is most likely to be successful at reaching their weight loss goals?**
- Jane who keeps an accurate food record
 - Sally who eats a light breakfast and tends to overeat at night
 - Tim who uses food to combat boredom
 - John who eats snacks throughout the day when he is stressed
- 229. Which of the following is the best explanation for why eating slower is a helpful strategy when trying to reduce caloric intake?**
- It makes you pay attention to what you are eating
 - The brain needs about 20 minutes to receive the signal that you are full
 - It allows you to enjoy your food more
 - It aids in digestion so less calories are absorbed
- 230. A realistic eating plan can include which of the following?**
- Days when you purposely eat fewer calories to lose weight
 - Days when you don't limit calories so you can maintain weight
 - Special occasions where you know you will eat too many calories and may even gain some weight
 - All of the above
- 231. The Zone Diet recommends eating:**
- 40% protein, 30% fat and 30% carbohydrate
 - 40% fat, 30% protein and 30% carbohydrate
 - 40% carbohydrate, 30% protein and 30% fat
 - 40% protein, 40% carbohydrate and 20% fat

232. Which of the following diets eliminates carbohydrates to the extent that the body goes into ketosis?

- a. The Zone Diet
- b. Atkins Diet
- c. Ultra Slim Fast
- d. South Beach Diet

233. Which of the following is true regarding thermogenic weight loss supplements?

- a. The primary ingredient is either ephedrine, ephedra or Ma Huang
- b. They work by boosting the metabolic rate
- c. 70 deaths and 1,400 adverse events have been linked to these products
- d. All of the above

234. Which of the following statements is true?

- a. Carbohydrates are fattening
- b. High protein diets are the best choice if you want to lose weight
- c. Excess calories from alcohol can add up quickly and easily add to body fat stores
- d. All of the above

235. Which of the following statements regarding including fat in the diet is true?

- a. If you eat fat, you will gain fat weight
- b. You can appropriately eat 25 to 30 percent of your daily calories from mostly healthful fat and not gain weight
- c. You can eat as much fat free foods as you want and still lose weight
- d. Staying on a fat free diet does not help overweight people lose weight

236. Which of the following statements is true regarding exercise and appetite?

- a. The effect varies according to gender and body fatness
- b. Males are more likely to experience an increase in appetite compared to females
- c. Diet and exercise studies in men showed the fatter they were the more weight they lost
- d. Both a and c

237. Which of the following statements is true?

- a. The more you exercise the more weight you will lose
- b. The less you eat, the more weight you will lose
- c. Gymnasts and runners who eat fewer calories tend to have higher body fats than those who ate more calories throughout the day
- d. Exercise will always decrease your appetite

- 238. Which of the following statements is true regarding managing obesity?**
- a. The fatter you are the fewer calories you should consume in order to lose weight
 - b. Obese people rarely have slow metabolisms
 - c. Many overweight individuals skip meals because they feel they don't deserve to eat
 - d. Both b and c

239. Which of the following statements is true regarding athletes and weight loss?

- a. Achieving an unrealistic weight can be detrimental to athletic performance
- b. The best time to lose body fat is during the competitive season
- c. Rapid weight loss can improve or have no effect on athletic performance
- d. Rather than starving to lose weight prior to competition, athletes can use diuretics or saunas to lose a few pounds

240. The absolute minimal weight for men includes _____ and _____ for women.

- a. 2 percent fat, 8 percent fat
- b. 4 percent fat, 10 percent fat
- c. 5 percent fat, 12 percent fat
- d. 12 percent fat, 20 percent fat

Chapter 16: Dieting Gone Awry: Eating Disorders and Food Obsessions

241. Which of the following is true regarding eating disorders and active people?

- a. They have leveled off
- b. They are reducing
- c. They are on the rise
- d. A and b

242. It is estimated that _____ percent of college female athletes have some type of disordered eating pattern.

- a. 50 to 60
- b. 40 to 50
- c. 15 to 30
- d. 10

243. Which of the following is characteristic of individuals with subclinical eating disorders?

- a. They restrict caloric intake and eat repetitive diets with little or no variety
- b. They limit their intake of “bad” foods and follow strict dietary rules
- c. They perceive themselves as be very overfat and are preoccupied with weight
- d. All of the above

244. Which of the following is the best explanation for having a higher body fat in those who exercise more and eat less compared to normal eaters and exercisers?

- a. The body slows down to conserve energy making it easier to store the limited caloric intake
- b. They become hungrier and tend to eat higher fat foods
- c. They eat too many carbohydrates
- d. They don't eat enough protein

245. Studies on starvation have found which of the following?

- a. Preoccupation with food is a sign that the body is too hungry
- b. Binge eating stems from starvation
- c. Dieters who restrict to the point of starvation are likely to regain the weight they lost and more
- d. All of the above

246. Food restrictions can lead to which of the following?

- a. Improved immune function
- b. Chronic fatigue
- c. Increased bone density
- d. Quicker healing

247. Eating disorders usually occur in people with:

- a. Good relationships with family and friends
- b. A history of sports participation
- c. Low self-esteem
- d. Higher intelligence

248. Which of the following are valid recommendations to help prevent amenorrhea in female athletes?

- a. Don't restrict daily calorie intake to less than 13.5 calories per pound of lean body mass
- b. Make sure adequate protein is included in the diet
- c. Make sure 20 percent of daily calories come from good fat
- d. All of the above

249. What number on the hunger scale is associated with feeling pleasantly fed, content, satiated?

- a. 1
- b. 3
- c. 5
- d. 10

250. According to the American Psychiatric Association which of the following meet the definition of anorexia?

- a. Intense fear of gaining weight or becoming fat in spite of being underweight
- b. Weight loss to less than 85 percent of normal body weight
- c. Absence of at least three consecutive menstrual cycles
- d. All of the above