

Sports Nutrition Habits Quiz

Indicate “yes” or “no” for the following Q’s

I eat breakfast at least six days a week.

I eat a small snack one to two hours before exercise that lasts 60 minutes.

I bring a sports beverage (electrolytes) with me if I am doing cardiovascular exercise lasting longer than 60 minutes.

If I have a long run the next morning, my dinner is high in carbohydrates and low in fat, usually whole grain thick crust pizza, pasta, or a large baked potato topped with chili.

After long workouts, I eat carbohydrate and protein rich foods within 30 to 60 minutes.

I urinate every few hours and the color is clear to “lemonade yellow” color.

I plan my meals and snacks so I have something healthy to eat about every three hours.

I eat at least two cups of fruits and three cups of vegetables daily.

If I’m hungry, I eat. I don’t ignore it even though I would like to lose some weight.

All of the above BEHAVIORS boost your sports performance and enjoyment! You are on the right track for questions in which you answered “Yes.” Work on the questions in which you answered “No.”