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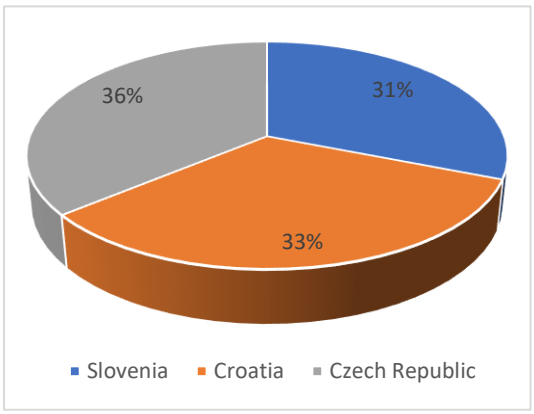
Analysis of the results of the questionnaire from the second round comparing with the results of first round

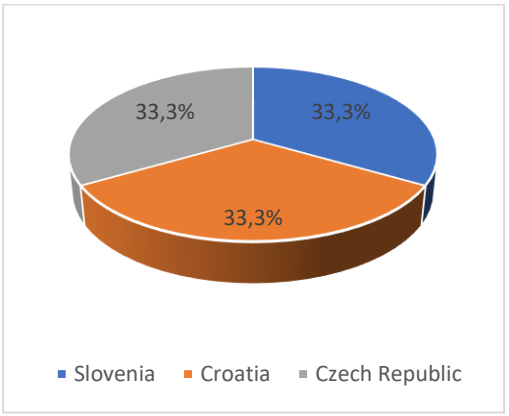
The nutrition for sport knowledge

Important explanation: First shown result is from the first round and second result is from the second round, after nutrition seminars. Correct answer is written in bold.

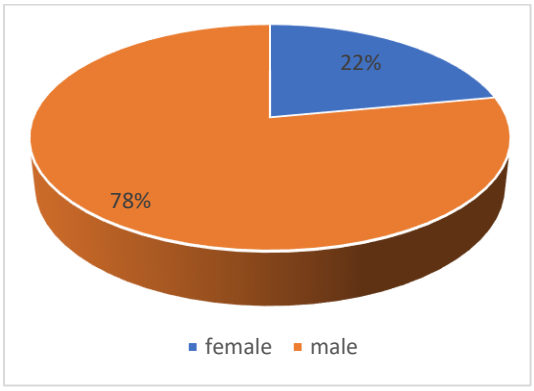
General introductory questions

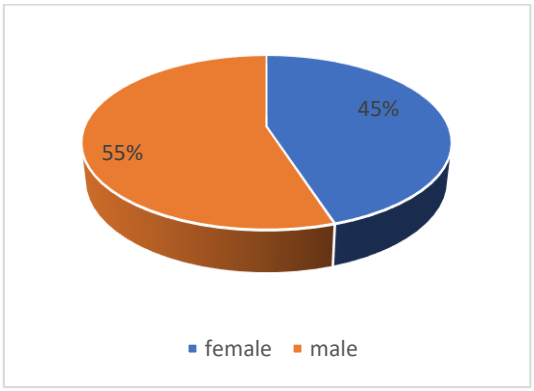
0.1 Country of origin





0.2 Sex





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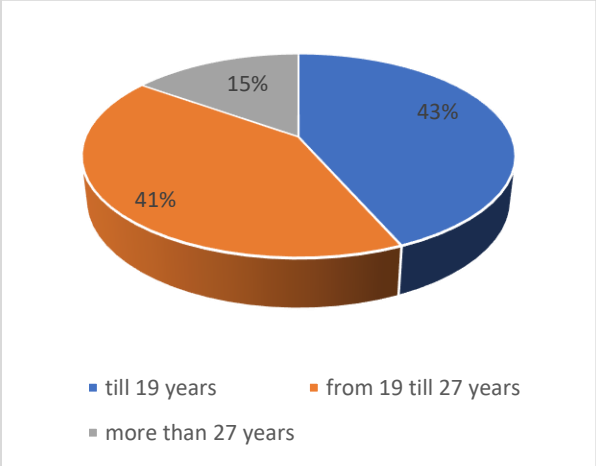
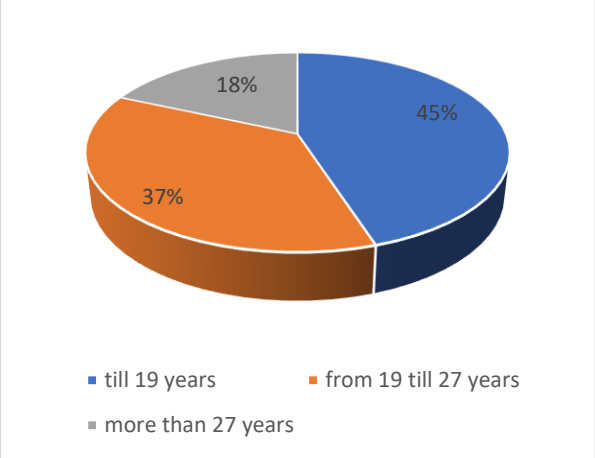
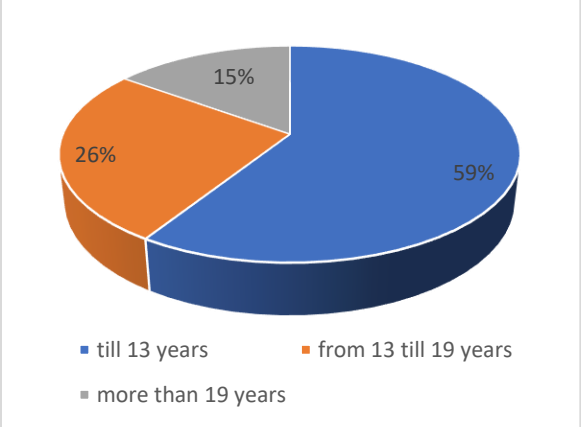
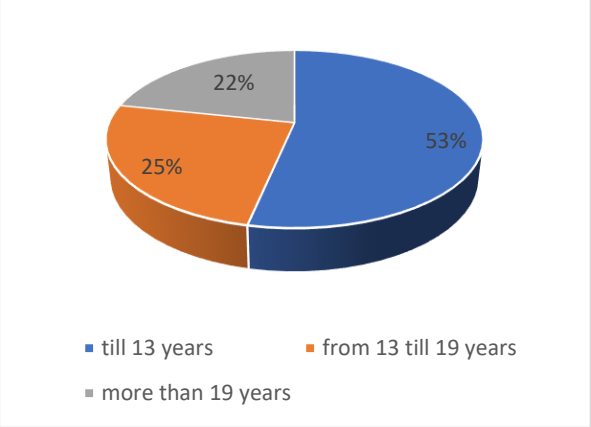
0.3 Age





0.4 Number of years of playing sports





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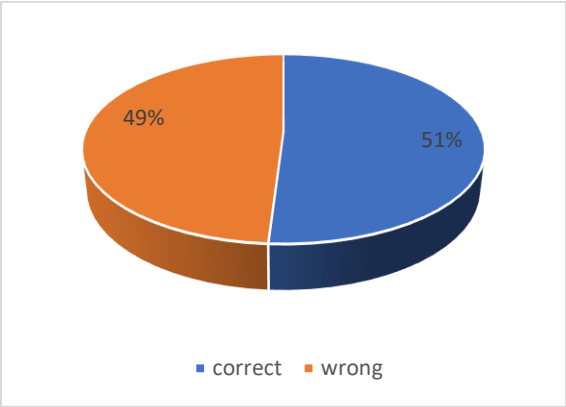
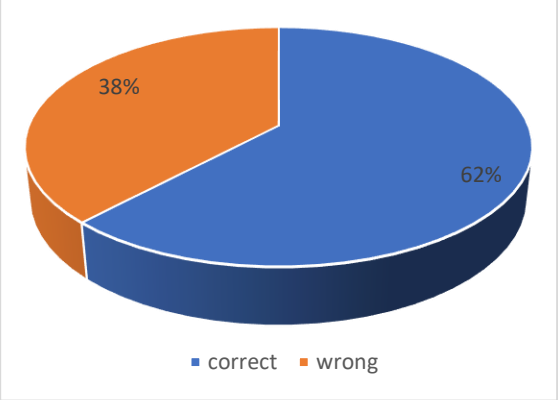
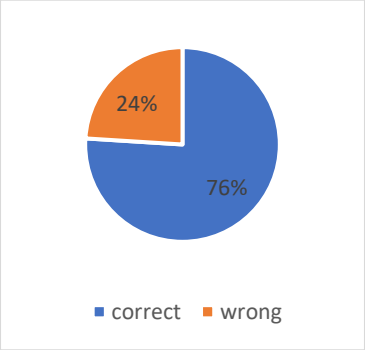
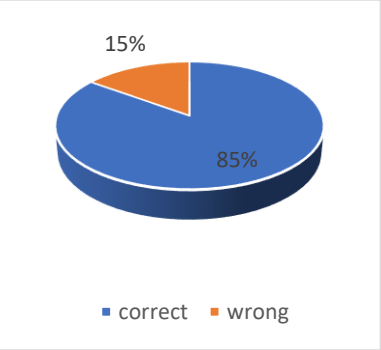
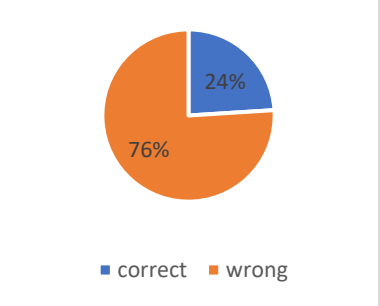
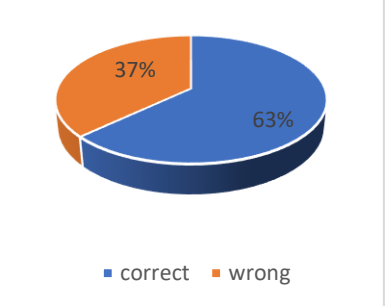
Weight Management

1.1 Which nutrient do you think has the most energy (kilojoules/calories) per 100 grams? Carbohydrate / protein / **fat** / not sure.





1.2 Do you agree or disagree with the following statements about weight loss?

1.2.1	Having the lowest weight possible benefits endurance performance in the long term. Agree/**Dissagree**	 
1.2.2	Eating more protein is the most important dietary change if you want to have more muscle. Agree/**Dissagree**	 

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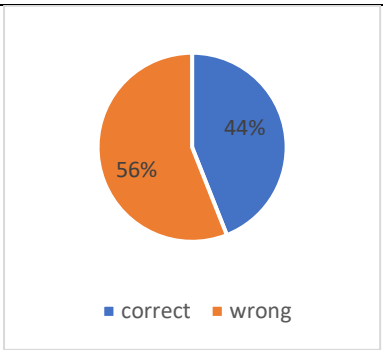
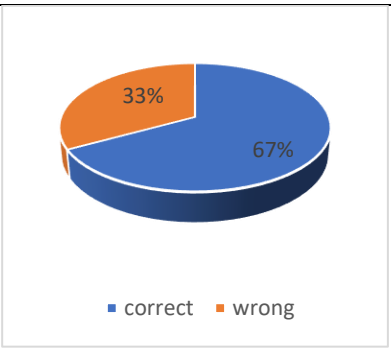
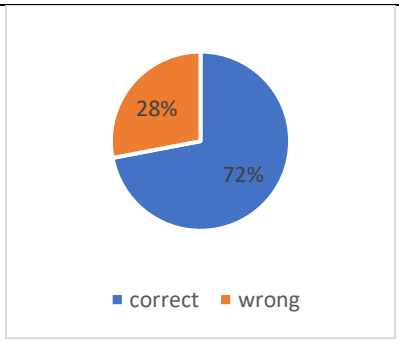
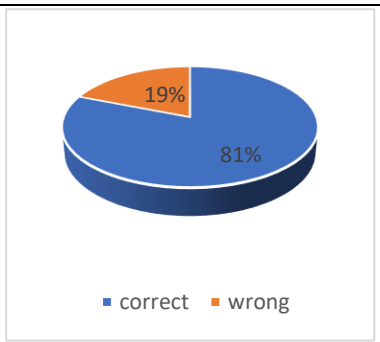
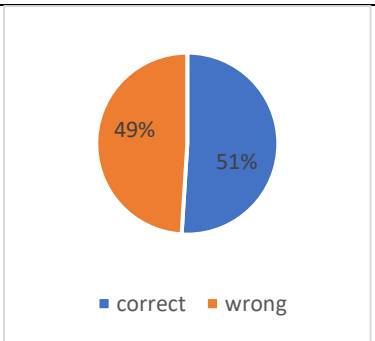
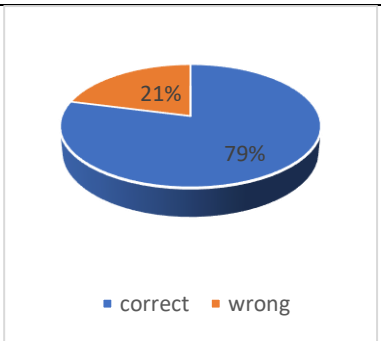
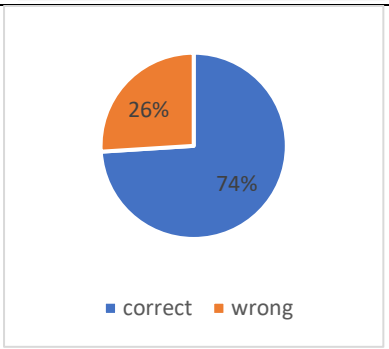
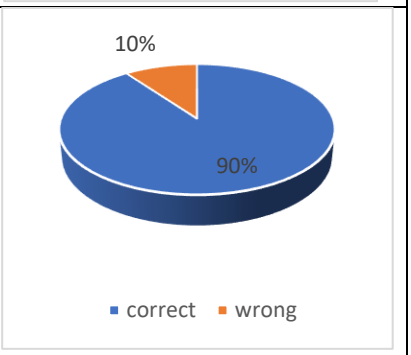
1.2.3	Eating more energy from protein than you need can make you put on fat. **Agree**/Dissagree		

1.3 Do you think the diet changes below are good ways to lose weight?

1.3.1	Swap carbohydrates / energy dense foods for low-energy foods like vegetables. **Agree**/Dissagree		
1.3.2	Eat margarine instead of butter. Agree/**Dissagree**		
1.3.3	Eat protein bars and shakes instead of yogurts, muesli/granola bars and fruits. Agree/**Dissagree**		

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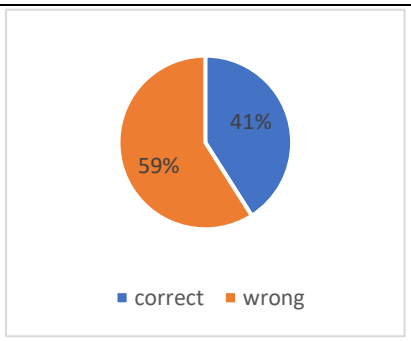
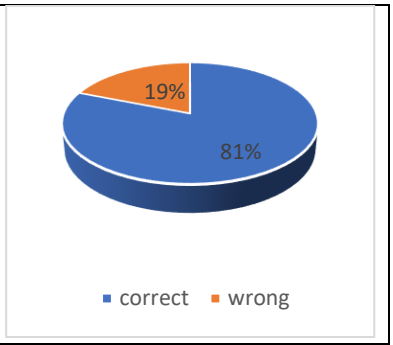
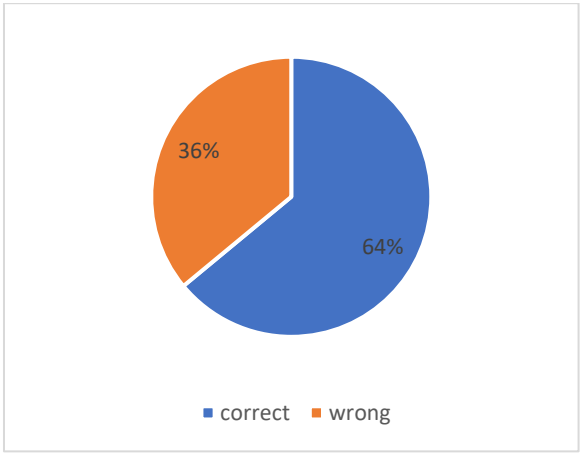
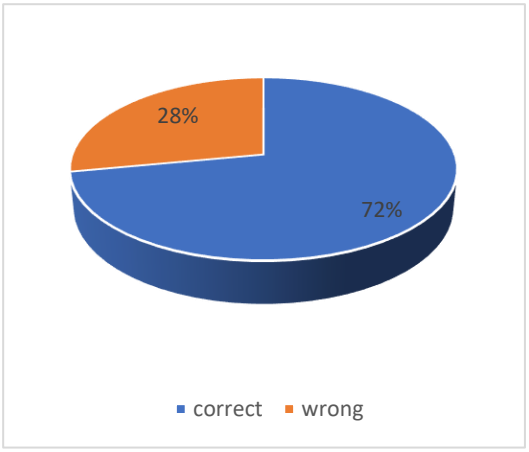
1.3.4	Choose lower glycemic index (GI) carbohydrates to help regulate appetite. **Agree**/Dissagree	 

1.4 If they want to lose weight, athletes should:
Eat less than 50 grams of carbohydrate per day / Eat less than 20 grams of fat per day / **Eat less calories/kilojoules than your body needs** / Not sure.





1.5 To ensure they meet their energy (kilojoule/calorie) requirements, all athletes should:
Plan their diet based on their age, gender, body size, sport and training program / Eat based on their natural hunger and fullness signals / Eat at least 8000 kilojoules (2000 calories) per day / Eat more foods that have lots of carbohydrate / Not sure

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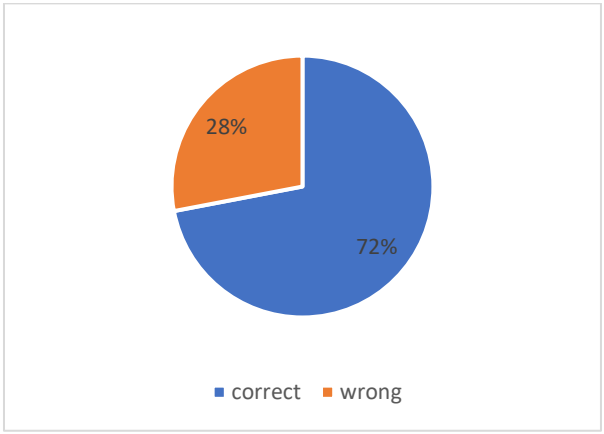
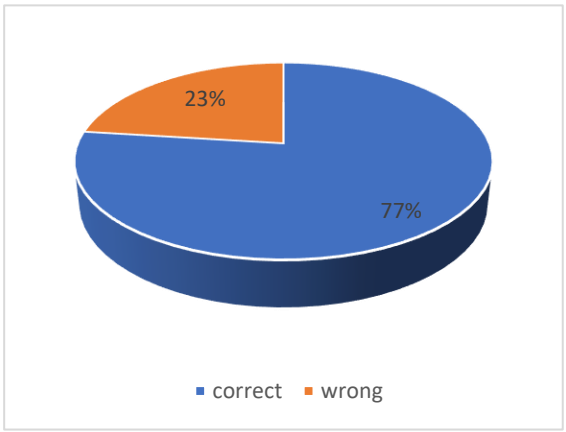
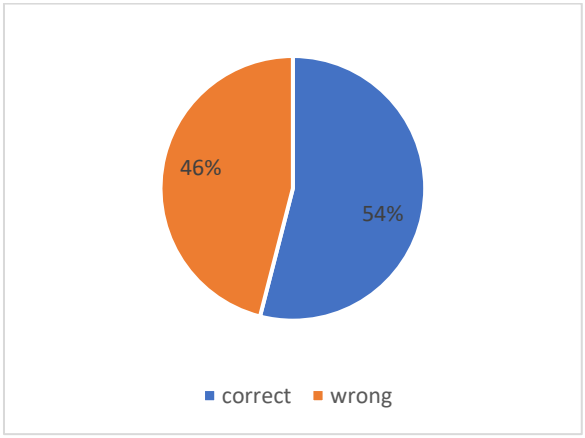
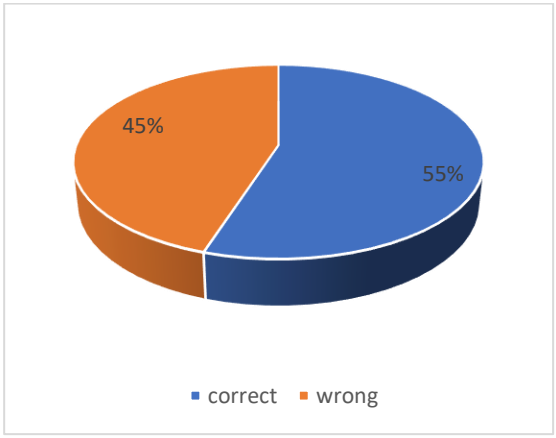




1.6 Which is a better recovery meal option for an athlete who wants to put on muscle?
Protein shake and 3 - 4 scrambled eggs / **Pasta with lean beef and vegetable sauce, plus a dessert of fruit, yoghurt and nuts** / A large piece of grilled chicken with a side salad (lettuce, tomato, cucumber) / A large steak and fried eggs / Not sure.





1.7 Which is a better recovery meal option for an athlete who wants to lose weight?
A side salad with no dressing (lettuce, cucumber, tomato) / A pure whey protein isolate (WPI) shake made on water / **A mixed meal that includes a small-moderate serving of meat and carbohydrate (e.g. small bowl pasta with lean mincemeat and vegetable sauce) plus a large side salad** / Not sure.

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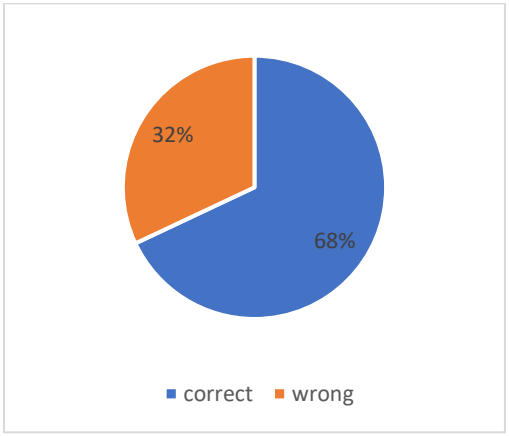

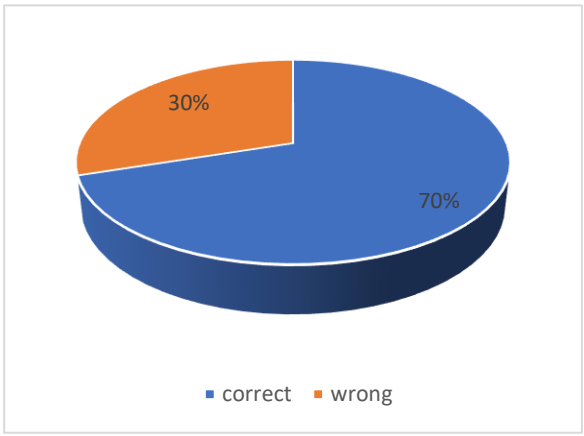

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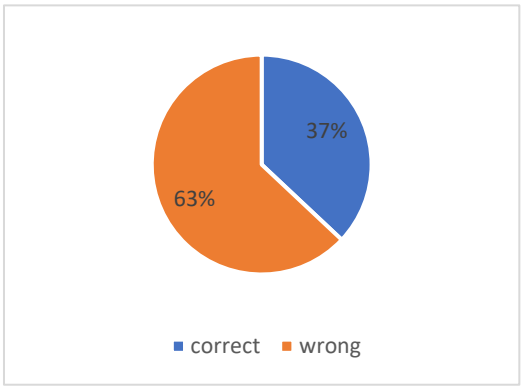
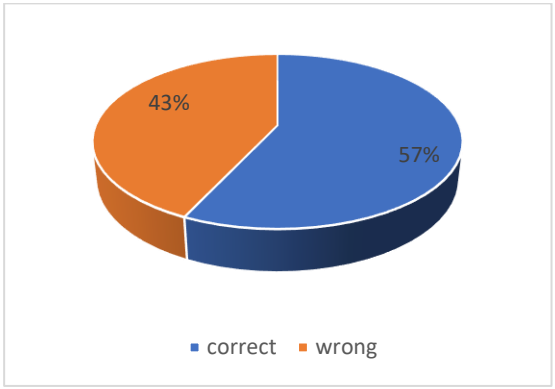
Macronutrients

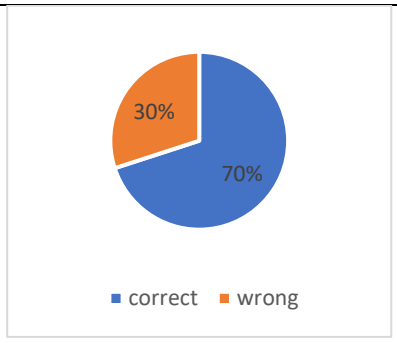
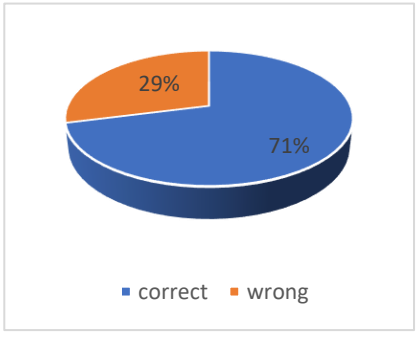
2.1 An athlete doing a moderate to high-intensity endurance training program for about two hours should eat…

1-3 g carbohydrate/kg of bodymass/day, **5-7 g carbohydrate/kg of bodymass/day increasing up to 10 g/kg with intense training/competition loads** / 15 - 25% of total daily kilojoule/calorie intake as carbohydrate / 75 - 85% of total daily kilojoule/calorie intake as carbohydrate / Not sure.





2.2 Which options have enough carbohydrate for recovery from about 1 hour of high intensity aerobic exercise? Assume the athlete weighs about 70 kg and has an important training session again tomorrow.

2.2.1	medium banana Enough carbohydrate / **Not enough carbohydrate**	 

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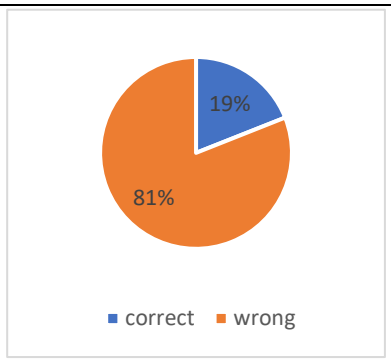
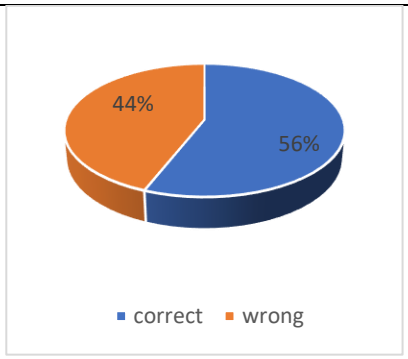
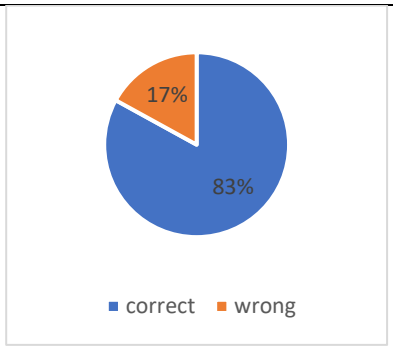
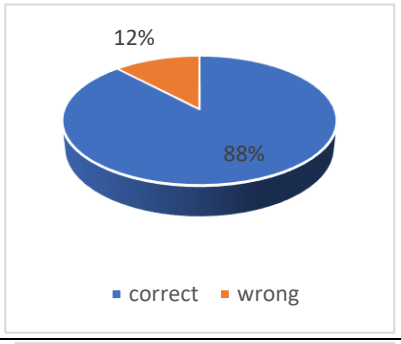
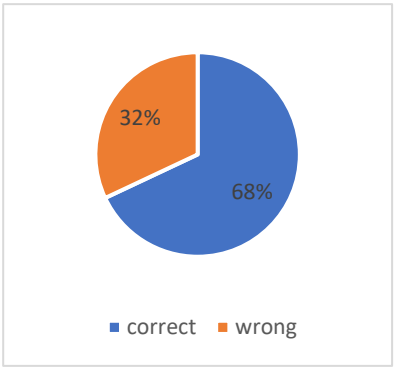
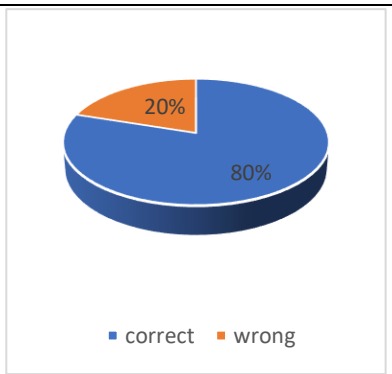
2.2.2	cup cooked quinoa and 1 tin tuna Enough carbohydrate / **Not enough carbohydrate**	 
2.2.3	cup plain yoghurt Enough carbohydrate / **Not enough carbohydrate**	 
2.2.4	cup baked beans on two slices of bread **Enough carbohydrate** / Not enough carbohydrate	 

2.3 Which food has the most carbohydrate? **1 cup (185 g) boiled rice** / 1 medium (150 g/ 5 ounces) boiled potato / 1 medium (150 g) boiled potato / 1 medium (150 g) ripe banana / Not sure.

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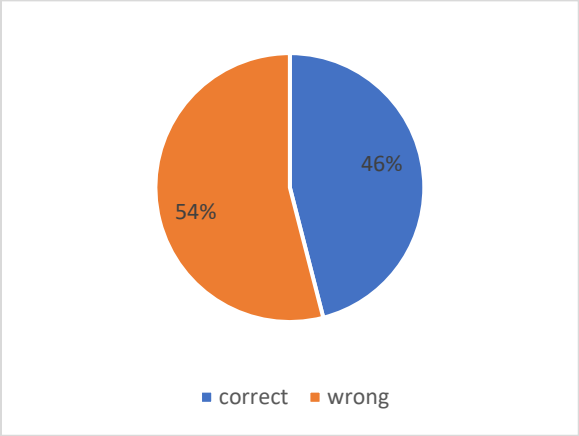
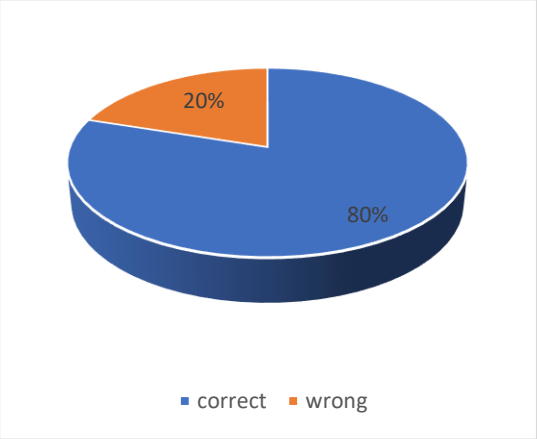
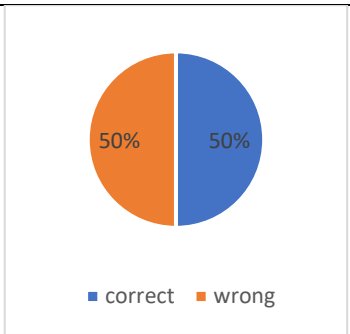
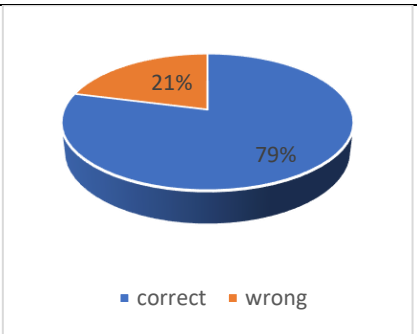
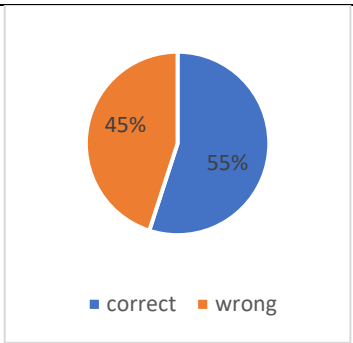
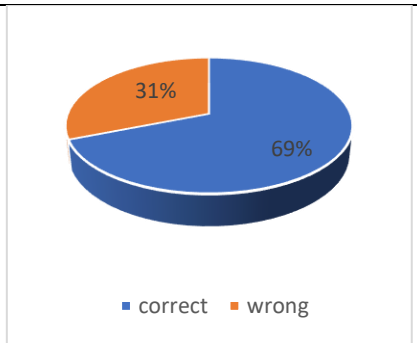
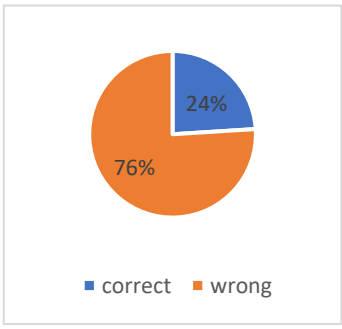
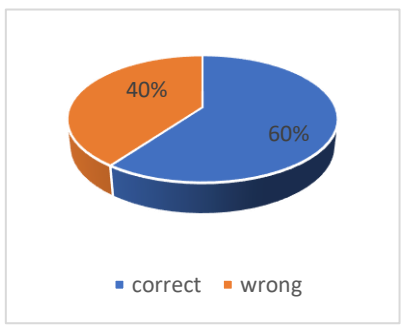




2.4 Do you agree or disagree with these statements about fat?

2.4.1	The body needs fat to fight off sickness. **Agree** / Dissagree		
2.4.2	Athletes should not eat more than 20g of fat per day. Agree / **Dissagree**		
2.4.3	When we increase the intensity of exercise, the % of fat we use as a fuel also increases. Agree / **Dissagree**		

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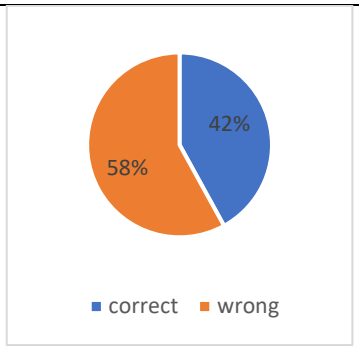
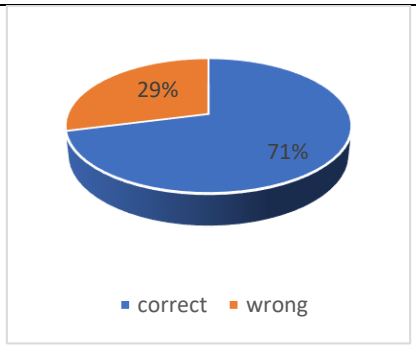
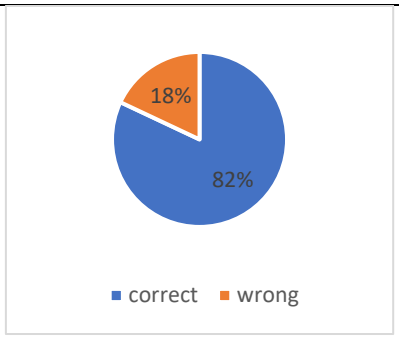
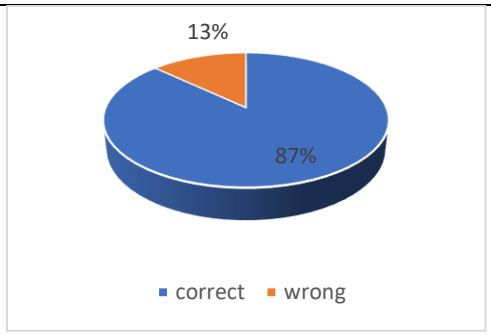
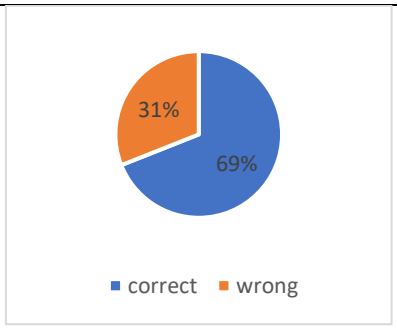
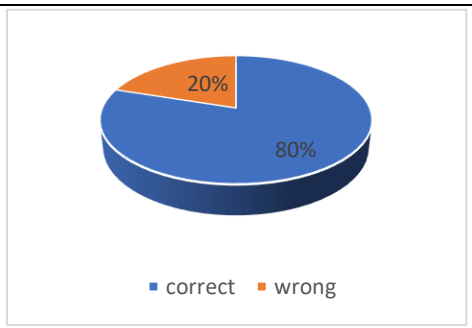
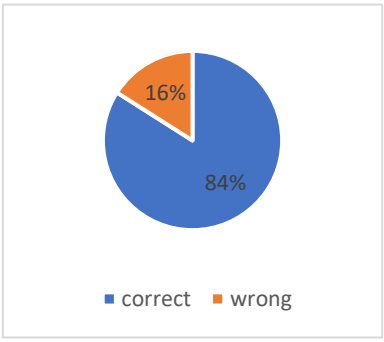
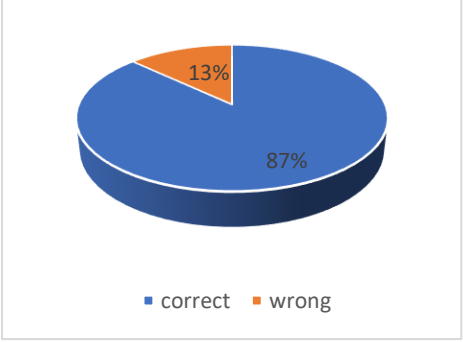
2.4.4	When we exercise at a low intensity, our body mostly uses fat as a fuel. **Agree** / Dissagree	 

2.5 Do you think these foods are high in fat?

2.5.1	cheddar cheese **Yes** / No	 
2.5.2	Margarine **Yes** / No	 
2.5.3	mixed nuts **Yes** / No	 

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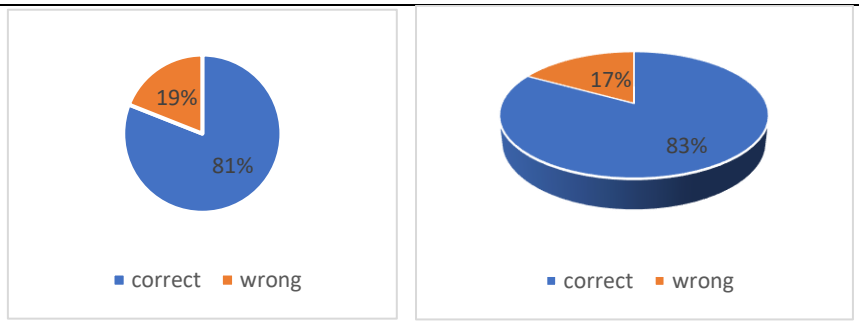
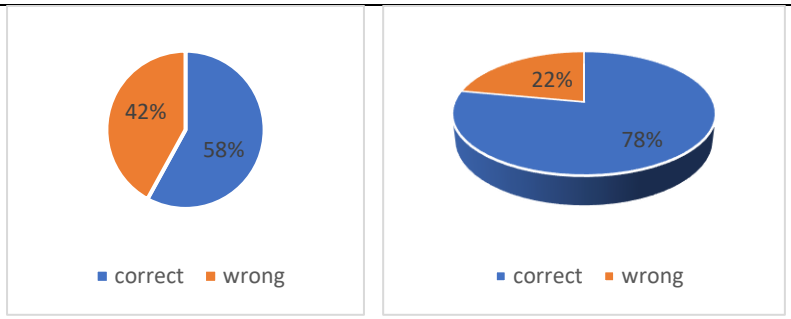
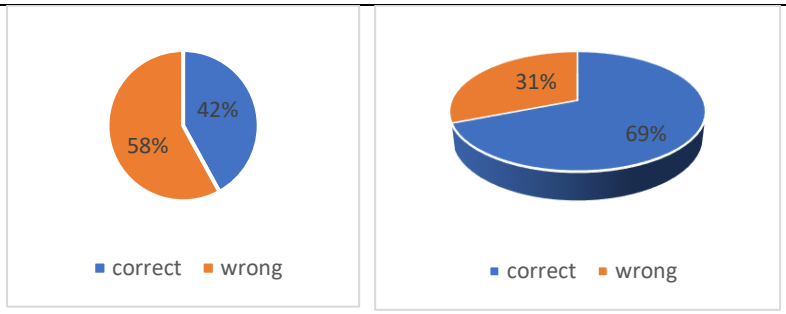
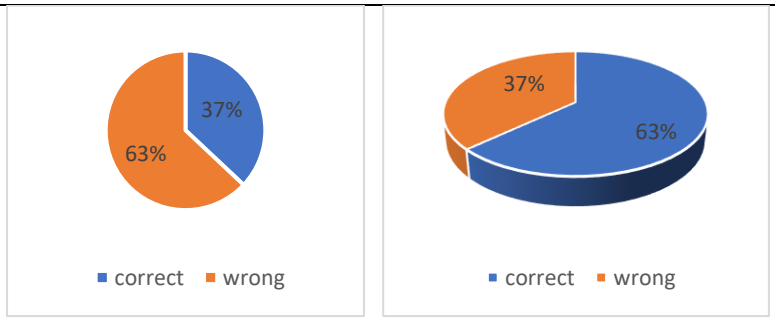
2.5.4	Honey Yes / **No**	

2.6 Do you agree or disagree with the statements about protein?

2.6.1	Protein is the main fuel that muscles use during exercise. Agree / **Dissagree**	
2.6.2	Vegetarian athletes can meet their protein requirements without the use of protein supplements **Agree** / Dissagree	
2.6.3	An experienced athlete needs more protein than a young athlete who is just starting training Agree / **Dissagree**	

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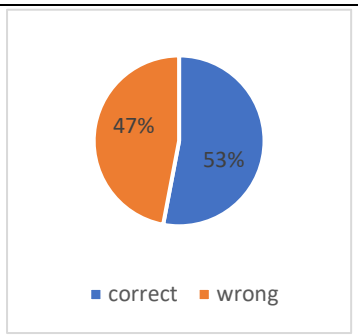
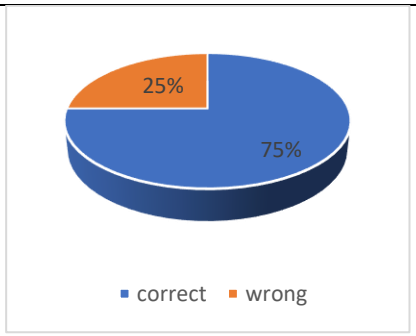
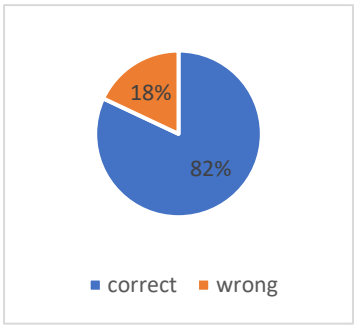
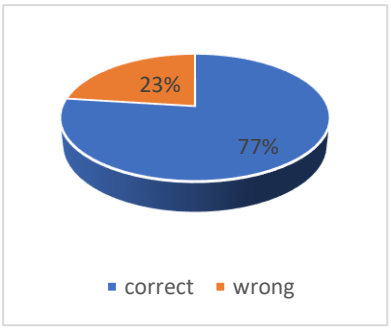
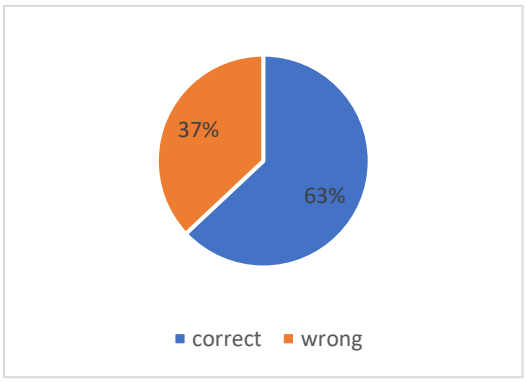
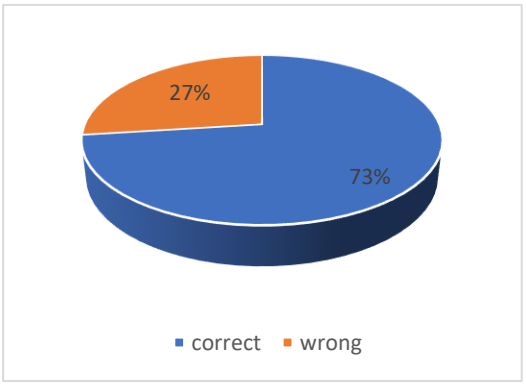
2.6.4	The body has a limited ability to use protein for muscle protein synthesis **Agree** / Dissagree	 
2.6.5	A balanced diet with enough kilojoules/calories (energy) has enough protein for most athletes **Agree** / Dissagree	 

2.7 Which food has the most protein?

2 eggs / **120g raw skinless chicken breast** / 30 g almonds / Not sure





2.8 The protein needs of a 100 kg well trained resistance athlete are closest to:

100g (5g/kg) / **150g (5g/kg)** / 500g (5g/kg) / They should eat as much protein as possible / Not sure.

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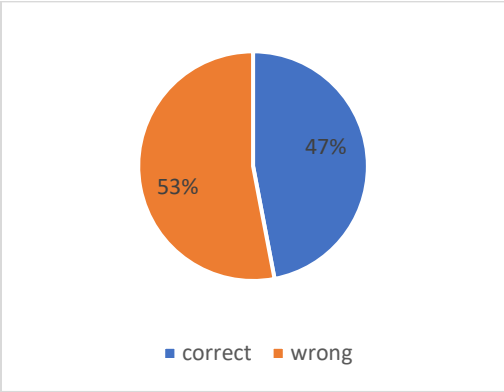
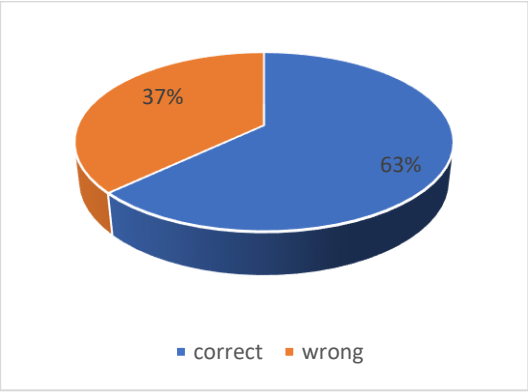
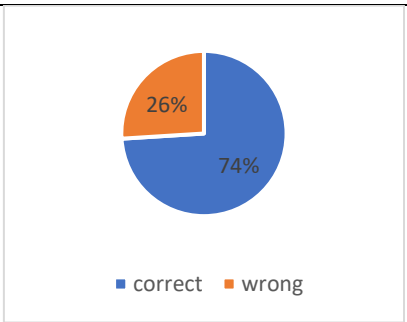
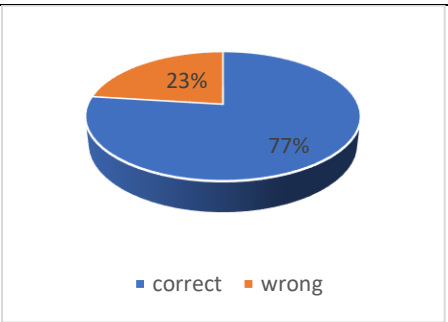
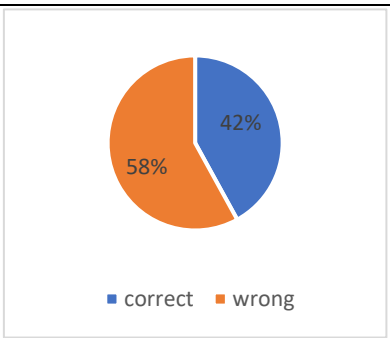
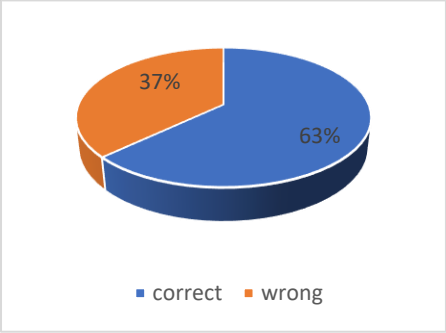
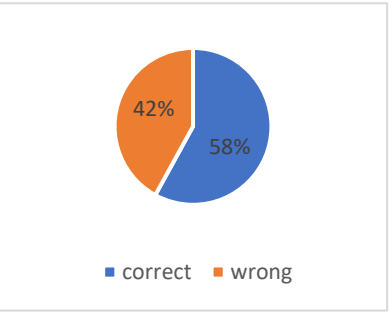
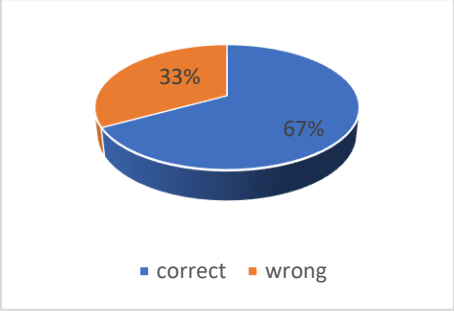




2.9 Which of these foods do you think have enough protein to promote muscle growth after a bout of resistance exercise?

2.9.1	100g chicken breasts **Enough** / Not enough	 
2.9.2	300 g yellow cheese Enough / **Not enough**	 
2.9.3	1 cup baked beans Enough / **Not enough**	 

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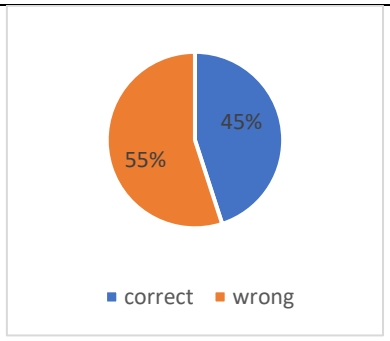
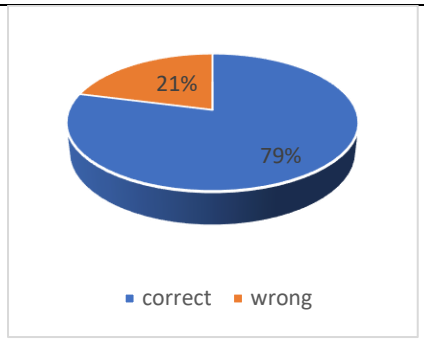
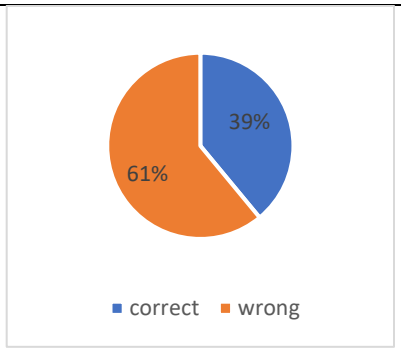
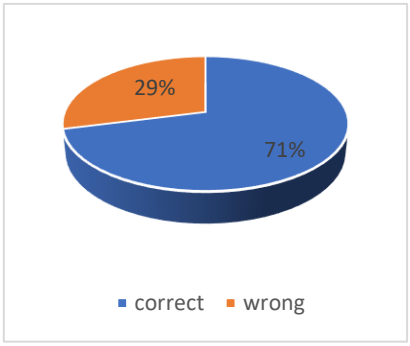
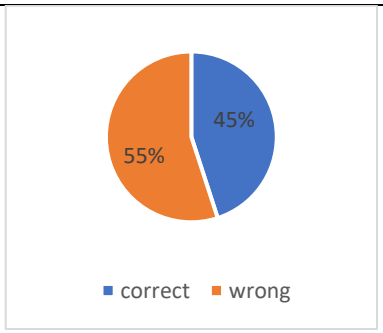
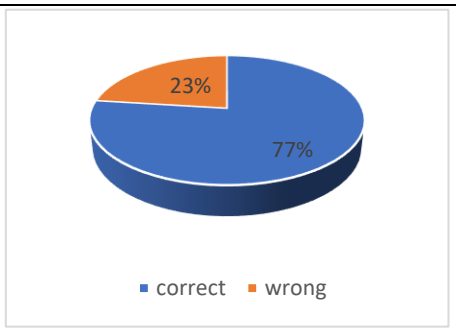
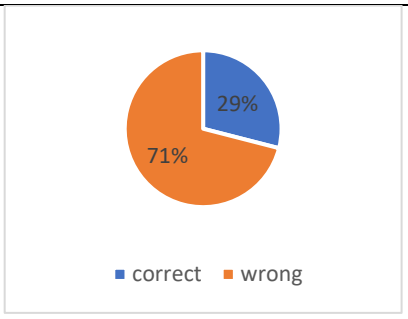
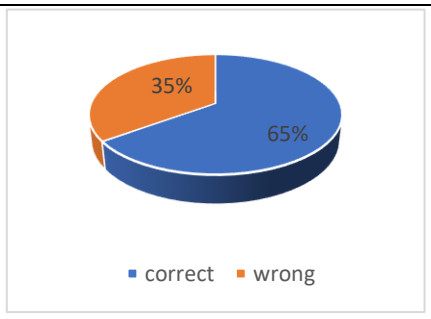
2.9.4	½ cup cooked quinoa Enough / **Not enough**	 

2.10 Do you think these foods have all the essential amino acids needed by the body?

2.10.1	beef steak **Yes** / No	 
2.10.2	Eggs **Yes** / No	 
2.10.3	Lentils Yes / **No**	 

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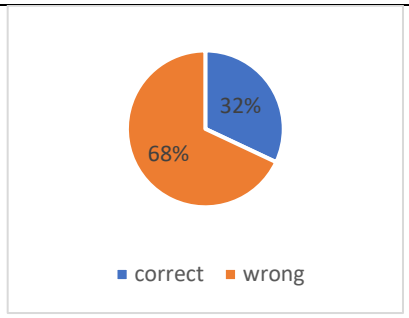
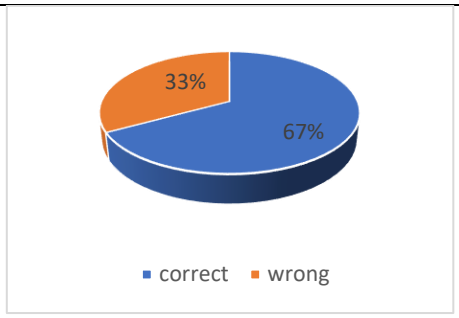
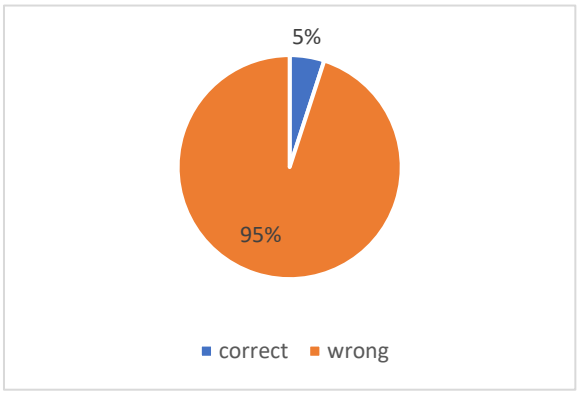
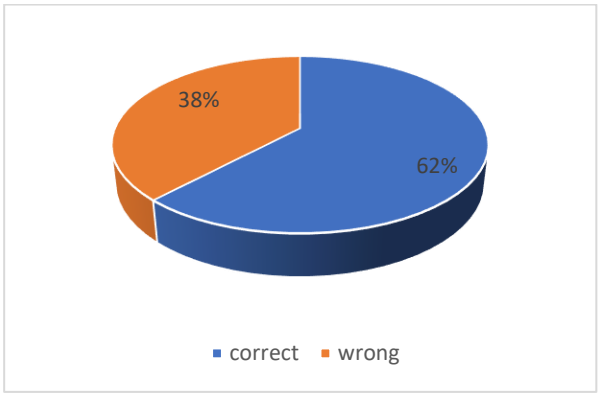
2.10.4	cow's milk **Yes** / No	 

2.11 The amount of protein in skim milk compared to full cream milk is:
much less / **about the same** / much more / not sure.





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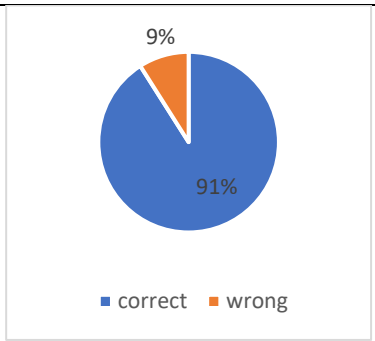
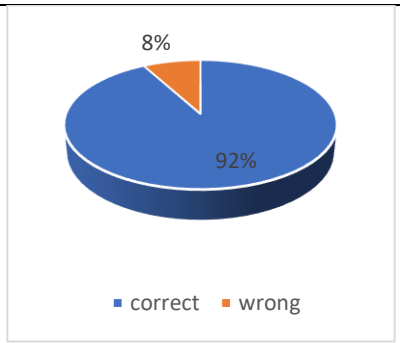
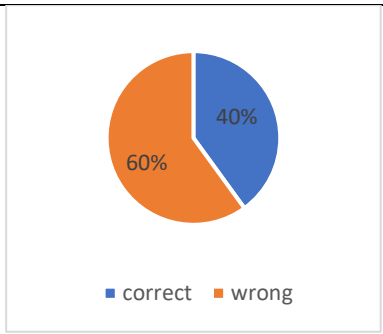
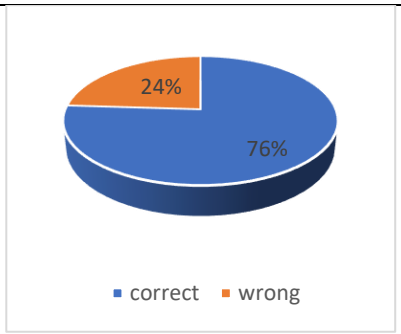
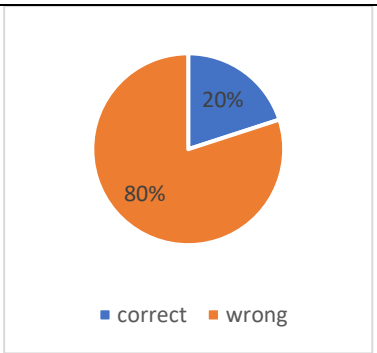
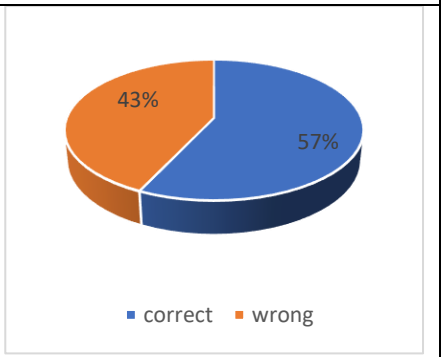
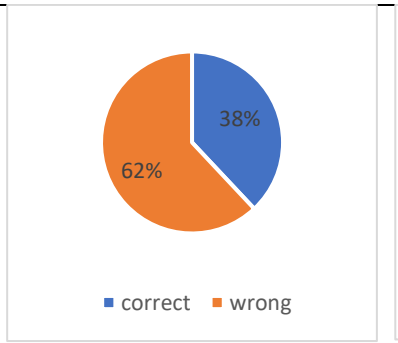
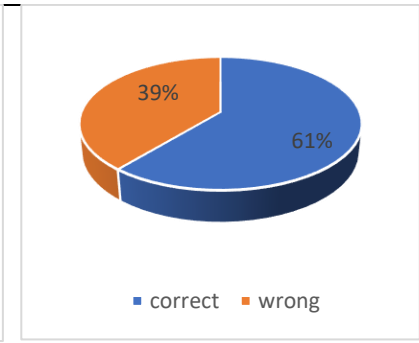
Micronutrients

3.1 Do you agree or disagree with these statements on vitamins and minerals?

3.1.1	Calcium is the main component of bone **Agree** / Dissagree	 
3.1.2	Vitamin C is an anti-oxidant **Agree** / Dissagree	 
3.1.3	Thiamine (Vitamin B1) is needed to take oxygen to muscles Agree / **Dissagree**	 
3.1.4	Iron is needed to turn food into usable energy Agree / **Dissagree**	 

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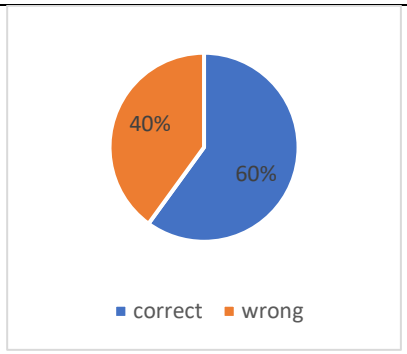
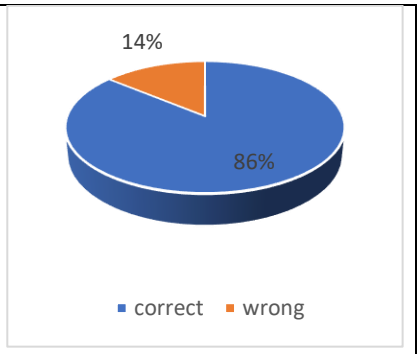
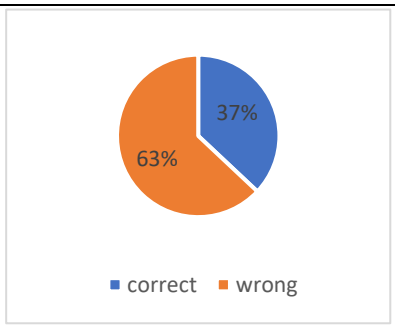
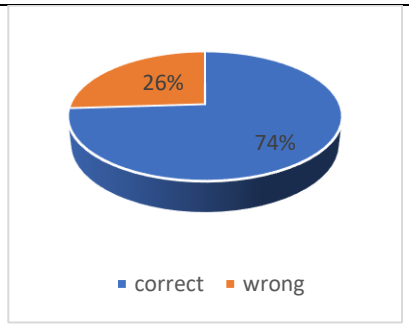
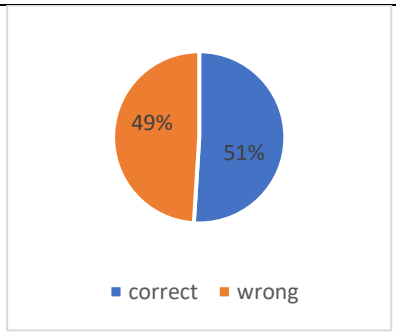
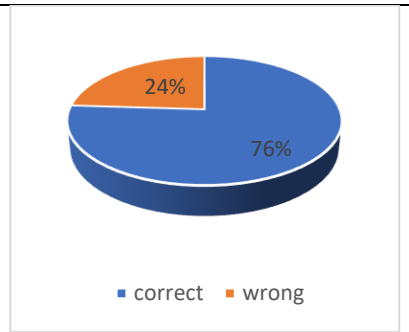
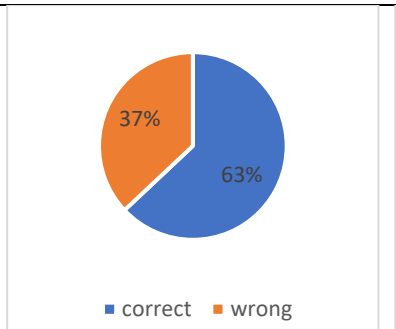
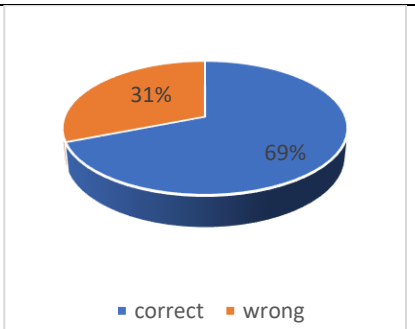
3.1.5	Vitamin D enhances calcium absorption **Agree** / Dissagree	 
3.1.6	Meat, chicken and fish are good sources of zinc **Agree** / Dissagree	 
3.1.7	Wholegrain foods are good sources of vitamin C Agree / **Dissagree**	 
3.1.8	Fruit and vegetables are good sources of calcium Agree / **Dissagree**	 

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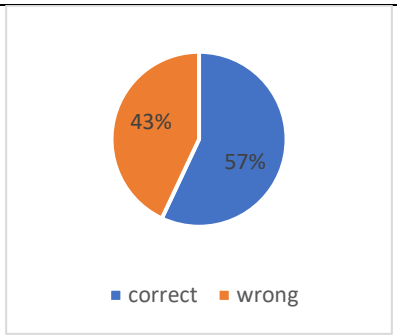
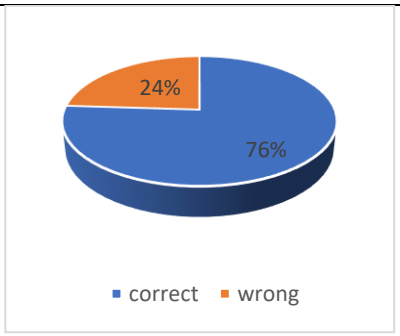
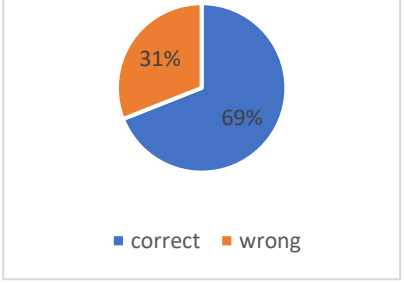
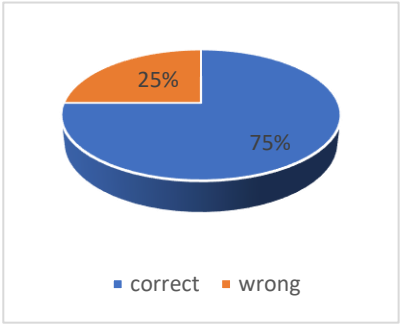
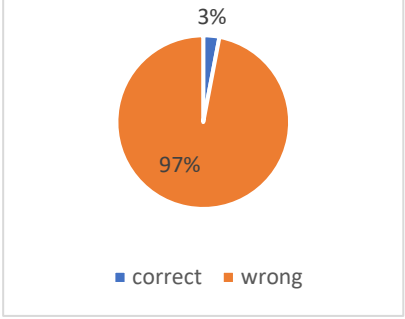
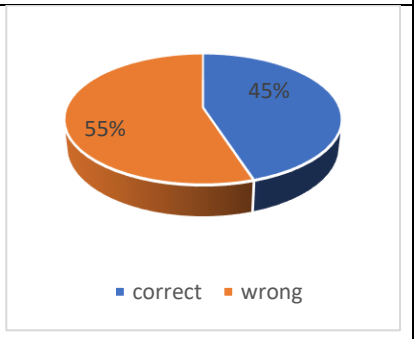
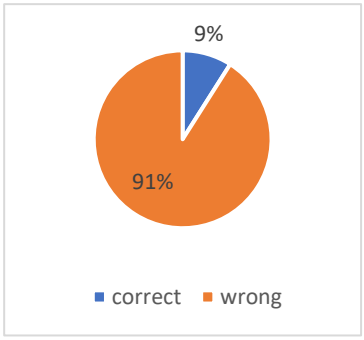
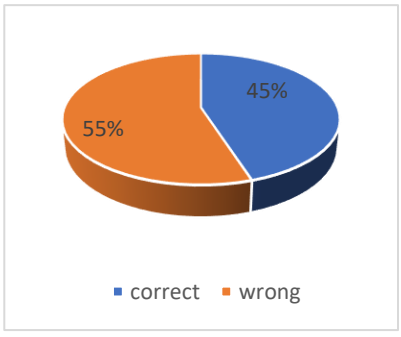
3.1.9	Fatty fish is a good source of vitamin D **Agree** / Dissagree	 
3.1.10	Women who have a monthly period need more iron than men **Agree** / Dissagree	 
3.1.11	Athletes aged 15 to 24 years need 500 mg of calcium each day Agree / **Dissagree**	 
3.1.12	A fit person eating a balanced diet can improve their athletic performance by eating more vitamins and minerals from food Agree / **Dissagree**	 

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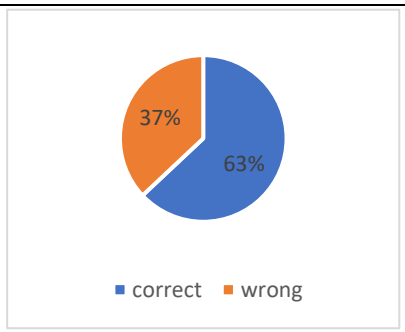
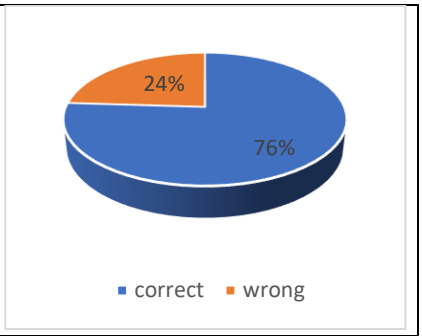
3.1.13	Vitamins contain energy (kilojoules/calories) Agree / **Dissagree**		

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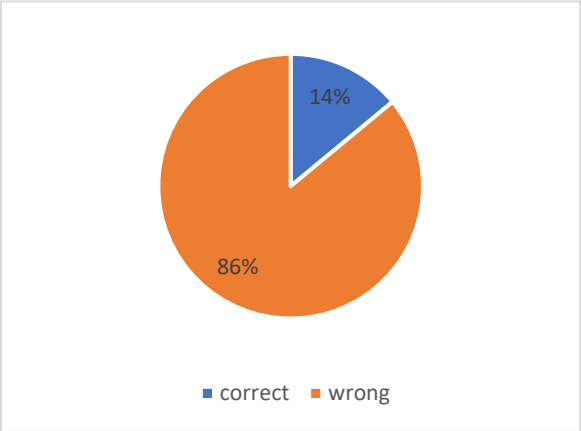
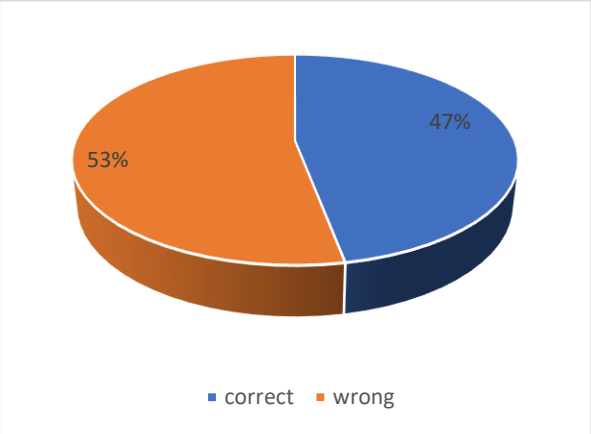
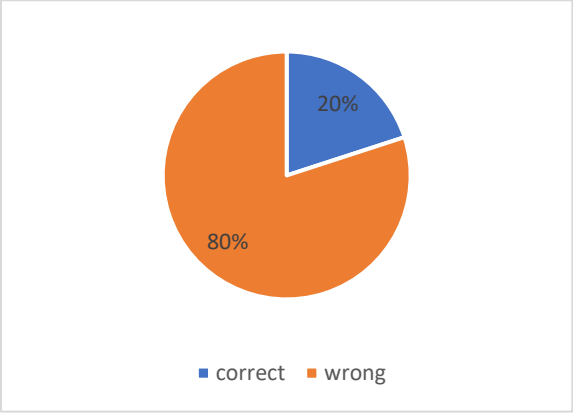
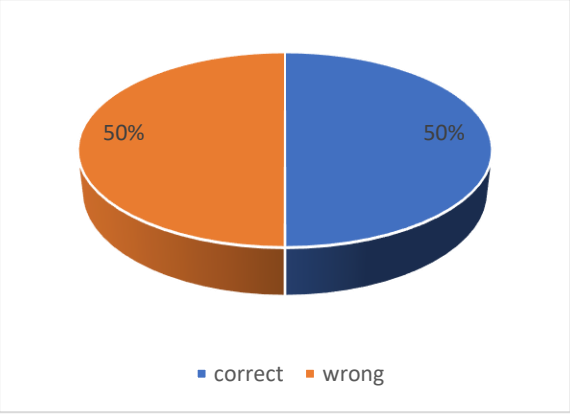
4.1 Athletes should drink water to:
Keep plasma (blood) volume stable / Stop dry mouth / Allow proper sweating / All of the above / Not sure.





4.2 Experts think that athletes should
Drink 50 - 100 ml (1.7 - 3.3 fluid ounces) every 15 - 20 minutes / Suck on ice cubes rather than drinking during practice/ For demanding sessions, drink sports drinks (e.g. powerade) rather than water when exercising / **Drink to a plan, based on body weight changes during training sessions performed in a similar climate** / Not sure.





4.3 How much sodium (salt) should fluid consumed for hydration purposes (during exercise) contain?

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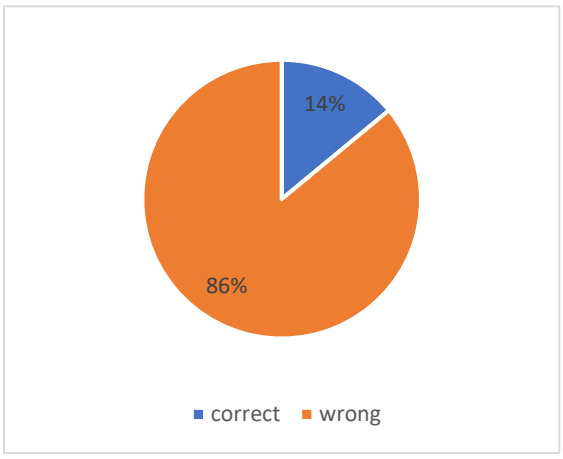
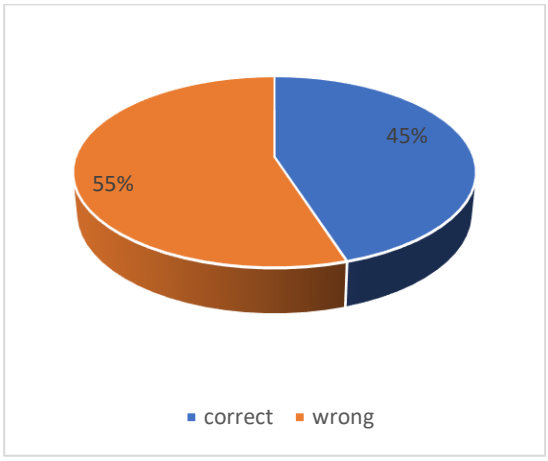
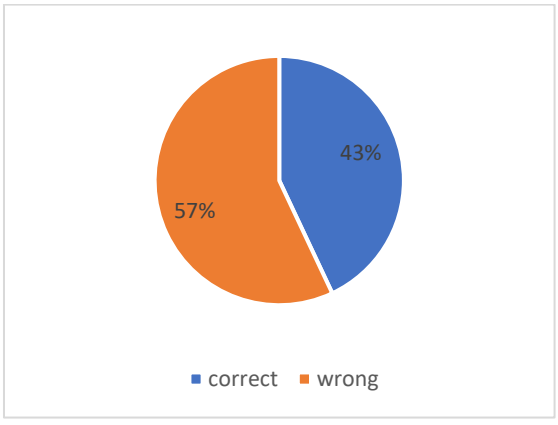
At least 11 - 25 mmol/L (~ 250 - 575 mg/L) / At least 4 - 8 mmol/L (~ 90 - 185 mg/L) / none / not sure.

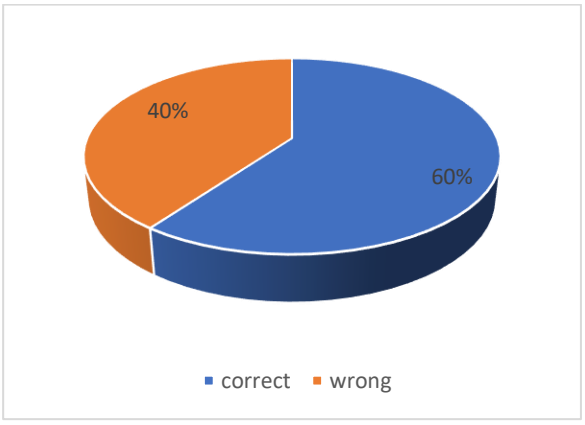




4.4 Before competition, athletes should eat foods that are high in:

Fluids, fat and carbohydrate / Fluids, fibre and carbohydrate / **Fluids and carbohydrate** / Not sure.





4.5 Do you agree or disagree with the statements on carbohydrate?

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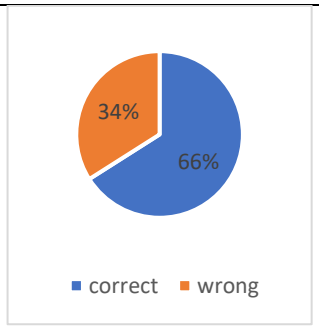
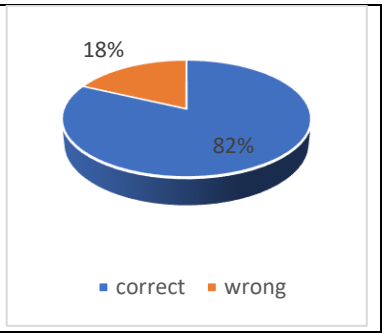
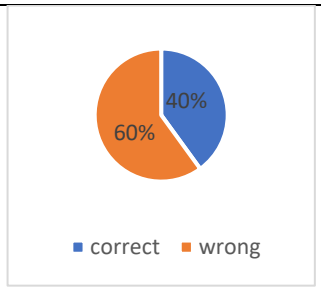
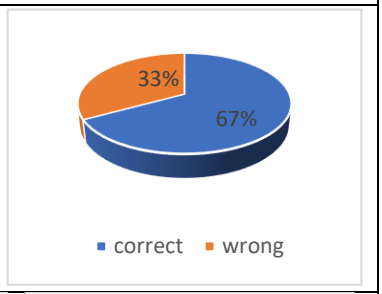
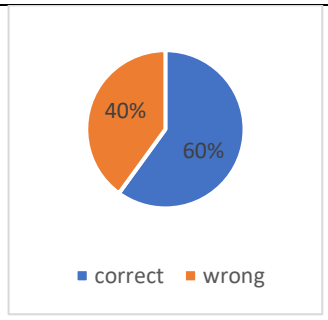
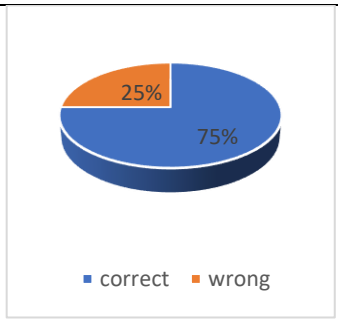
4.5.1	Eating carbohydrates when you exercise makes it harder to build strength and muscles Agree / **Dissagree**	 
4.5.2	In events lasting 60 - 90 minutes, 30- 60 g of carbohydrates should be eaten per hour **Agree** / Dissagree	 
4.5.3	Eating carbohydrates when you exercise will help keep blood sugar levels stable **Agree** / Dissagree	 

4.6 Some athletes get a sore stomach if they eat during exercise. What might make stomach pain worse?

Having energy gels rather than water or sports drinks / Having small amounts of water at a time / Having sports drinks with different types of carbohydrates (e.g. fructose and sucrose) / Not sure.

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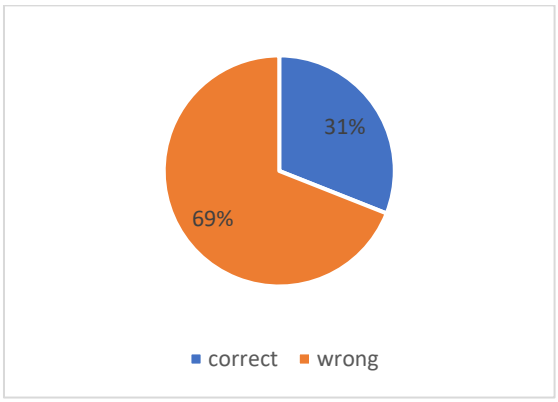
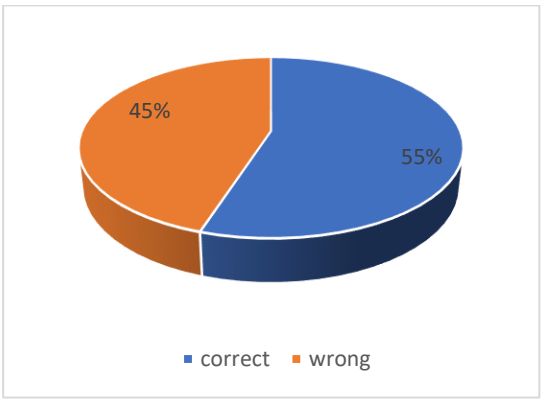
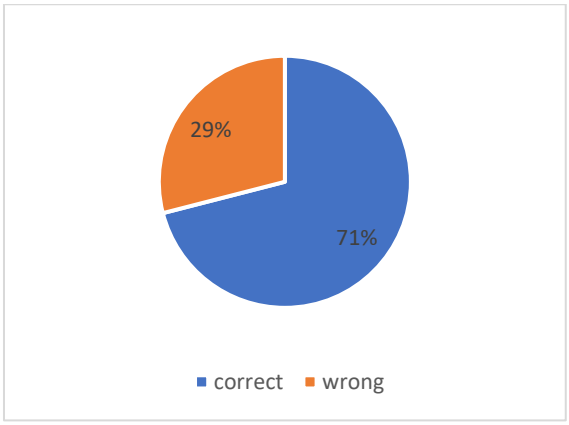
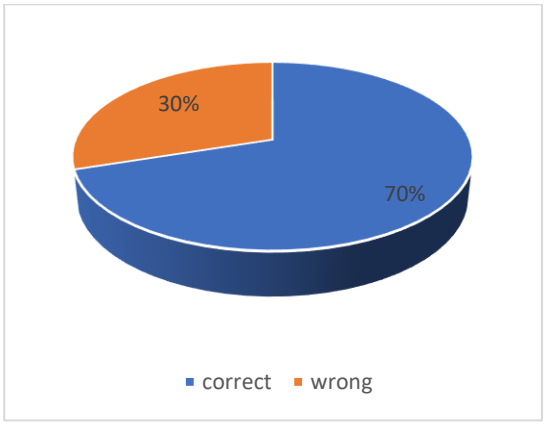


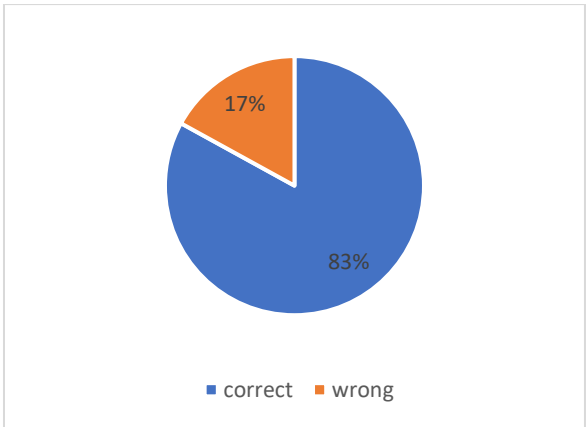


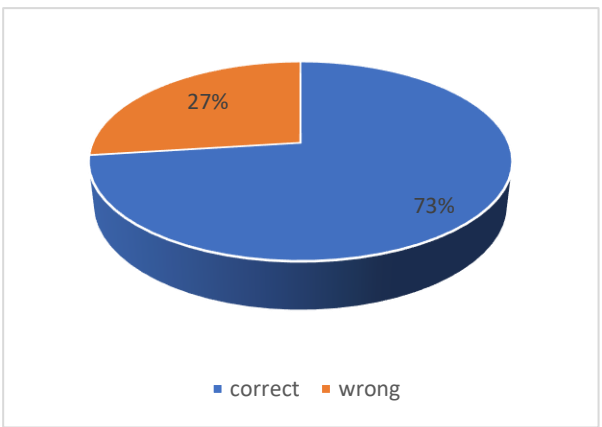
4.7 During a competition, athletes should eat foods that are high in:
Fluids, fibre and fat / Fluids and protein / **Fluids and carbohydrate** / Not sure.





4.8 Which is the best snack to have during an intense 90-minute training session?
A protein shake / **a ripe banana** / 2 boiled eggs / a handful of nuts / Not sure.





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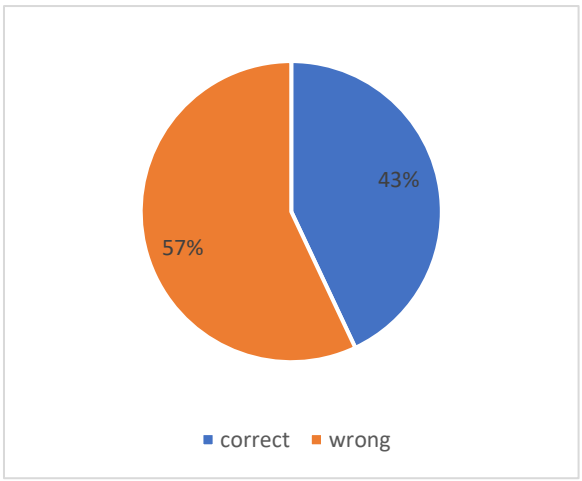
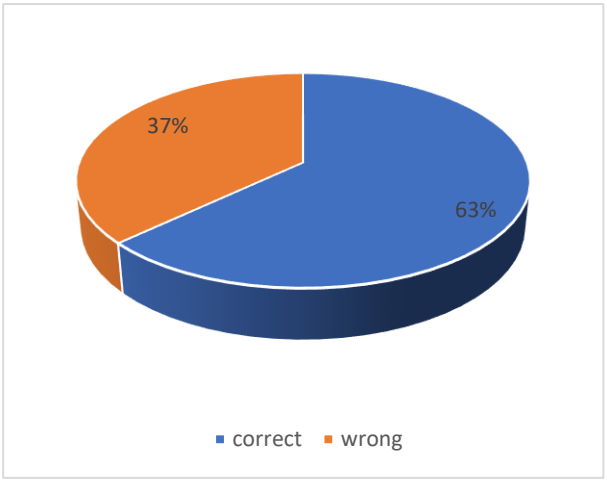
4.9 After a competition, athletes should eat foods that are high in?

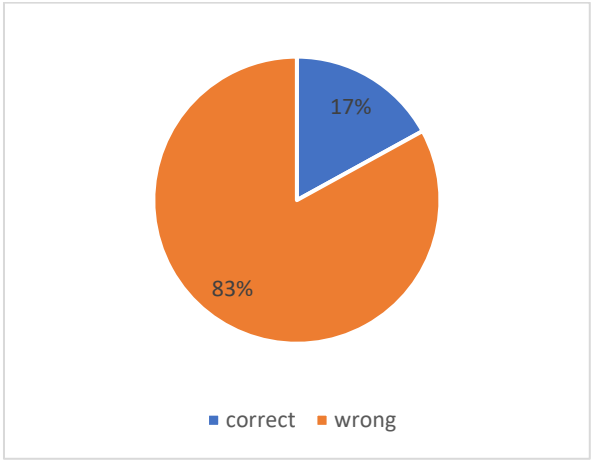
Protein, carbohydrate and fat / only protein / only carbohydrate / **carbohydrate and protein** / not sure.

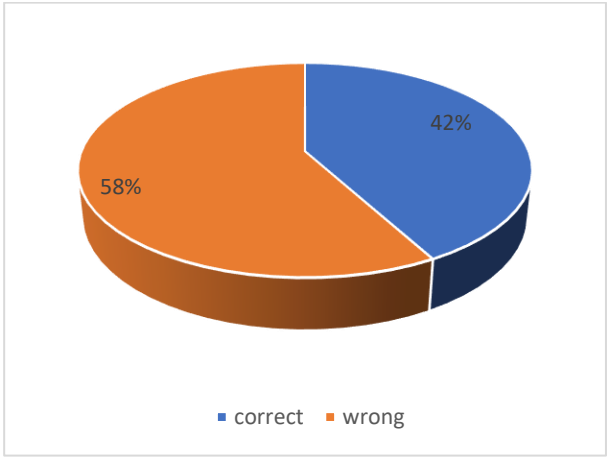




4.10 How much protein do you think experts say athletes should eat after resistance exercise?

0,3 g/kg body weight (~ 15 – 25 g for most athletes) / 1.0g/kg body weight (~ 50 – 100 g for most athletes) / 1.5g/kg body weight (~ 150 – 300 g for most athletes) / not sure.





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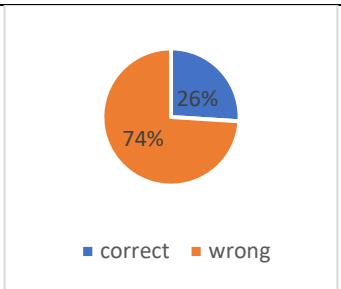
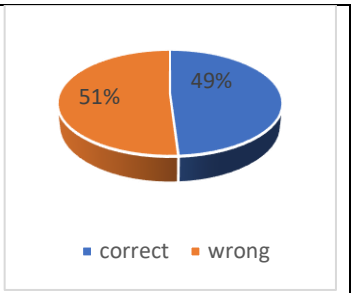
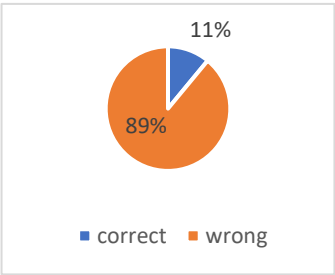
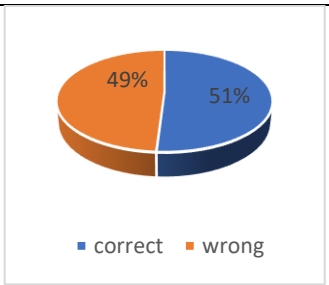
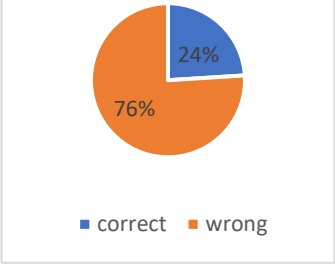
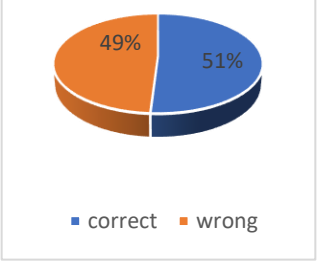
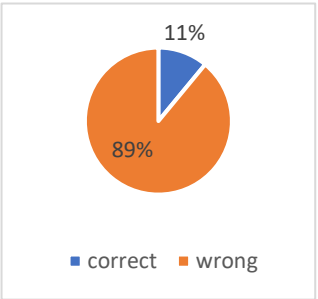
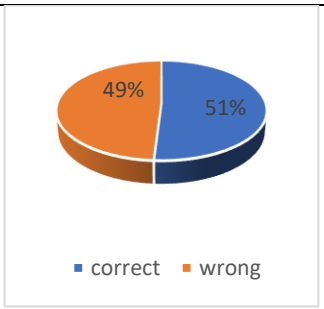
Supplementation

5.1 Do you agree or disagree with the statements about vitamin and mineral supplements?

5.1.1	Vitamin C should always be taken by athletes Agree / **Dissagree**	 
5.1.2	B vitamins should be taken if energy levels are low Agree / **Dissagree**	 
5.1.3	Salt tablets should be taken by athletes that get cramps when they exercise Agree / **Dissagree**	 
5.1.4	Iron tablets should be taken by all athletes who feel tired and are pale Agree / **Dissagree**	 

5.2 All supplements are tested to make sure they are safe and don't have any contamination
Agree / **disagree** / not sure.

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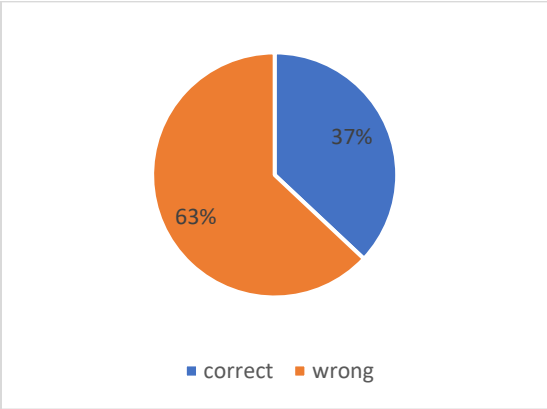
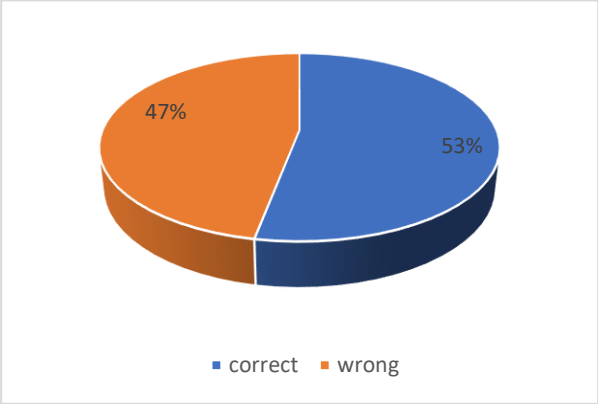
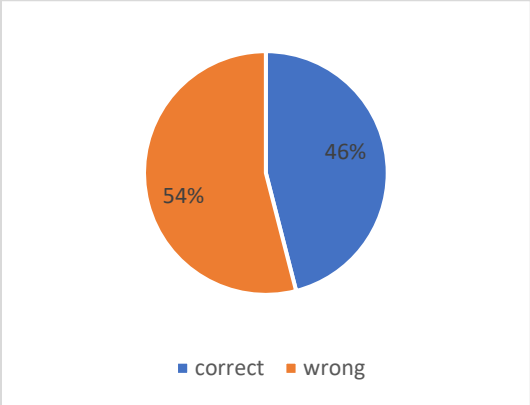
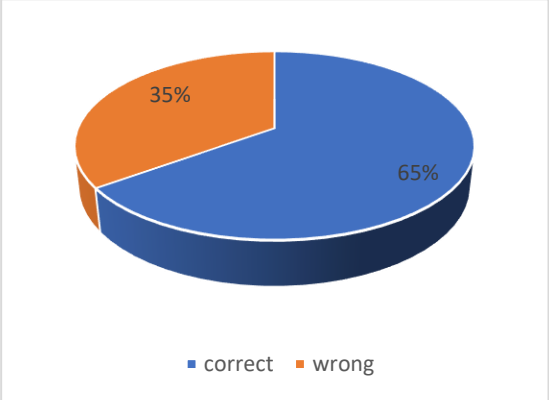




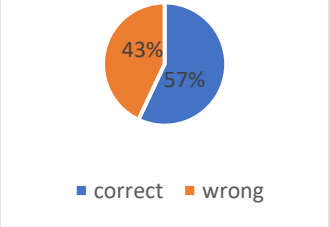
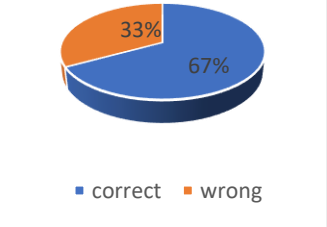
5.3 Supplement labels may sometimes say things that are not true

Agree / disagree / not sure.





5.4 Do you agree or disagree with the statements about supplements?

5.4.1	Creatine makes the brain think that exercise feels easier Agree / **Dissagree**		

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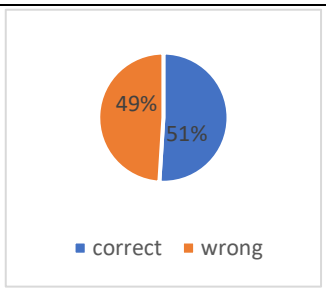
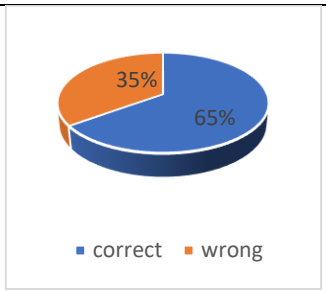
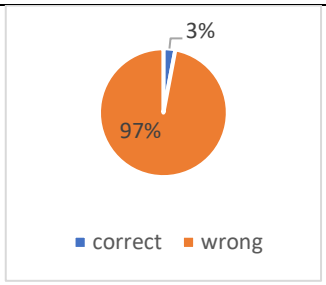
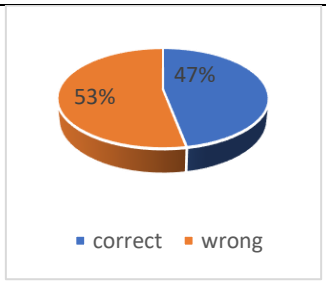
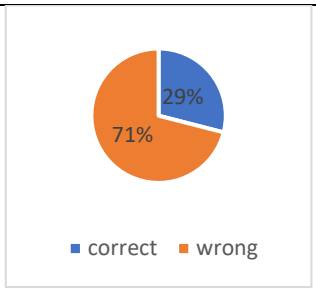
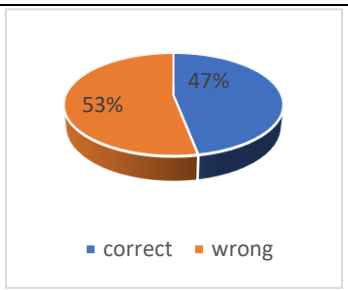
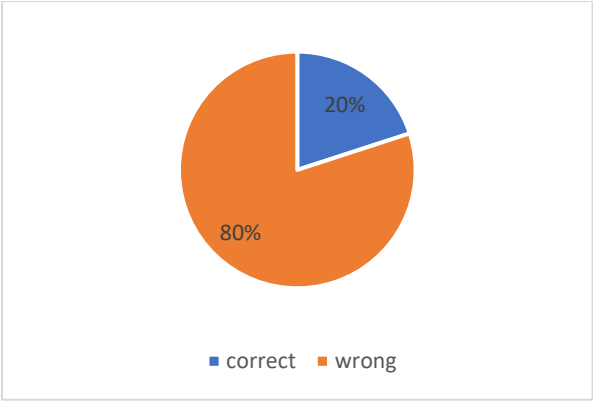
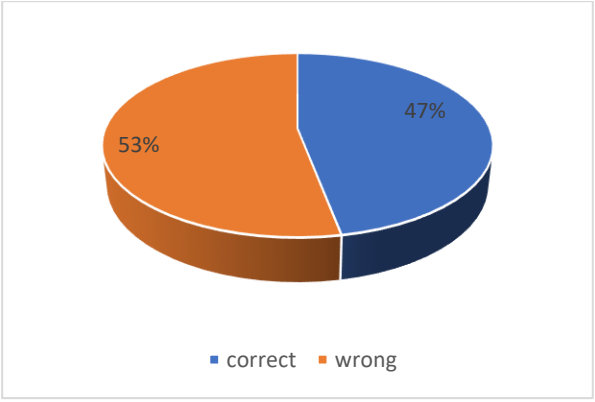
5.4.2	Caffeine makes muscles able to work harder even without more oxygen Agree / **Dissagree**		
5.4.3	Beetroot juice (nitrates) makes muscles feel less sore after exercise Agree / **Dissagree**		
5.4.4	Beta-Alanine can decrease how much acid muscles make during intense exercise **Agree** / Dissagree		

5.5 Which supplement does not have enough evidence in relation to improving sporting performance and /or body composition?
Coffeine / **ferulic acid** / bicarbonate / leucine / not sure.





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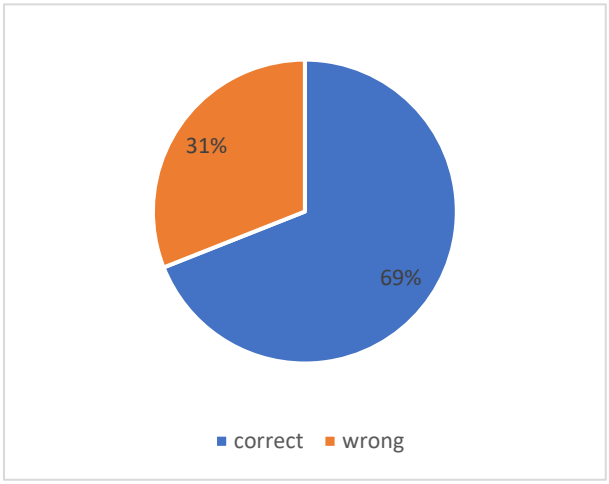
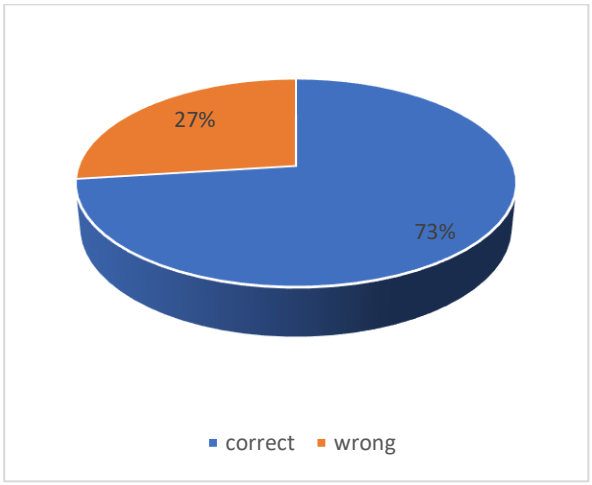
5.6 WORLD ANTI-DOPING AGENCY (WADA) bans the use of….
Coffeine / bicarbonate / carnitine / **testosterone** / not sure.





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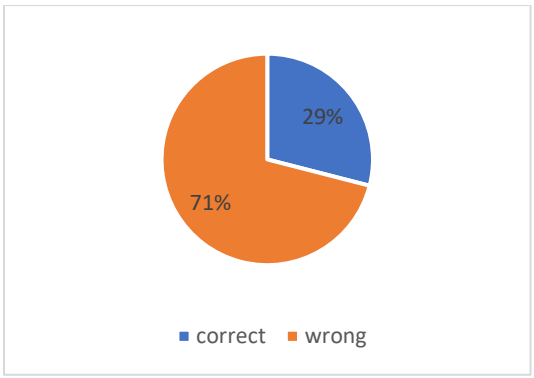
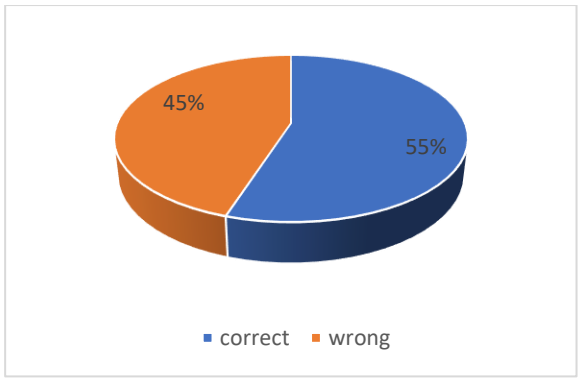
Alcohol

6.1 How much ethanol (pure alcohol) is there in a standard drink?

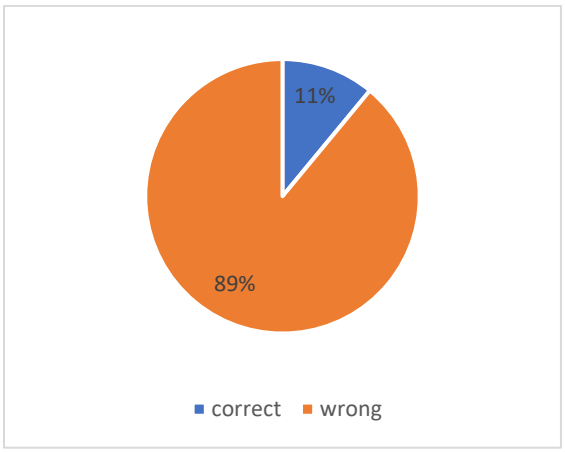
1 – 2 g / **8 – 14 g** / 30 – 50 g / not sure.

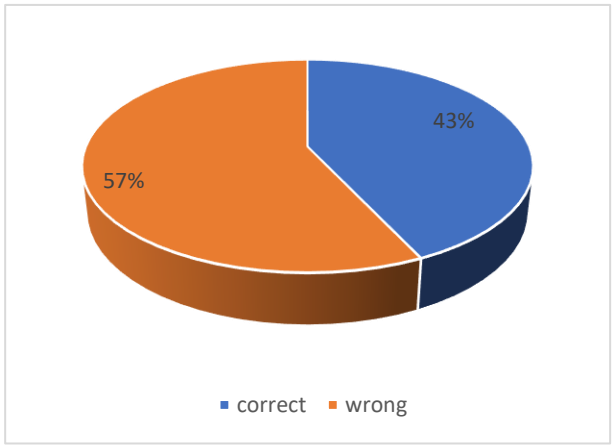




6.2 Which is an example of a "Standard Drink"?

a) **0,3 dcl of pure spirits** / 2 dcl of red wine / 0,5 L of full strength beer / not sure.





6.3 Do you think alcohol can make you put on weight?

a) **Yes** / no / not sure.

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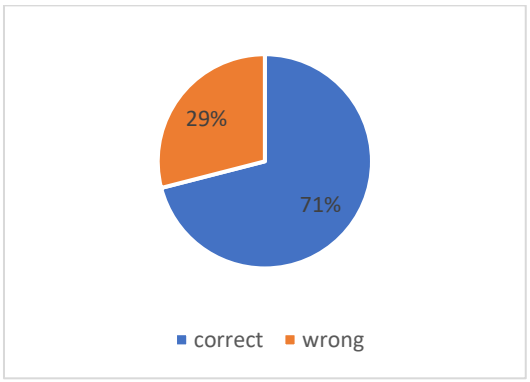
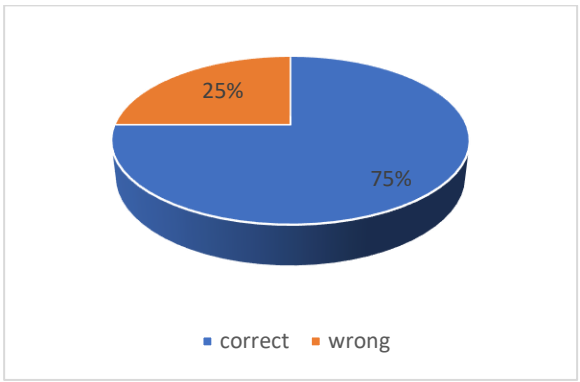
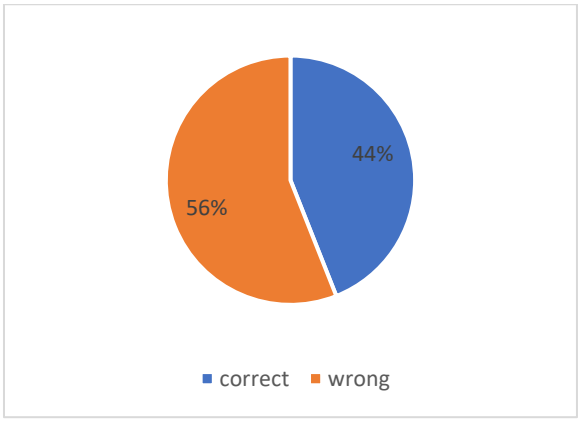
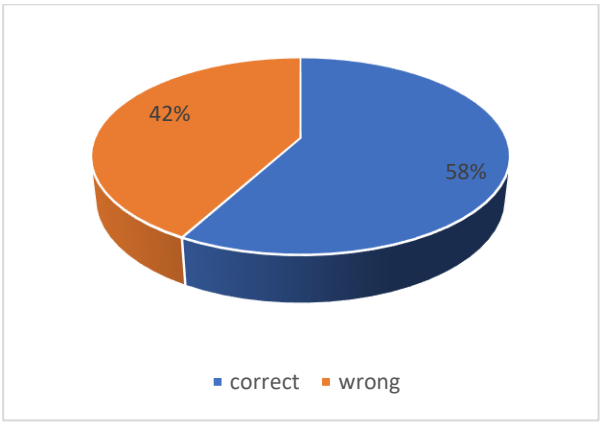


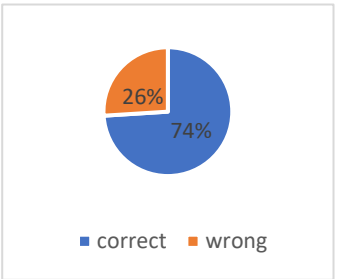
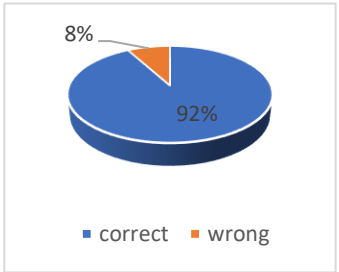


6.4 How many drinks do you think experts say are the most we should have in one day?
female one, male two / female two, male three / female three, male scorpions / not sure.





6.5 Do you agree or disagree with the statements on alcohol?

6.5.1	If someone does not drink at all during the week, it is okay for them to have five or more drinks on a Friday or Saturday night Agree / **Dissagree**	 

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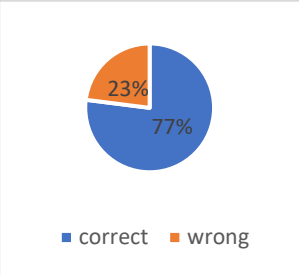
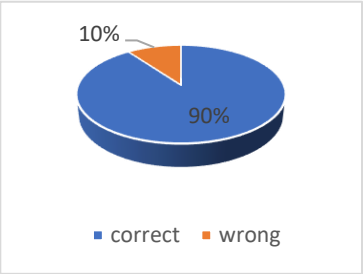
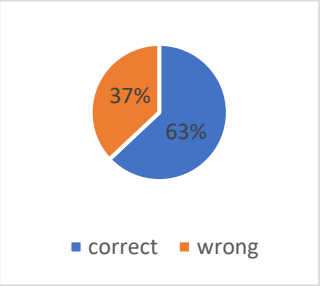
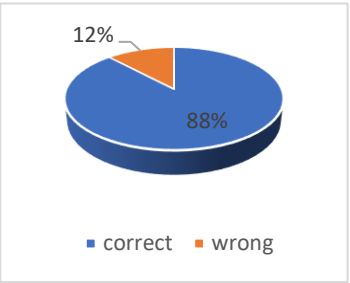
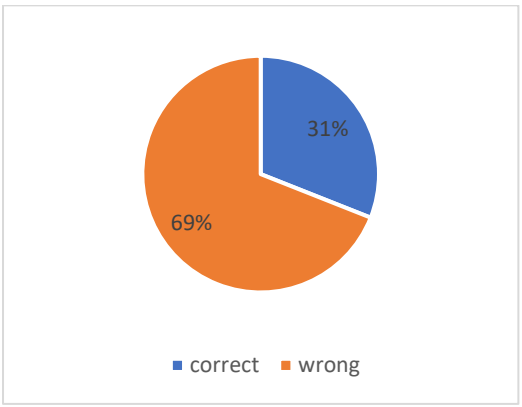
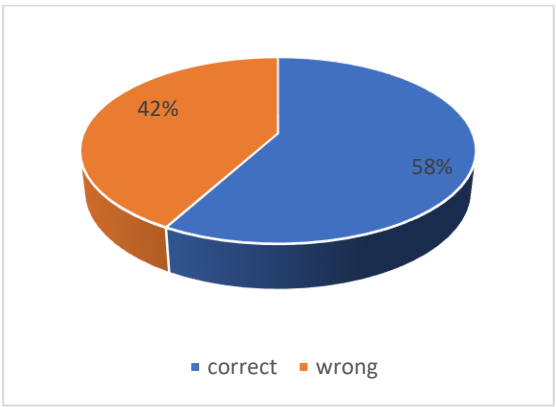
6.5.2	Drinking lots of alcohol can make it harder to recover from injury **Agree** / Dissagree	 
6.5.3	Alcohol makes you urinate more **Agree** / Dissagree	 

6.6 "Binge drinking" (also referred to as heavy episodic drinking) is defined as:

Having two or more standard alcoholic drinks on the same occasion / **Having four to five or more standard alcoholic drinks on the same occasion** / Having seven to eight or more standard alcoholic drinks on the same occasion / not sure.





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