

Fitness Nutrition Quiz
Vero Beach Magazine

1. What is a calorie?
 - A. A form of energy.
 - B. A sticky substance that adheres to thighs and bellies.
 - C. A substance that, when consumed in large numbers, is heavenly.
 - D. A form of fat.

2. What is a carbohydrate?
 - A. That thingy in the car that mixes air and fuel.
 - B. A food source for sugar and fiber.
 - C. Our main source of energy.
 - D. A source of fat storage.

3. An electrolyte is
 - A. One of Edison's inventions.
 - B. Necessary for proper cell function.
 - C. A young person who assists at church.
 - D. Part of water.

4. Protein is
 - A. Made of amino acids.
 - B. An athlete who drops out of high school to play in the NBA.
 - C. A building block for muscle and connective tissue.
 - D. A poor source of energy.

5. Fat is made up of
 - A. Cheeseburgers.
 - B. Lipids.
 - C. Carbohydrates.
 - D. Days on the couch.

6. Your body is 90%
 - A. Nachos.
 - B. Water.
 - C. Attractive.
 - D. Dilapidated.

7. One gram of protein or carbohydrate equals

- A. About 20 calories.
- B. About 4 calories.
- C. A \$300 fine and community service.
- D. $x = \{3.75 - .00064z\} \times \text{something}$.

8. One gram of fat equals

- A. A ton of feathers.
- B. About nine calories.
- C. \$2.95.
- D. 15 ml.

9. A pound of fat equals

- A. Two trips through the drive through.
- B. Seven hours of jogging.
- C. 3500 calories.
- D. All of the above.

10. An apple, banana and a slice of bread have what in common?

- A. They're carbohydrates.
- B. They are not on a Mexican menu.
- C. They all hold about 100 calories.
- D. Both A,C, and in most cases, B.

11. A low carbohydrate diet can cause

- A. Dehydration.
- B. Muscle loss.
- C. Headaches.
- D. All of the above.

12. A typically active male requires

- A. About 3000 calories per day.
- B. A typically active female.
- C. New golf clubs.
- D. Five hours of sleep.

13. The "new" food groups are:

- A. Vegetables, breads, meats and dairy.
- B. Little chocolate donuts and diet coke.
- C. Fruits, vegetables, grains, proteins and dairy.
- D. Protein, fruit, milk and nachos.

14 The two main types of carbohydrates are

- A. Fast and slow.
- B. Democrat and Tea Party.
- C. Fibrous and starchy.
- D. Simon and Garfunkel.

15. The best source for nutritional advice is

- A. Any fitness magazine.
- B. A professional dietician.
- C. Cosmo: The Better Sex Diet.
- D. Enquirer: the Bigfoot Diet.

Answers:

1. A. Simply put, no matter what food source a calorie comes from, it still holds the same amount of potential energy. A calorie is specifically defined as the amount of energy needed to raise one gram of water one degree Celsius. Doesn't help us a lot in that definition, but to realize the caloric density of a food item compared to the energy expenditure of common activities can make it seem less abstract. A Whopper has about 770 calories, most of them from fat. In order to counter this caloric collection, we would need to run for approximately an hour and a half or vacuum for three hours! In other words, a calorie is there for us to use, once we put it into our body. If it is not used, it doesn't go away, it is stored as fat. "Using" a calorie can be misleading, though, as we don't always "burn" them off. Food is used to replenish and rebuild our bodies, recover from physical stressors and become more able to cope with future challenges.

2. Both or either B and C.

Carbohydrates are usually described as fruits, vegetables, and grains. The carbohydrate is used as "quick energy" and / or stored for future use as glycogen in muscle tissue or as fat.

3. B. Electrolytes maintain the voltage between cells necessary for nerve transfer, muscle contraction, etc.

4. If you said anything other than B, good job. Protein is one of the essential nutrients for us to consider, simply because our lifestyles make it much easier to get the other nutrients, but quality proteins can be tough
Protein rebuilds our muscle cells and the cells that encase our organs
Examples of protein rich foods are eggs, fish, meats, beans

- a. Fat is made up of lipids, which are essential for storage, stabilization and heat maintenance . In fact, I feel sorry for fat. Fat has acquired a distasteful reputation, simply because of misinformation, prejudice, and a disreputable PR firm. Fat, in the right forms, is not only good for us, it's essential! Do we want fat on our bodies? Yes, to an extent.
6. The answer is B, with possible extensions to C or D.
7. The answer is B. This is important to know, because even now, in the age of full nutritional packaging disclosure, we can be misled with the void between weight (grams) and calorie count. Daring the possibility of assisting you with the remainder of the quiz, I want to explain this a bit. A gram of carbohydrate and a gram of protein both have about four calories. A gram of fat has about nine calories, but rounding up to ten makes it easier to do the grocery store math. If a food product screams at you that it contains ONLY 2 Grams of FAT, 90% Lean, etc., be wary. Lets take the 90% lean example. Viewing the packaging you believe the product is quite lean, or 10% fat, right? Well, by weight, that would be true. But when we do the energy, or caloric math, it might look differently. Lets assume there are 100 grams in the product serving. Total calories from protein and carbohydrates would be 90 grams or 360 calories. (one gram of both carbs and protein holds 4 calories). The fat content would be 10 grams x 10 calories or 100 calories. (The total caloric value of the serving, then is 460 calories, with fat boasting approximately 22 % of your energy intake, still acceptable, but far from the expected 10%!
8. B, but you already knew that, didn't you?
9. The answer is D, all of the above. The average trip to a fast food drive through reaps approximately 1700 calories.
10. A and D.
11. D. I am not against low carb diets, per se, as long as it is not taken too far. Cutting overall caloric intake with a well - rounded nutritional program is always the best way to go.
12. A, for the most part.

13. C.

14. B, of course!