

# **APPENDIX A**

## ***NUTRITIONAL KNOWLEDGE SURVEY WITH CORRECT RESPONSES HIGHLIGHTED***

## NUTRITIONAL QUESTIONNAIRE

ID#

1. Age\_\_\_\_years
2. What is your current educational level?  
 Freshman  
 Sophomore  
 Junior  
 Senior  
 5<sup>th</sup> year Senior
3. Have you had a nutrition course in college?  
 Yes\_\_\_\_\_ How Many?\_\_\_\_\_  
 No\_\_\_\_\_.
4. Have you had a college course in which nutrition was included as part of the course?  
 Yes\_\_\_No\_\_\_If yes, How many? \_\_\_\_\_.
5. Did you have nutrition included in any high school course? Yes\_\_\_No\_\_\_If yes, how many? \_\_\_\_\_.
6. What is your major in college?\_\_\_\_\_.
7. Do you participate in any other intercollegiate sport(s) other than swimming?  
 Yes\_\_\_No\_\_\_Which sports?\_\_\_\_\_.
8. Which best describes your eating situation? Please check one.  
 I buy and/or prepare most of my own food; thus I generally control what I eat.  
 My food is normally prepared by a family member, roommate, food service of a dorm, sorority house, student union, etc.; thus I am somewhat limited in my food selection.
9. Many of us learn about nutrition from a variety of sources. From which sources have you obtained your nutritional information? (Check all that apply).
 

<input type="checkbox"/> Books	<input type="checkbox"/> Dietician
<input type="checkbox"/> Magazines	<input type="checkbox"/> Athletic Trainer
<input type="checkbox"/> Radio	<input type="checkbox"/> Coach
<input type="checkbox"/> Internet	<input type="checkbox"/> Parents
<input type="checkbox"/> Newspapers	<input type="checkbox"/> Friends
<input type="checkbox"/> University courses	<input type="checkbox"/> Teammates
<input type="checkbox"/> High School	<input type="checkbox"/> Health food store
<input type="checkbox"/> Community Education Courses	<input type="checkbox"/> Other (please specify):
<input type="checkbox"/> Fitness Class	
<input type="checkbox"/> Doctor	

10. What category best describes your eating habits:
- Omnivorous (consumes all types of food)
- Semi-Vegetarian (avoid all red meat but consume poultry and fish)
- Lacto-ovo-vegetarian (avoid all flesh food but consume dairy products & eggs)
- Vegan (avoid all animal products)
- Other (please specify):\_\_\_\_\_.

For each question, please circle the answer.

- |     |   |                     |
|-----|---|---------------------|
| 1.  | An equivalent weight of carbohydrates and protein have approximately the same caloric value.                  | <b>True / False</b> |
| 2.  | Carbohydrates are not as easily and rapidly digested as protein and fat.                                      | <b>True / False</b> |
| 3.  | A slice of bread is an example of 1 serving from the bread and cereals food group.                            | <b>True / False</b> |
| 4.  | Honey contains fewer calories than an equal amount of sugar.  | <b>True / False</b> |
| 5.  | Foods such as potatoes and honey are best eaten after exercise.   | <b>True / False</b> |
| 6.  | Eggs and legumes are examples of protein sources other than meat.   | <b>True / False</b> |
| 7.  | Protein is the primary source of muscular energy.   | <b>True / False</b> |
| 8.  | Protein is not stored in the body; therefore, it needs to be consumed every day                               | <b>True / False</b> |
| 9.  | All red meat is high in saturated fat.  | <b>True / False</b> |
| 10. | No more than 15% of calories in the diet should be obtained from fat.   | <b>True / False</b> |
| 11. | Substitution of polyunsaturated fat for some saturated fat is recommended to lower the risk of heart disease. | <b>True / False</b> |
| 12. | Adequate fat intake is necessary for estrogen production.   | <b>True / False</b> |

13. Broccoli is a plant source of calcium. **True / False**
14. Milk is a good supplier of calcium for all age groups. **True / False**
15. 800 milligrams of calcium per day is the Recommended Dietary Allowance (RDA) for females age 15-24. **True / False**
16. Adequate calcium intake is necessary for female athletes of all ages to prevent osteoporosis. **True / False**
17. Two 8 ounce glasses of milk is enough to fulfill the recommended amount of calcium per day. True / **False**
18. Carbonated beverages can negatively affect calcium metabolism. **True / False**
19. Iron deficiency anemia results in a decrease in the amount of oxygen that can be carried in the blood. **True / False**
20. Cheese is a good source of iron in the diet. True / **False**
21. Those with a meatless diet are at a higher risk for iron deficiency. **True / False**
22. Iron in meat is absorbed at the same rate as iron in a plant food. True / **False**
23. Due to menstruation, females need more iron in their diets than men. **True / False**
24. A lack of iron in the diet can result in fatigue, injury, and illness. **True / False**
25. Meat and eggs are good sources of zinc. **True / False**
26. Bananas and avocados are good sources of potassium. **True / False**
27. Vitamin supplementation is recommended for all physically active people. True / **False**
28. Excess vitamin supplementation may harm the physically active person. **True / False**

29. Vitamins in mineral enriched foods are not used by the body as well as naturally occurring vitamins. **True / False**
30. Vitamins are a good source of energy. **True / False**
31. Green, leafy, and yellow vegetables are important because they help ensure the Vitamin A requirement for the individual. **True / False**
32. Carrots are a good source of vitamin A. **True / False**
33. Whole milk is a better source of vitamin D than skim or 2% milk. **True / False**
34. The body can synthesize vitamin D with exposure to the sun. **True / False**
35. Potatoes, strawberries, and cantaloupe are good sources of vitamin C. **True / False**
36. The best sources of folic acid are supplemented grain products and fortified breakfast cereals. **True / False**
37. Vitamin E is required for blood clotting. **True / False**
38. Salt is an essential part of a healthy diet. **True / False**
39. Fiber in the diet may help to decrease constipation, decrease blood cholesterol levels, and prevent cancers. **True / False**
40. Bread and cereals is the only food group that is a good source of fiber. **True / False**
41. Two servings of vegetables per day fulfills recommended dietary allowances. **True / False**
42. Dark colored vegetables have more nutritional value than pale vegetables. **True / False**
43. Fresh, frozen, and canned vegetables all have similar nutrient values. **True / False**
44. Nutrients can be destroyed if vegetables are overcooked. **True / False**

45. Eating oatmeal may decrease your risk of heart disease. **True / False**
46. Carotenoids work to prevent the formation of free radicals. **True / False**
47. Natural and organic foods are more nutritious than foods grown under conventional methods. True / **False**
48. Dehydration can impair physical performance. **True / False**
49. During activity, thirst is an adequate guide to the need for fluids. True / **False**
50. During exercise, mass ingestion of large amounts of fluid is preferred over frequent ingestion of small amounts. True / **False**
51. An athlete should drink no water during practice, but rather rinse out her mouth or suck on ice cubes. True / **False**
52. Sports drinks are the best way to replace body fluids lost during exercise. True / **False**
53. Alcohol consumption can affect absorption and utilization of nutrients. **True / False**
54. Alcohol has more calories per gram than protein. **True / False**
55. Caffeine has been shown to improve endurance performance. **True / False**
56. Caffeine can increase the risk of dehydration. **True / False**
57. An athlete involved in endurance events (e.g. distance running) should follow a considerably different diet than one participating in events of short duration (e.g. sprinting). True / **False**
58. A physically fit person eating a nutritionally adequate diet can improve her performance by consuming greater amounts of nutrients. True / **False**

59. A muscular person expends more energy at rest than a non-muscular person of the same age, sex, and weight. **True / False**
60. A 200-pound person uses about twice as many calories to run a mile as a 100-pound person. **True / False**
61. A person with a higher percentage of body fat may weigh less than a person of the same size with a greater muscle mass. **True / False**
62. A sound nutritional practice for athletes is to eat a wide variety of different food types from day to day. **True / False**
63. Skipping meals is justifiable if you need to lose weight quickly. **True / False**
64. When trying to lose weight, acidic foods such as grapefruit are of special value because they burn fat. **True / False**
65. If trying to lose weight, carbohydrates should come only from fruits and vegetables rather than from breads and pastas. **True / False**
66. The relationship of good eating habits to good health should be stressed to the athlete. **True / False**
67. Coaches need to have good attitudes toward nutrition because of their close contact and influence upon performance. **True / False**
68. The type of food an athlete eats affects her physical performance. **True / False**
69. What the athlete eats is only important if the athlete is attempting to gain or lose weight. **True / False**
70. Nutrition is more important during the competitive season than during the off-season for the athlete. **True / False**
71. Food advertisements are a very reliable source of nutritional information. **True / False**

72. It is the coach's responsibility to stress good nutritional practices. **True / False**
73. The athlete should schedule her activities so she has adequate time to eat. **True / False**
74. Learning about nutrition is not important for athletes because they eat so much food they always get the nutrients their bodies need. True / **False**
75. Learning facts about nutrition is the best way to achieve favorable changes in food habits. **True / False**
76. Nutritional counseling would be important to the athlete who is trying to change her weight. **True / False**

## **APPENDIX B**

### ***24-HOUR FOOD RECALL RECORDING FORM***

