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Alyssa Markowitz
Coastal Carolina University

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AN ANALYSIS OF THE DIETARY BEHAVIORS OF COASTAL CAROLINA
UNIVERSITY'S NCAA DIVISION I STUDENT-ATHLETES

BY

ALYSSA MARKOWITZ

EXERCISE AND SPORTS SCIENCE

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Alyssa Markowitz

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K. Williams

An Analysis of the Dietary Behaviors of Coastal Carolina University's NCAA Division I
Student-Athletes

INTRO

It is common knowledge that practice is the key to becoming better at something. This theory holds true with almost anything, from tying shoelaces to becoming a professional athlete. Elite athletes say that what has made them reach the top in their sports today is an incredible amount of dedication to repeatedly practicing their skills. As competition in sports becomes fiercer and starts at an increasingly younger age, practicing gains emphasis, but this is not the only aspect of achieving optimal performance that is extremely important. There is another factor that plays into how well one performs that is not nearly as recognized as practice. This factor is nutrition, and it is slowly gaining acknowledgment in the importance of optimal performance. Proper nutrition helps the body maintain, recover, and gain strength and endurance. Eating correctly will help an athlete have more energy, optimally perform longer, and recover faster after a hard workout. Proper nutrition is integral to athletic performance.

Eating correctly should start as early as possible, so that the athlete can become accustomed to making proper nutrition choices and in turn the body will be able to function optimally ready to do whatever the athlete asks of it. This is important during high school and

college when an athlete is growing into his skill set and becoming more proficient every day. It is especially important in college for two reasons. The first is if an athlete has the skill to make it to the professional level, he will be scouted and drafted while in college. The second reason that nutrition holds such a high amount of importance at the collegiate level is due to the high demands of these athletes compared to those in high school; they need to be properly fueled to get through everything their day holds, including practices, classes, meetings, and performances.

Since nutrition is so significant to athletes, this study plans to assess the nutrition behaviors of collegiate athletes at Coastal Carolina University. It will examine whether athletes in certain sports eat more properly than those in others. It is predicted that males will take in more nutrients than women simply because they eat a larger quantity of food, but women will eat better quality food overall.

LIT REVIEW

There is an adequate amount of research already performed in this subject area. Most of this research was performed in three areas: dietary behaviors and nutrition knowledge, nutrition education intervention studies, and studies on where athletes receive their nutrition information. Nutrition in athletics is quickly becoming an area that is researched by scientists because it is so imperative to optimal performance. To obtain information about what athletes know, and how they act in regards to nutrition, both eating habits and nutrition knowledge need to be studied. By studying these two factors together one can determine how the two are related and how to improve both efficiently.

Hinton and Sanford (2004) evaluated the nutrition knowledge and eating habits of collegiate athletes by questionnaires, including the Youth Assessment Questionnaire and other survey questions that asked about knowledge and behaviors. The study found that women took in far fewer calories than men, and men had diets much higher in fat than women. Simply because males ate more than females, they had an overall higher macronutrient intake, but they were missing a lot of important micronutrients and also had a higher intake of cholesterol and sodium, assumedly due to fast food and convenience food consumption. Females ate diets with higher nutrient densities, but simply did not eat enough.

According to a study performed by Dunn and Turner (2007), athletes had a fair amount of nutrition knowledge, answering just over half the questions correctly, but this knowledge did not carry over to healthier eating choices. Dunn and Turner's study used the Parmenter and Wardle Nutrition Questionnaire(1999) to assess knowledge and attitudes, which may not have been the best decision because that is a survey geared toward the general British population, not American athletes. It was found that females knew more than males overall, as well as in most specific sections, and that the more time an athlete spent in the athletic program, the more their knowledge grew; however this did not directly correlate to the improvement of their diet. A study performed by Jessri and RashidKani (2010) that examined the sport nutrition knowledge of Iranian athletes concluded that athletes actually knew less than the study above mentioned by Dunn and Turner (2007). Men knew 28% of the questions and women knew 38%, which is far less than the slightly over 50% average that Dunn and Turner saw in their survey. This study does agree with Dunn and Turner (2007) study's results that females know more than males.

Jessri and RashidKani (2010) also compared the knowledge of athletes who had attended nutrition class or went to a medical university verses a nonmedical university. As could

be expected, those athletes who attended a medical university and/or had attended some form of nutrition class had a higher knowledge of proper sport nutrition than those who didn't. The lowest scoring area was in hydration, where athletes seemed to know almost nothing regarding proper hydration, let alone the National Athletic Trainer's Associations recommendations of replacing all fluid lost during practice and consuming that within 2 hours after activity, whether it is practice or performance (Casa, 2000).

The results of this study leads to the question of how much non-athlete college students actually know when compared with college athletes. One would assume that athletes know more, but is that really true when athletes don't even know that fluid replacement is incredibly integral to performance and recovery? College students attain only 50% of their fiber intake, consume nowhere enough fruits and veggies, and way too many convenience foods, such as chips and sweets (James, 2010). Overall, their diet is horrible and based entirely on convenience, not nutritional values. It is clear that college students must not know enough if there is hardly any attempt to take care of themselves.

A study performed in Italy by Cupisti and D'Alessandro (2002) compared the knowledge and behaviors of female adolescent athletes and non-athletes. While this study was obviously not performed on our focus group, collegiate athletes, it is still relevant because we can see the comparison between athletes and non-athletes. After subjects performed a three day food recall and nutrition survey, results found that the athletes ate better overall and had slightly higher nutrition knowledge, indicating that being involved in a sport does increase your awareness of nutrition and impact your diet. Athletes ate better breakfasts, less fat, better carbohydrates, and more fiber (Cupisti, 2002). Both groups were far under the recommendations for iron, calcium, and zinc, which is notable because the inadequacy of these nutrients are big contributors to the

Female Athlete Triad, which is described as an eating disorder consisting of low energy levels, amenorrhea, and a very low bone density (Hoogenboom, 2003). After examining these two studies, it can be seen that athletes do have better diets and more nutrition knowledge than non-athletes and regular college students have terrible diets, but hopefully athletes will have more healthful regimens, in accordance with the results of Cupisti (2002).

Females are of great concern to nutritionists and sport personnel because of the Female Athlete Triad, so quite a few studies are done involving female athletes, dietary habits, and nutrition knowledge. Miller (2007) compared the diets, eating attitudes, and body fat in female athletes in weight control sports and those not in weight control sports. It was found that females in weight control sports had a lower percent body fat, but there was no significant difference in dependence on exercise and overall nutrient intake (Miller, 2007).

In a study performed by Hoogenboom (2003) on female collegiate swimmers' diet and knowledge of nutrition, it was found that these swimmers had a higher level of knowledge compared to the results found in both Jessri (2010) and Dunn's (2007) studies. These subjects scored a mean of 72% on their nutrition knowledge questionnaire, at least 25% higher than in the previous studies discussed above. This could possibly be because only females were included in this study, so there were no males to bring the scores down, since it has been shown over and over that males have lower levels of nutrition knowledge than females. When it came to these swimmers' diets, 95% were not meeting all of the recommended nutrient intakes for a day, and very few were meeting the recommendation of 4,000 calories/day for collegiate swimmers. Only half of athletes met calcium levels considered necessary for a female athlete, which is an issue, considering obtaining enough calcium is crucial to preventing the Female Athlete Triad.

A study by Zawila and Steib (2003) somewhat contradicts the findings of Hoogenboom (2003). Zawila and Steib (2003) investigated female collegiate cross-country runners, and examined their nutrition knowledge, as well as their attitudes towards nutrition. The overall scores were very similar to Hoogenboom's results, with an average of 70% overall (Zawila, 2003). Athletes were knowledgeable about the importance of calcium and iron in their diet, relating it to the female athlete triad. Athletes also knew nutrition was important to performance, and were open to a nutrition seminar to learn more (Zawila, 2003). In 2004, Abood and Black examined the effectiveness of a nutrition education seminar on the nutrition knowledge and diet of female collegiate athletes. Athletes took a nutrition knowledge survey and completed a three day diet record before beginning an eight week nutrition seminar. After completing the seminar, athletes took the same nutrition survey that they had previously completed and filled out another three day diet record. Researchers saw that knowledge improved significantly, as well as many athletes making positive changes to their diet (Abood, 2004).

Rastmanesh and Taleban (2007) evaluated the effectiveness of a nutrition seminar on Iranian athletes with physical disabilities. The athletes went through four three hour classes, and a simple nutrition booklet. Before and after the courses, athletes filled out two nutrition questionnaires. As could be expected, after the education athletes scored better on the questionnaires. This method of regular seminars is shown to be more effective than irregular advice given by coaches and athletic trainers. Clearly nutrition education should be considered upon the entrance of an athlete into college, if it isn't already.

As seen from the above studies, women athletes and nutrition are a huge concern, mainly to prevent the Female Athlete Triad; however males are also a concern, especially male wrestlers, which is an extreme weight control sport. In a study by Shriver and Betts (2009), high

school wrestlers' eating attitudes were evaluated, as well as weight changes and body composition. Athletes' weight and an Eating Attitudes test were performed both in and out of season to make comparisons between the two. In season, athletes' weight was significantly less than out of season, and in season athletes were more concerned with burning calories during exercise to stay at their weight for their sport. In a study by Drewnowski (1987) that analyzed body weight, caloric intake, and eating attitudes of various athletes, wrestlers reduced their body weight and caloric intake much more drastically than did other athletes, such as swimmers and skiers. Wrestlers were more concerned with dietary restraint and had disproportionate views of their bodies (Drewnowski, 1987). In a study examining the diets of NCAA Division I football players, it was found that many were following fad diets and would need to begin taking a much higher amount of energy if they were to keep up their performance level (Cole, 2005). Overall, the players were not consuming enough energy for their needs (Cole, 2005). It is evident that while many are concerned with female athletes and worrying about the Female Athlete Triad, males in weight control sports may also need nutrition counseling and be closely monitored for eating disorders and proper nutrition as much as females are.

The influence of outside sources on an athlete's diet is another important factor to consider when examining diet. In a study performed by Heffner and Ogles (2003), coaches of female collegiate sports were surveyed about their attitudes towards nutrition and weight management, and their actual knowledge about these issues. The study found that many coaches of female athletes are involved in some weight management or monitoring behaviors which can actually increase the risk of their athletes having or developing eating disorders. These coaches participate in these practices even though they know that some of their athletes do have, or have had eating disorders. A surprising 33% of these coaches didn't even have proper training to be

monitoring their athletes' weight, so Heffner (2003) suggests that athletic trainers and/or doctors manage athletes' weight if it is really necessary to do so. It is obvious that coaches and other personnel associated with athletes should be encouraging athletes to talk to someone more qualified about nutrition if weight management is something relevant to the sport or a concern.

Froiland and Koszewski (2004) examined the supplements that male and female athletes were taking and where they received their information about these supplements. Females were found to be taking supplements to improve their health or to make up for a deficiency in the diet and males took them to increase their abilities, whether it is strength or agility. Females and males also received their information about what supplements were good and not good from different sources, with females getting their information from family and males receiving it from supplement store employees, a coach, or fellow athletes. While females may believe someone they trust, whether they know anything about nutrition or not, it is important to get the correct information when considering a supplement. Considering the two above mentioned studies, athletes need to start taking a bigger interest in their health and verify their information before believing anything they are told. Nutrition makes such an impact on performance and recovery that it must be taken seriously.

METHODOLOGY

To determine the nutrition behaviors and knowledge of all of Coastal Carolina's collegiate athletes, my advisor, research partner, and I created a nutrition survey using some of our own questions, as well as some pulled from previously validated nutrition questionnaires (Parmenter, 1999 & Henrie, 2008) [Appendix A]. Parmenter and Wardle created an all encompassing nutrition knowledge questionnaire for the general population in 1999. This

questionnaire was created in Britain so some of the wording was unusual to use in a survey geared towards American athletes. This questionnaire was validated by an Australian study performed by Hendrie and Cox in 2007, so it is evident that this questionnaire is applicable to the general public. At the current point, there is no sport-specific nutrition survey, which is why we created our own.

This survey also included a demographic section to give us a little more information about the participants and make comparisons about dietary habits between different groups. Once IRB approval was obtained, we emailed coaches from all Coastal Carolina sports (football, basketball, golf, tennis, track and field, cross-country, volleyball, baseball, softball, soccer, and cheerleading) to let them know the purpose of the survey and asked to attend a team meeting to explain and distribute the surveys to their athletes. After collecting the surveys in the same meeting, we marked them with the sport they came from and began analyzing data. We used Excel software to statistically evaluate our results. We hypothesized that males would obtain more overall nutrients in their diet simply because they ate more than females, but females would eat more nutrient-dense and higher quality foods. We also thought that males would eat more convenience and fast foods and that athletes in weight control sports would have better dietary habits than those not in weight control sports.

RESULTS

My thesis used a sport nutrition specific survey to analyze correlations between nutrition knowledge and behaviors of collegiate athletes, including comparisons between genders and sport types. The nutrition knowledge and dietary behaviors of collegiate athletes has been previously studied, but this study will enhance the knowledge on this topic by increasing

comparisons and highlighting the need for a sports nutritionist on campuses. This thesis will discuss the results regarding the dietary behaviors section of this study. Nutrition knowledge results will be discussed in another thesis, by Kate Dowling. Also, due to the magnitude of this study, with survey results of over 400 student-athletes, only the dietary behavior results of the men's and women's tennis, a total of 13 athletes (7 female, 6 male) and cross-country, a total of 15 athletes (7 female, 8 male) will be discussed. Results for the rest of the sports will be analyzed throughout the spring semester and efforts will be made to publish the complete set of results.

In regard to beverages, results between tennis and cross-country were varied, but within teams, most players within the team had the same answers. 92% of men's and women's tennis athletes consumed a sports drink (ex. Gatorade) at least once a week, with 23% consuming at least one per day. Only 53% of men's and women's cross-country athletes, on the other hand, consumed a sports drink once a week and 13% consumed one or more per day. 60% of cross-country runners reported that they never drank soda, while only 23% of tennis players never drank soda. 69% of tennis players never drank sweet tea, but only 33% of runners never drank sweet tea. Of the runners that did drink sweet tea, 40% were from the Southeastern region of the country. 46% of the tennis players were from foreign countries. Both teams never or rarely drank coffee (47% of runners, 61% of tennis players). Surprisingly both teams also rarely or never drank energy drinks, with 80% of runners and 76% of tennis players never consuming them. Lastly, both teams drank milk frequently, with 85% of tennis players and 93% of cross-country runners drinking milk at least one to three times per week. 53% of cross-country runners drank skim milk, and 27% drank soy milk. Comparing this to tennis players, only 23% drank skim milk, and none drank soymilk. The other 77% of tennis teams drank higher fat (1%, 2%, or whole) milk, or didn't drink milk at all.

The protein that athletes consume is also very important, with lean protein being a staple in their diets since they are consistently breaking down old muscle tissues and building new ones. Tennis players seemed to rarely eat eggs, with only 31% eating eggs two to four times a week and the other 69% eating them less often than that, while 40% of cross-country runners ate eggs two to four times a week, with one runner eating eggs one or more times per day. The majority of athletes on both teams ate meat, with only one athlete out of both teams reporting that they did not consume meat. Chicken and turkey were the most frequently consumed types of meat, with 77% of tennis players and 87% of cross-country runners eating it more than once per week. Cross-country runners also ate other types of meat, such as pork and beef, more frequently than tennis players. Both teams also rarely consumed beans, lentils, soybeans, and vegetarian “meats”. Three runners did report that they ate beans, lentils, or soybeans more than once per week, while none of the tennis players consumed these foods that frequently.

Carbohydrates are also vital to performance for an athlete, especially cross-country runners who burn a lot of calories running long distances. 100% of tennis players and cross-country runners reported that they consumed bread at least once a week, with 50% of tennis athletes and 73% of runners consuming a slice of bread at least once a day. 77% of tennis athletes and 73% of runners ate pasta two or more times per week. We then asked how often athletes ate whole-wheat products, such as wheat bread, whole-wheat pasta, or brown rice. 54% of tennis athletes reported eating whole-wheat products only once per week, while 73% of cross-country runners ate whole-wheat products once per week, and 53% consumed them two or more times a week.

Another important category of foods for athletes to be eating are fruits and vegetables. Fruits and vegetables contain many important vitamins, nutrients, and antioxidants that help the

body repair itself and keep all of its biological processes running smoothly. 92% of tennis athletes consumed an apple or a banana at least once a week, but rarely consumed another type of fruits, such as oranges, plums, or grapes. Cross-country athletes also followed this trend, with apples and bananas being very common, but other varieties of fruits rarely being consumed regularly. A variety of vegetables were consumed by both teams, with mixed vegetables and greens the most commonly and frequently consumed. Cross-country females did stand out in this category as eating a variety of vegetables more frequently than males in both sports and females in tennis.

We also asked about the frequency about a wide variety of snack foods, such as chips, pretzels, nuts cookies, granola bars, candy etc. Overall, cross-country athletes consumed a wider variety, and higher frequency of snack foods. Pretzels, nuts, fruit snacks, crackers, popcorn, and granola bars were the most frequently consumed snacks, with other items, such as Jell-O, Pop Tarts, brownies, cake, etc. being less common. When it came to dessert foods, female tennis players consumed them with a higher frequency than those of males, but males did eat more fast food, by a small margin. 100% of the cross-country runners that reported eating fast food at least once a week were male. It did not appear that female runners ate more dessert foods than males. Both teams frequently made their own meals at home. 67% of cross country runners ate ready-made meals (ex. Lean Cuisine) at least once per week, while only 23% of tennis players did the same. Lastly, 69 % of tennis athletes and 67% of cross-country athletes ate meals on-campus at least once a week, with 38% of tennis and 33% of cross-country eating on-campus more than five times per week.

The last section of our survey covered organic foods, supplements, and calories consumed. We found that 23% of tennis athletes ate organic foods at least once a week, with

cross-country right behind them at 20%. The majority of both teams (77% of tennis and 60% of cross-country) reported that the high cost of organic foods prevented them from eating organic more frequently. In regard to supplements, 61% of tennis athletes did not consume any supplements, with those that did consuming only protein shakes and multivitamins. Surprisingly, cross-country athletes were on the opposite end of the supplement spectrum. 80% reported that they did consume supplements, again mostly multivitamins and protein shakes, but two athletes consumed Endurox recovery drinks. 80% of cross-country athletes and 61% of tennis athletes reported that their diets consisted mostly of carbs, with 67% of cross-country and 83% of tennis reporting that they felt like they consumed enough calories daily to meet their body's energy requirements. Only 31% of tennis athletes reported that they ate more than 2,000 calories per day, with 75% of them being male. 47% of runners reported eating over 2,000 calories per day, 71% of them being male.

DISCUSSION/CONCLUSIONS

While there is a decent amount of research that has already been performed on the relationships between nutrition, dietary behaviors, and collegiate athletes, there are not any studies performed that used a survey geared strictly toward athletes and sports nutrition. Our study created a sport nutrition-specific questionnaire that included sections such as hydration, sports drinks, supplements, and energy drinks that are not in nutrition questionnaires directed towards the general population. These items are common in an athlete's diet, and were integral to the information we wanted to discover from this study. This survey will increase the knowledge in this topic area by making correlations between genders, convenience foods, knowledge and nutrition, and sport types; rather than just discussing how athletes eat and what they know about nutrition.

I hypothesized that collegiate athletes will not obtain all of the necessary nutrients for optimal performance, will eat too many convenience/fast foods, and that females will eat more properly than males. I also thought that athletes in weight control sports will have healthier habits and consume less calories than those not in weight control sports. Some of my hypotheses were supported, while others were not. Athletes did not obtain all the nutrients needed for performance, did eat fast food too frequently, and females did eat slightly more properly than males, but not by the expected large margin. Cross-country runners did generally have healthier habits than tennis players, but on average reported eating a higher number of calories than tennis players. Overall, female cross-country athletes had the best dietary habits out of all athletes analyzed.

As shown from the results above, more tennis players consumed sports drinks than cross-country runners, and consumed them more frequently. The results one would expect is that cross-country runners consumed sports drinks more often because they need the replenishment of electrolytes and water than tennis players do. Sports drinks are meant to be consumed after someone has been performing at a high intensity for a long period of time. Cross-country runners meet this criterion, often running for hours at a time, while tennis matches are shorter and practices are lighter. Many athletes consume sports drink way more frequently than necessary and as a result, are drinking excess amounts of sugar. A high number of tennis players also reported that they drank soda every so often, while the majority of runners never drank soda. Soda has no nutritional value, and is full of empty calories, sugar, and chemicals. Everyone, not just athletes, should avoid soda as often as possible. After seeing these two results, it was surprising that more runners drank sweet tea, since that also has high sugar content. When looking at the demographic information of the athletes that did drink sweet tea, it became apparent that just under half of

them were from the Southeast, where sweet tea is very common, while 46% of tennis athletes are from foreign countries, where sweet tea is unheard of. It was heartening to see that both teams rarely consumed coffee or energy drinks, and that the majority of both teams drank milk. This was another instance in which runners were healthier than tennis athletes. Runners drank more skim and soymilk than tennis athletes, both of which are better for you and have less fat. It is already visible from beverage results that cross-country runners seem to have healthier habits.

Both teams seemed to eat a sufficient amount of meat, and it was good that the most frequently consumed was chicken and/or turkey, since they are both lean meats that are high in protein. A few cross-country athletes also ate extremely healthy meat alternatives, such as lentils and soybeans, which are also high in protein. Both teams ate carbohydrates frequently, which is another important macronutrient for optimal performance. Athletes did not eat whole-wheat products as often as they should, but runners did a better job than tennis players. Whole-wheat products are important to the general population as well as athletes because whole-wheat does not produce the blood glucose spike and drop effect that processed flour products do. When a person's blood glucose levels spike, they will feel a rise in energy that will quickly diminish from the sudden drop in blood sugar. This is often referred to as a "sugar crash". Whole-wheat does not produce this effect; it steadily declines in the blood glucose, providing consistent energy.

Athletes seemed to be weakest at eating a frequent variety of fruits and vegetables. Both teams frequently ate apples and bananas, but any other type of fruit was rarely consumed. Vegetables were consumed a little more frequently, and in a higher variety, with female runners doing the best at consuming a frequent variety. A wide range of fruits and vegetables are important to ensure that athletes are obtaining the vitamins and minerals that are available in

different colors of fruits and vegetables. The saying “you should eat a rainbow” is actually a good rule of thumb.

More males consumed fast food than females by a small margin, which was expected and supported my hypothesis, although I thought the margin would be a lot larger. Something we did not expect was that females would eat more dessert foods and candy than males, but it is not a shocking result. All athletes on both teams commonly ate on-campus, which is understandable since that is where they spend a majority of their time, whether attending classes, practices, or other functions associated with school and athletics. It was surprising to see how frequently athletes made their own meals at home. On the other hand, it was not surprising to see that athletes did not eat organic foods very frequently and that the vast majority reported that it was the cost that prohibited them from eating organic more often. Organic foods can cost up to 40% more than their non-organic counterparts and most college students are already struggling with money.

A large number of runners consumed supplements, especially compared to the much smaller amount of tennis players that consumed supplements. Most athletes that consumed supplements consumed only multivitamins and protein shakes which are not highly detrimental but two cross-country runners drank Endurox recovery drinks, which have not been proven to help with recovery any better than a protein drink will. It is important for athletes to understand the supplements that they are taking, especially since there are many that are not approved by the FDA and their ingredients are not verified. Supplements often do not do what they are reputed to, and in the worst case can even be extremely dangerous to a person’s health.

Most athletes reported that their diets consisted mainly of carbohydrates. This is as it should be because carbs are the most important and easiest fuel for the body to utilize. While the majority of both teams reported that they felt that they ate enough calories per day to maintain an energy balance, the majority didn't consume more than 2,000 calories per day. 2,000 calories per day is barely sufficient for a college-age male that does not play a collegiate sport. It is nowhere near sufficient for an athlete who burns a high amount of calories per day and needs fuel to stay energized and recover. Coastal Carolina's athletes definitely could benefit from an intervention that informs them of how what they eat affects their body, and what their body's needs are.

Some limitations of study include that athletes may not have been completely honest or guessed at answers. This study's current results only include Coastal Carolina tennis and cross-country athletes, which is not a representative sample of all universities and colleges across the country, so conclusions may not be the same across the board. It is probable that these results from these two teams do not indicate the trends of all Coastal Carolina athletes either. It is also possible that human error was involved in the analysis of results. Further research could include how to better educate athletes about nutrition, how to make sure they are eating well for their sport, and if collegiate athletes actually care about eating well for their sport. I would also suggest future researchers to use a 3-day food log to gather dietary behavior information, so as to be able to see exact amounts of what athletes are consuming daily.

Appendix A

Voluntary consent: Your participation in this study is voluntary. By completing and returning the survey, you are voluntarily agreeing to participate. You are free to decline to answer any particular question you do not wish to answer for any reason. Your answers to the survey are anonymous.

Nutrition Knowledge and Dietary Behavior Questionnaire

Participant Information

Coastal Carolina

University

Gender: Male ___ Female ___	Age: ___ Less than 18 ___ 18-20 ___ 21 +	Year in school? ___ Freshman ___ Sophomore ___ Junior ___ Senior/5 th yr SR	Ethnicity? ___ African American ___ Caucasian ___ Hispanic ___ Oriental ___ Other
Height: ___ ' ___ in.	Weight: _____ lbs.	Are you married? ___ Yes ___ No	Do you have kids? ___ Yes ___ No
What is your major? _____	Minor? _____	Have you taken any health/nutrition courses in college? ___ Yes ___ No	If Yes, how many? ___ 1 ___ 2 ___ 3 +
Have you received any nutritional advice or sport nutrition education while here? ___ Yes ___ No	If Yes, by whom? ___ Coach ___ Teacher ___ Athletic Trainer ___ Seminar ___ Other _____	Are you currently employed? ___ Yes ___ No	If Yes, where do you work? _____ _____
How many hours a week do you work? ___ Less than 5 hours ___ 6-10 hours/week ___ 11-15 hours/week ___ 15 + hours/week	Are you currently in season for your sport? ___ Yes ___ No	How many days per week do you train in season? ___ Less than 3 ___ 3-4 ___ 5 +	Are you on a special diet? Please identify (i.e., vegetarian, kosher, diabetic) ___ Yes _____ ___ No
Where are you from? _____			

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Dietary Behavior Questionnaire

How often do you drink the following beverages?

<p>1. Sports Drink <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 1-5 times per week <input type="checkbox"/> 1 or more every day</p>	<p>2. Soda – not diet <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 cans per month <input type="checkbox"/> 1 can per week <input type="checkbox"/> 3-6 cans per week <input type="checkbox"/> 1 can or more per day</p>	<p>3. Soda – diet/caffeine free <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 cans per month <input type="checkbox"/> 1 can per week <input type="checkbox"/> 3-6 cans per week <input type="checkbox"/> 1 can or more per day</p>
<p>4. Lemonade, Kool-aid, Hawaiian Punch <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 glasses per month <input type="checkbox"/> 1 glass per week <input type="checkbox"/> 2-4 glasses per week <input type="checkbox"/> 5 or more glasses/week</p>	<p>5. Sweet Tea <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 glasses per month <input type="checkbox"/> 1 glass per week <input type="checkbox"/> 2-4 glasses per week <input type="checkbox"/> 5 or more glasses/week</p>	<p>6. Coffee – caffeinated <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 cups per month <input type="checkbox"/> 1-2 cups per week <input type="checkbox"/> 3-6 cups per week <input type="checkbox"/> 1 or more cups per day</p>
<p>7. Beer (cans/bottles) - not light <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 2-4 per month <input type="checkbox"/> 1-5 per week <input type="checkbox"/> More than 5 per week</p>	<p>8. Beer (cans/bottles)- light <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 2-4 per month <input type="checkbox"/> 1-5 per week <input type="checkbox"/> More than 5 per week</p>	<p>9. Wine (glass) – red or white <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 2-4 glasses per month <input type="checkbox"/> 1-5 glasses per week <input type="checkbox"/> More than 5 per week</p>
<p>10. Liquor, i.e. vodka/rum (1 drink or shot) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 drinks per month <input type="checkbox"/> 1-3 drinks per week <input type="checkbox"/> 4 or more drinks per week</p>	<p>11. Tea (hot) – caffeinated <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 cups per month <input type="checkbox"/> 1-2 cups per week <input type="checkbox"/> 3-6 cups per week <input type="checkbox"/> 1 or more cups per day</p>	<p>12. Energy Drinks <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 drinks per month <input type="checkbox"/> 1-3 drinks per week <input type="checkbox"/> 4 or more drinks per week</p>
<p>13. Milk</p>	<p>14. Chocolate Milk</p>	<p>15. Do you think you</p>

<input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 glasses per month <input type="checkbox"/> 1-3 glasses per week <input type="checkbox"/> 1 or more glasses a day	<input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 glasses per month <input type="checkbox"/> 1-3 glasses per week <input type="checkbox"/> 1 or more glasses a day	consume enough water every day? <input type="checkbox"/> Yes <input type="checkbox"/> No
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Dairy Products

16. What TYPE of milk do you drink? <input type="checkbox"/> Whole milk <input type="checkbox"/> 2% milk <input type="checkbox"/> 1% milk <input type="checkbox"/> Skim/nonfat milk <input type="checkbox"/> Soy milk <input type="checkbox"/> Don't drink milk	17. Yogurt – not frozen <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-2 cups per month <input type="checkbox"/> 1 cup per week <input type="checkbox"/> 2-6 cups per week <input type="checkbox"/> 1 or more cups per day	18. Cheese (1 slice) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 slices per month <input type="checkbox"/> 1 slice per week <input type="checkbox"/> 2-6 slices per week <input type="checkbox"/> 1 or more slices per day
19. Butter (1 tbs) – not margarine <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1 per week <input type="checkbox"/> 2-6 per week <input type="checkbox"/> 1 or more per day	20. Cream cheese <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2 or more times per week	21. Eggs <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 eggs per month <input type="checkbox"/> 1 egg per week <input type="checkbox"/> 2-4 eggs per week <input type="checkbox"/> 1 or more eggs per day
22. What TYPE of dairy do you eat? <input type="checkbox"/> Nonfat <input type="checkbox"/> Lowfat <input type="checkbox"/> Regular <input type="checkbox"/> Not sure	23. Ice Cream - regular <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 1 time per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week	24. Ice Cream – nonfat/fro yogurt <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 1 time per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week

Meat, Bean Products

25. Do you eat meat (beef/poultry)? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you eat seafood? <input type="checkbox"/> Yes <input type="checkbox"/> No	26. Red meat (steak, burger)? <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week	27. Pork (ham, hot dogs)? <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week
28. Chicken/Turkey?	29. Seafood (fish, shrimp,	30. Beans, lentils, soybeans

<input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week	crab)? <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week	<input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week
31. Veggie burgers/veggie chicken <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week	32. Tofu <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week	

Grains

Bread (1 slice) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-4 slices per month <input type="checkbox"/> 1-4 slices per week <input type="checkbox"/> 1-2 slices per day <input type="checkbox"/> 3 or more slices per day	Pasta/Spaghetti <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week	Rice <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week
Cold breakfast cereal (1 bowl) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 bowls per month <input type="checkbox"/> One bowl per week <input type="checkbox"/> 2-4 bowls per week <input type="checkbox"/> 5-7 bowls per week <input type="checkbox"/> 1 or more bowls per day	Hot breakfast cereal, i.e. oatmeal or grits (1 bowl) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 bowls per month <input type="checkbox"/> One bowl per week <input type="checkbox"/> 2-4 bowls per week <input type="checkbox"/> 5-7 bowls per week <input type="checkbox"/> 1 or more bowls per day	Pancakes/waffles <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2 or more per week
Bagels (1 whole) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1 per week <input type="checkbox"/> 2-4 per week <input type="checkbox"/> 5 or more per week	Other grains (i.e. couscous, bulgur, quinoa) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2 or more times per	How often do you eat whole wheat products? <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2-4 times per week

	week	___ 5 or more times per week
Fruits & Vegetables		
Apples (1) or applesauce ___ Never/less than 1 per month ___ 1-3 per month ___ 1 per week ___ 2-4 per week ___ 5 or more per week	Bananas (1) ___ Never/less than 1 per month ___ 1-3 per month ___ 1 per week ___ 2-4 per week ___ 5 or more per week	Pears (1) ___ Never/less than 1 per month ___ 1-3 per month ___ 1 per week ___ 2-4 per week ___ 5 or more per week
Grapes (bunch) ___ Never/less than 1 per month ___ 1-3 per month ___ 1 per week ___ 2-4 per week ___ 5 or more per week	Oranges, grapefruit (1) ___ Never/less than 1 per month ___ 1-3 per month ___ 1 per week ___ 2-4 per week ___ 5 or more per week	Peaches, plums, nectarines (1) ___ Never/less than 1 per month ___ 1-3 per month ___ 1 per week ___ 2-4 per week ___ 5 or more per week
Melon, cantaloupe (1/4 melon) ___ Never/less than 1 per month ___ 1-3 per month ___ 1 per week ___ 2-4 per week ___ 5 or more per week	Berries (1 cup) ___ Never/less than 1 per month ___ 1-3 per month ___ 1 per week ___ 2-4 per week ___ 5 or more per week	Tomatoes (1) ___ Never/less than 1 per month ___ 1-3 per month ___ 1 per week ___ 2-4 per week ___ 5 or more per week
Orange juice (1 glass) ___ Never/less than 1 per month ___ 1-3 glasses per month ___ 1 glass per week ___ 2-6 glasses per week ___ 1 or more glasses per day	Apple or other fruit juices ___ Never/less than 1 per month ___ 1-3 glasses per month ___ 1 glass per week ___ 2-6 glasses per week ___ 1 or more glasses per day	Beans (string) ___ Never/less than 1 per month ___ 1-3 times per month ___ 4-6 times per month ___ Once per week ___ More than once per week
Broccoli ___ Never/less than 1 per month ___ 1-3 times per month ___ 4-6 times per month ___ Once per week ___ More than once per week	Corn ___ Never/less than 1 per month ___ 1-3 times per month ___ 4-6 times per month ___ Once per week ___ More than once per week	Mixed vegetables ___ Never/less than 1 per month ___ 1-3 times per month ___ 4-6 times per month ___ Once per week ___ More than once per week
Peas, okra, lima beans	Spinach	Green/red peppers

<input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week	<input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week	<input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> More than once per week
Carrots <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once a week <input type="checkbox"/> More than once a week	Zucchini, squash, eggplant <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once a week <input type="checkbox"/> More than once a week	Potatoes – baked, boiled, mashed <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week
Yams, sweet potatoes <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once a week <input type="checkbox"/> More than once a week	French Fries (1 order) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 orders per month <input type="checkbox"/> 1 order per week <input type="checkbox"/> 2-4 orders per week <input type="checkbox"/> 5 or more orders per week	Lettuce/tossed salad/Greens <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once a week <input type="checkbox"/> More than once a week

Snacks/Miscellaneous Foods

Chips, potato/flavored (1 small bag) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 small bags per month <input type="checkbox"/> One small bag per week <input type="checkbox"/> 2-6 small bags per week <input type="checkbox"/> 1 or more small bags per day	Pretzels (1 small bag) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 small bags per month <input type="checkbox"/> 4-6 small bags per month <input type="checkbox"/> One small bag per week <input type="checkbox"/> More than one bag per week	Nuts, peanuts (1 serving) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 4-6 times per month <input type="checkbox"/> Once a week <input type="checkbox"/> More than once a week
Popcorn (1 serving) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 1-4 times per week <input type="checkbox"/> 5 or more times per week	Crackers (wheat thins, saltines) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> 1-4 times per week <input type="checkbox"/> 5 or more times per week	Fruit snacks, roll-ups <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 packs per month <input type="checkbox"/> 1-4 packs per week <input type="checkbox"/> 5 or more packs per week

	week	
Poptarts (1) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1-6 per week <input type="checkbox"/> One or more per day	Granola bars (1) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1-6 per week <input type="checkbox"/> One or more per day	Snack cakes, Twinkies (1) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> Once a week <input type="checkbox"/> 2 or more per week
Cookies (1) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1 per week <input type="checkbox"/> 2-6 per week <input type="checkbox"/> One or more per day	Donuts (1) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1 per week <input type="checkbox"/> 2-6 per week <input type="checkbox"/> One or more per day	Cake/Pie (1 slice) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1 per week <input type="checkbox"/> 2 or more per week
Brownies (1) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1 per week <input type="checkbox"/> 2-4 per week <input type="checkbox"/> 5 or more per week	Chocolate/candy bar (1) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1 per week <input type="checkbox"/> 2-4 per week <input type="checkbox"/> 1 or more per day	Non-chocolate candy (skittles) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 small bags per month <input type="checkbox"/> 1 small bag per week <input type="checkbox"/> 2-4 small bags per week <input type="checkbox"/> 5 or more bags per week
Jello/Pudding <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1 per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week	Milkshake or frappe (1) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 per month <input type="checkbox"/> 1 per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week	

Fast food/ready-made meals, Supplements

How often do you eat fast food? <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week	How often do you eat ready-made meals (frozen, canned, microwaveable) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week	How often do you eat on campus? <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week
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week	<input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week	
How often do you eat out? (restaurant, not fast food) <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week	How often do you make your meals at home/apt.? <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week	How often do you eat organic food? <input type="checkbox"/> Never/less than 1 per month <input type="checkbox"/> 1-3 times per month <input type="checkbox"/> Once per week <input type="checkbox"/> 2-4 times per week <input type="checkbox"/> 5 or more times per week
Do you find that cost prevents you from eating organic food? <input type="checkbox"/> Yes <input type="checkbox"/> No	Do you consume any supplements? <input type="checkbox"/> Yes <input type="checkbox"/> No	If Yes, what kind? (check all that apply & identify other) <input type="checkbox"/> Multivitamin/mineral suppl. <input type="checkbox"/> Protein shakes <input type="checkbox"/> Meal replacement drinks <input type="checkbox"/> Creatine <input type="checkbox"/> Other _____
You consume a diet of mostly: <input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein <input type="checkbox"/> Not sure	Do you think you consume enough calories for your sport? <input type="checkbox"/> Yes <input type="checkbox"/> No	How many calories do you think you consume daily? <input type="checkbox"/> Less than 1000 calories <input type="checkbox"/> 1001-1500 calories <input type="checkbox"/> 1501-2000 calories <input type="checkbox"/> 2001-2500 calories <input type="checkbox"/> 2501 + calories

Nutrition Knowledge

What version of dairy foods do experts say we should eat? a. full fat b. low fat c. mixture of full and low fat d. neither, dairy foods should be cut out of the diet e. not sure	How many servings of fruits and vegetables do experts advise people to eat daily? a. less than 3 b. 3-5 c. 6-8 d. 9 or more	There is more protein and calcium in a glass of whole milk than a glass of skim milk. a. agree b. disagree c. not sure
To reduce the amount of fat in your diet, which	Which would be the best choice for a low fat, high	Which of the following is more likely to raise a

<p>would be the best choice?</p> <p>a. steak, grilled b. sausages, grilled c. turkey, grilled d. pork, grilled e. chicken, fried</p>	<p>fiber snack?</p> <p>a. grilled chicken b. cheese on whole wheat bread c. beans on whole wheat bread d. egg omelet e. not sure</p>	<p>person's blood cholesterol level?</p> <p>a. antioxidants b. unsaturated fats c. saturated fats d. not sure</p>
<p>Which fat do experts say is most important for people to reduce?</p> <p>a. monounsaturated fats b. polyunsaturated fats c. saturated fats d. not sure</p>	<p>A glass of 100% fruit juice counts as a helping of fruit.</p> <p>a. agree b. disagree c. not sure</p>	<p>Saturated fats are mainly found in:</p> <p>a. vegetable oils b. animal products c. dairy products d. both b and c e. not sure</p>
<p>Whole wheat bread is healthier than white bread.</p> <p>a. agree b. disagree c. not sure</p>	<p>A type of oil that contains mostly monounsaturated fat is:</p> <p>a. coconut oil b. sunflower oil c. olive oil d. palm oil e. not sure</p>	<p>Which of the following contains more calories per gram?</p> <p>a. carbohydrates b. fat c. protein d. not sure</p>
<p>Which cheese would be the best choice as a lower fat option?</p> <p>a. cheddar cheese b. regular cream cheese c. mozzarella cheese d. cottage cheese</p>	<p>Frozen meals are usually high in sodium.</p> <p>a. agree b. disagree c. not sure</p>	<p>Risk of getting a chronic disease like coronary heart disease is lowered with the proper intake of fruits and vegetables.</p> <p>a. agree b. disagree c. not sure</p>
<p>Eating a low fat, low sugar diet can help reverse Type II Diabetes.</p> <p>a. agree b. disagree c. not sure</p>	<p>Dietary behaviors affect risk of certain diseases.</p> <p>a. agree b. disagree c. not sure</p>	<p>Nutrition and dietary behaviors affect sport performance?</p> <p>a. agree b. disagree c. not sure</p>
<p>How much water should an athlete drink daily?</p> <p>a. 4-6 glasses b. 6-8 glasses c. 8-10 glasses d. 10-12 glasses</p>	<p>Most of an athlete's fuel, or energy, for performance should come from:</p> <p>a. carbohydrates b. protein c. fats</p>	<p>Energy drinks are a good option for quick fuel before practice or a competition.</p> <p>a. agree b. disagree c. not sure</p>

e. not sure	d. not sure	
Eating fast food frequently can hinder sport performance. a. agree b. disagree c. not sure	An athlete needs a sports drink (i.e. PowerAde) every 30 minutes of activity. a. agree b. disagree c. not sure	Athletes need more calories than non-athletes. a. agree b. disagree c. not sure
Athletes should take supplements. a. agree b. disagree c. not sure	The electrolytes in sports drinks include: a. calcium and iron b. sodium and potassium c. sodium and iron d. potassium and calcium	If a sports nutritionist were available on campus, would you utilize their services? a. yes b. no

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