

See what Julie has to say in Sports Illustrated for Women

# TEST YOUR NUTRITION IQ

Is your diet carb heavy and protein light? Are you getting enough food to fuel your day? Take our quiz to learn how to get more out of what you put in

**1** It's 103°, and your soccer team is in the finals. You pack a bag with

- a two quarts of water.
- b two quarts of fruit juice—natural sugars give you quick energy.
- c two quarts of a sports drink—extra calories keep you going.



**2** Before you started swimming three hours a day, you ate a perfectly balanced diet, but now you know you need to get more

- a protein, to build muscle.
- b carbohydrate, a fast- and clean-burning fuel.
- c fat, a slow-burning fuel, great for endurance.



**3** Today's your first 10K, and the starting time is 4 p.m. So your menu for the day looks like this

- a 8 a.m., waffles, eggs, OJ; 11:30 a.m., chicken breast, fries; 2 p.m., bagel.
- b 8 a.m., cereal, banana, bagel with cream cheese; noon, turkey sandwich, soup; 2 p.m., two peaches, two plums.
- c 10 a.m., cranberry juice; noon, bagel; 3:30 p.m., two energy bars.

**Scoring** 1. a, 4, b, 0, c, 2; 2. a, 0, b, 4, c, 2; 3. a, 2, b, 4, c, 0; 4. a, 2, b, 4, c, 0; 5. a, 0, b, 4, c, 2; 6. a, 2, b, 4, c, 0; 7. a, 2, b, 0, c, 4; 8. a, 0, b, 2, c, 4; 9. a, 4, b, 2, c, 0; 10. a, 4, b, 0, c, 2

A score from 30 to 40 points » **Star Player** » You know what your body needs to perform at its best, and calories don't scare you. "Problems occur not just because you're eating bad things, but because you're not eating enough good things," says Diane Wakat, president of Intelligent Nutrition Systems.

**4** You know calcium is a major player in building bone. You're sure you're getting enough because you

- a pop a supplement each week.
- b get three to four servings of dairy products a day.
- c eat one broccoli serving a day.

**5** Your basketball team weight-trains twice a week after practice. When you get home—starving—you dig into

- a two slices of pepperoni pizza.
- b a protein-powder milk shake.
- c a peanut-butter-and-jelly sandwich.

**6** Everyone—especially athletes—needs to eat *some* fat to keep the nervous system, muscles and vital organs humming. But not all fats are created equal, so you make sure you get what you need but at all costs avoid

- a margarine.
- b lard.
- c olive oil.

**7** Now that you've gone vegan—and still play as hard as ever—your best source of protein is

- a nuts.
- b fruits and vegetables.
- c soy or dried beans.



**8** It's the start of the season and already you're feeling sluggish in afternoon practice. To stay pumped, you

- a eat less at lunch—maybe those off-season pounds are slowing you down.
- b drink lots more water—you're probably dehydrated.

**9** As a runner you need more calories than sedentary folk, but how many more? The best way to figure your daily requirement is to

- a multiply your weight by 17, the number of calories an athlete needs per pound.
- b ask a teammate with a similar build how many calories she eats.
- c keep a tally of your caloric intake and monitor your performance during races.



**10** You suffered major road rash after a skating wipeout. To speed healing, you eat

- a fruits and vegetables like oranges and broccoli—the vitamin C aids in tissue repair.
- b lots of carbs to replenish what your body's using to heal the rash.
- c extra servings from all food groups.

A score from 18 to 28 » **Second-Stringer** » You can grasp the food-performance connection, but you have your own ideas. Forget 'em. "If you don't feed your body, your body will feed on your muscles," warns Julie Feldman, nutrition coordinator at the Sports Center at New York City's Chelsea Piers.

A score from 0 to 16 » **Benchwarmer** » You need to brush up on the basics, like eating the best foods to fuel your sport and getting more vitamins and minerals. "You'll see amazing results if you spread out your bad choices, eat three meals a day and add more quality protein and carbs," says Feldman.