

NUTRITION READINESS ASSESSMENT

1- WHICH OF THE FOLLOWING FOODS ARE SOURCES OF CARBOHYDRATES?(CIRCLE ALL THAT APPLY)

- A. BROCCOLI
- B. BANANA
- C. CHICKEN BREAST
- D. OATMEAL
- E. MILK

2 - WHICH OF THE FOLLOWING FOODS ARE SOURCES OF PROTEIN? (CIRCLE ALL THAT APPLY)

- A. BEANS
- B. STRAWBERRIES
- C. EGGS
- D. YOGURT
- E. CARROTS

3 - WHICH OF THE FOLLOWING FOODS ARE SOURCES OF FAT? (CIRCLE ALL THAT APPLY)

- A. AVOCADO
- B. WALNUTS
- C. RICE
- D. TOMATO
- E. OLIVE OIL

4 - WHICH OF THE FOLLOWING NUTRIENTS ARE MOST BENEFICIAL TO CONSUME 30- 60 MINUTES BEFORE EXERCISE? (CIRCLE ALL THAT APPLY)

- A. PROTEIN
- B. CARBOHYDRATE
- C. WATER
- D. FAT
- E. CAFFEINE

5 - WHICH OF THE FOLLOWING NUTRIENTS ARE MOST BENEFICIAL TO CONSUME WITHIN 2 HOURS AFTER EXERCISE? (CIRCLE ALL THAT APPLY)

- A. PROTEIN
- B. CARBOHYDRATE
- C. WATER
- D. FAT
- E. CAFFEINE

NUTRITION READINESS ASSESSMENT

6 - FOR WORKOUTS THAT LAST 60 MINUTES OR LESS, WHAT SHOULD YOUR PRIMARY HYDRATION SOURCE BE?

- A. ENERGY DRINK
- B. WATER
- C. SPORTS DRINK
- D. NOTHING
- E. JUICE

7 - FOR WORKOUTS THAT LAST LONGER THAN 60 MINUTES, OR IN HOT AND HUMID ENVIRONMENTS WHAT SHOULD YOUR PRIMARY HYDRATION SOURCE BE?

- A. ENERGY DRINK
- B. WATER
- C. NOTHING
- D. SPORTS DRINK
- E. COMBINATION OF WATER AND SPORTS DRINK

8 - WHAT AMOUNT OF BODY WEIGHT LOSS FROM DEHYDRATION CAN HAVE NEGATIVE IMPACTS ON PERFORMANCE?

- A. 2%
- B. 5%
- C. 8%
- D. 10%
- E. >10%

9 - WHICH OF THE FOLLOWING STATEMENTS ARE TRUE REGARDING DIETARY SUPPLEMENTS? (CIRCLE ALL THAT APPLY)

- A. THEY ARE NECESSARY TO ACHIEVE PERFORMANCE GOALS.
- B. THEY ARE APPROVED BY THE FOOD AND DRUG ADMINISTRATION BEFORE BEING SOLD TO CONSUMERS.
- C. PURCHASING ONLY THIRD-PARTY CERTIFIED SUPPLEMENTS CAN MINIMIZE RISK FOR A POSITIVE DRUG SCREEN.
- D. DIETARY SUPPLEMENTS SOLD ON POST POSE NO RISK TO A SOLDIERS MILITARY CAREER.
- E. DIETARY SUPPLEMENTS ARE LIKELY UNNECESSARY IF A SOLDIER IS EATING A BALANCED DIET THAT MEETS THEIR ENERGY DEMANDS.

10. WHAT AMOUNT OF CAFFEINE IS SAFE TO CONSUME IN A 24-HOUR PERIOD? (CIRCLE ALL THAT APPLY)

- A. UP TO 200MG PER DAY
- B. UP TO 400MG PER DAY
- C. UP TO 800MG PER DAY
- D. UP TO 800MG PER DAY FOR SUSTAINED OPERATIONS
- E. THERE IS NO UPPER LIMIT FOR CAFFEINE PER DAY



Answers:

Question 1: B, D, E

Fruits, grain products, and dairy products are all good sources of carbohydrates. Carbohydrates supply the body and the brain with energy it needs to perform every day. Your plain alone needs about 130g of carbohydrate a day to function at its best.

<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide#chapter-3>

Question 2: A, C, D

Animal protein, nuts, seeds, beans, and dairy products are all good sources of protein. Protein has many important functions in the body. It is used as the building blocks for our muscle, hair, skin, and nails. Protein also plays a role in supporting a healthy immune system, and transporting nutrients throughout the body.

<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide#chapter-3>

Question 3: A, B, E

Nuts, seeds, oils, and avocados are sources of healthy fat that provide structure to our body's cells and plays a role in production of key hormones. Less healthy sources of fat include butter, fried foods, and fatty beef, chicken, and pork products. Consuming too much of these less healthy fats can have negative effects on our hearts and overall health.

<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide#chapter-3>

Question 4: B, C, E

Consuming a meal or snack 30-60 minutes before exercise will ensure you have adequate energy to perform at your best. The pre-workout meal or snack should be carbohydrate rich, such as a banana, bagel, pretzels, or rice. Aim to drink ~16oz of water before exercise. Additionally, consuming up to 200mg of caffeine before exercise have potential benefits for physical performance.

<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide#chapter-9>

<https://www.hprc-online.org/nutrition/performance-nutrition/caffeine-facts>

Question 5: A, B, C, D

Your post-workout meal is important for repairing muscle damage and replenishing energy stores. Ideally within 2 hours of exercise, you should consume a meal that is rich in carbohydrates and quality proteins and some fat. Additionally, it is important to drink water to replace what was lost during exercise.

<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide#chapter-9>

Answers:

Question 6: B

For shorter exercise sessions, drinking 16-32oz of water will be sufficient to prevent dehydration and replace fluids lost in sweat. You should not drink more than 48oz of water per hour. If you're not sure how much water you drink during exercise, 1-2oz of fluid is roughly a "gulp" of water.

(<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide#chapter-5>)

Questions 7: E

For exercise that lasts longer than 60 minutes, or in hot and humid climates, sports drink in addition to water will help replenish the electrolytes lost in sweat and can provide carbohydrate for energy. Your sports drink should have 12-24 grams of carbohydrate, 82-163mg of sodium, and 18-46mg of potassium per 8 oz. Sports drinks that have excessive carbohydrate and electrolyte can lead to stomach upset which can have negative impacts on performance.

(<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide#chapter-5>)

Question 8: A

Performance can begin to decline with as little as 2% body weight loss from dehydration. If you are dehydrated prior to starting exercise, these effects can be felt much quicker. Signs of dehydration include feeling thirsty, headache, dark yellow urine, dry mouth and skin, fatigue, and constipation.

(<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide#chapter-5>)

Question 9: C, E

Dietary supplements are NOT necessary to meet your performance goals. Eating a varied diet that supplies the right amount of energy will ensure you get the necessary nutrients to promote health and performance. Dietary supplements are not approved by the FDA prior to being marketed and sold to consumers. Additionally, a product sold on base does not imply that it is safer for a Soldier to consume than something purchased online or at an off-base retailer. Third-party certified supplements are verified for quality and manufacturing processes, which minimizes risk to Soldiers that it would be adulterated with an unapproved drug or harmful ingredient but does not guarantee safety or effectiveness.

(<https://www.opss.org/article/why-third-party-certification-important-dietary-supplements>)

Question 10: B, D

Caffeine is a stimulant that can provide positive performance and cognitive benefits when used appropriately. Too much caffeine can have negative effects, including stomach upset, headaches, and insomnia. Generally, it is a good idea to keep your caffeine consumption to 400mg or less each day. If you are engaged in sustained operations where sleep is limited, up to 800mg a day can be utilized.

(<https://www.hprc-online.org/nutrition/performance-nutrition/caffeine-facts>)