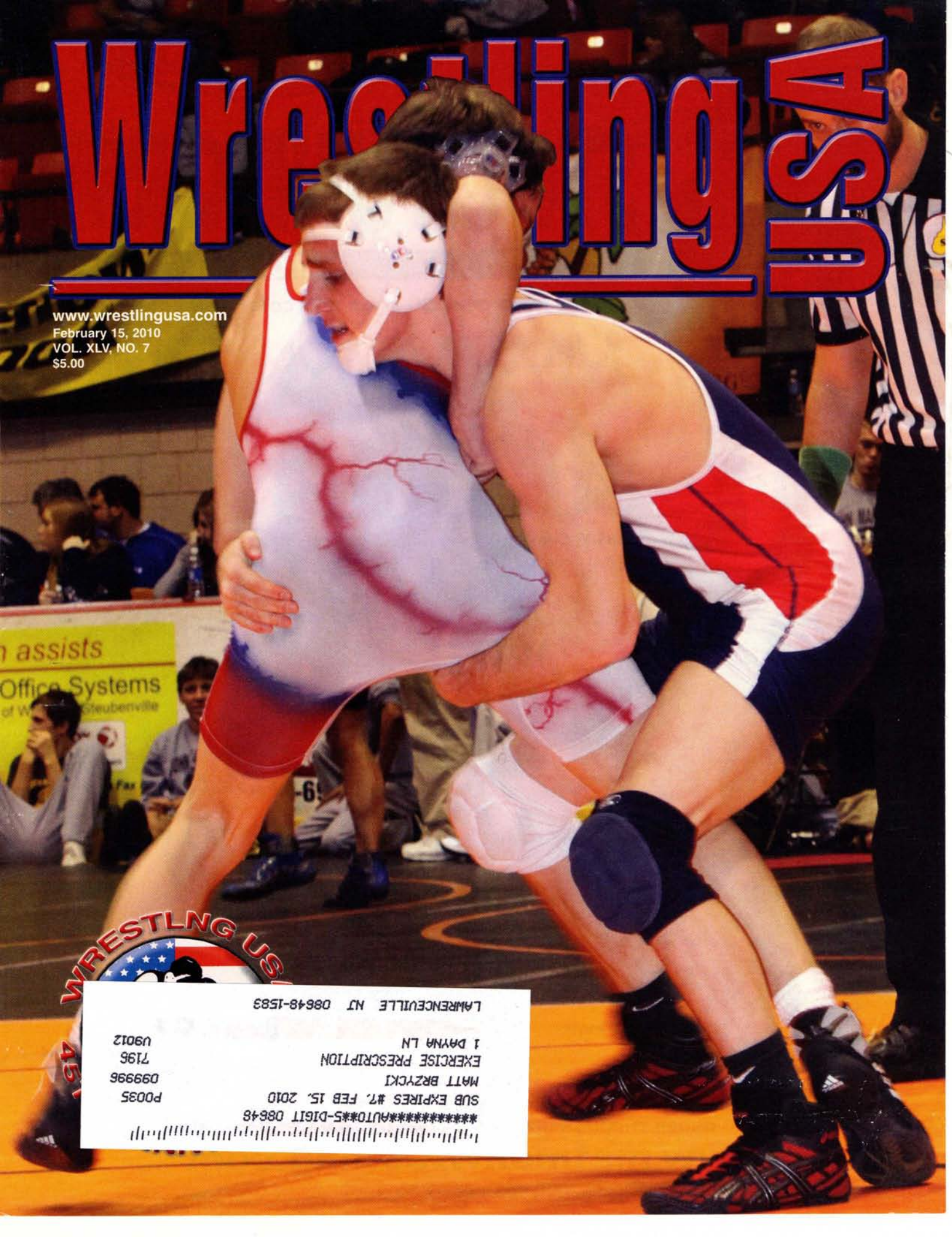


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EXERCISE PRESCRIPTION

MATT BRZYCKI

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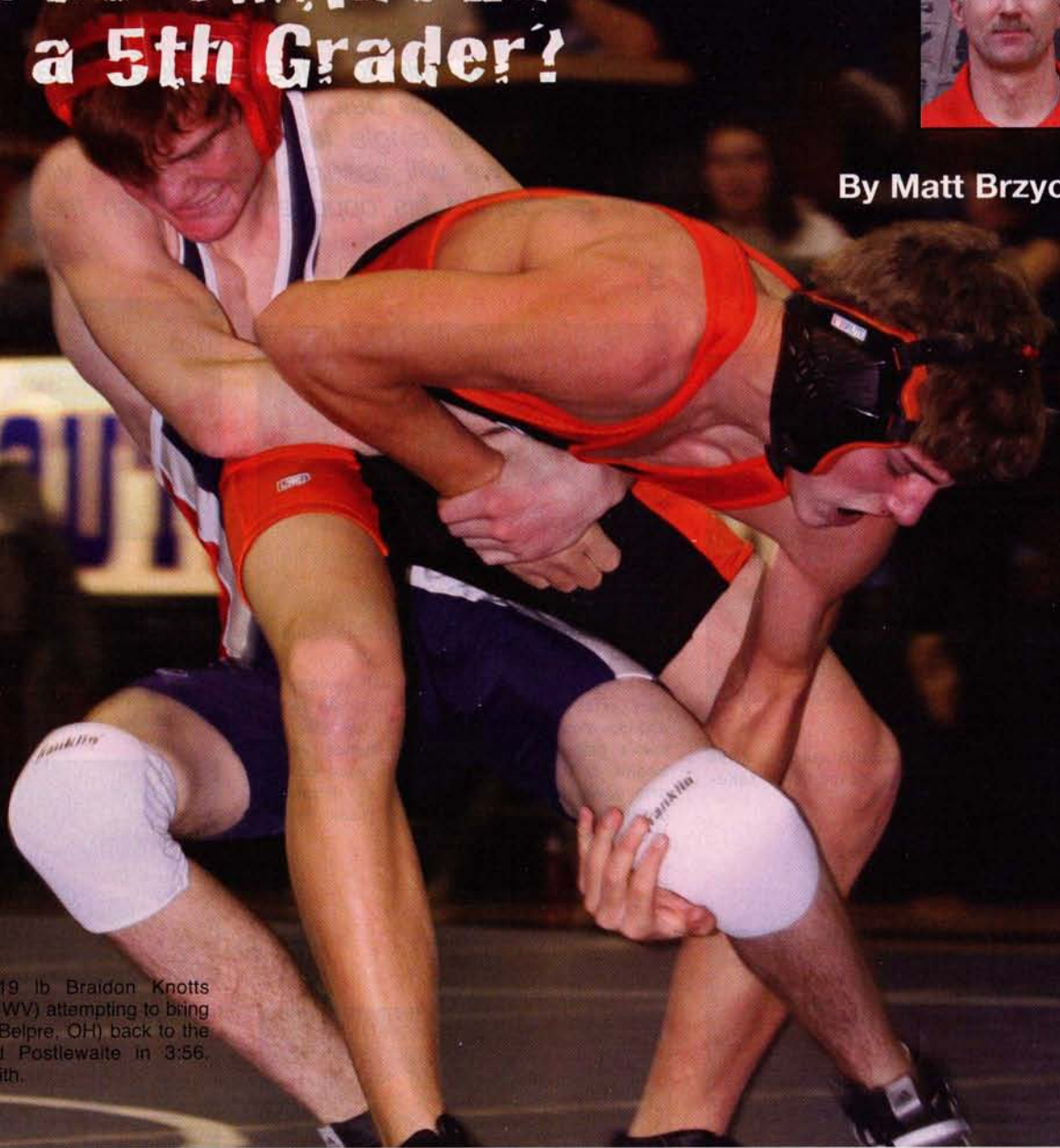
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ARE YOU SMARTER Than a 5th Grader?



By Matt Brzycki



West Virginia - 119 lb Braidon Knotts (Parkersburg South, WV) attempting to bring Robby Postlewaite (Belpre, OH) back to the mat. Knotts pinned Postlewaite in 3:56. Photo by Valerie Smith.

Are You Smarter than a 5th Grader? is a popular television show that first aired in 2007. In the show, adults are asked questions that, as the name suggests, are suitable for children in the fifth grade.

THE QUIZ

Here are 25 true-false questions on basic nutrition. Most of the subject matter could conceivably be covered in health class by the time that a student reaches the fifth grade. Remember, no cheating!

1. There are about 3,500 calories in a pound of fat.
2. The sweetener in sports drinks is the same as the sweetener in soft drinks.
3. Skipping breakfast is a good way to lose weight.
4. One gram of fat has the same number of calories as one gram of carbohydrate.
5. There is no added sugar in 100% fruit juice.
6. Alcohol has no calories.
7. The best way to get vitamins and minerals is to take a multi-vitamin/mineral supplement.
8. Those who chew their food slowly eat fewer calories than those who chew their food quickly.
9. Apple pie is a good choice from the Fruit Group.
10. When a food is said to be "99% fat free," it means that one percent of its calories are from fat.
11. Broth-based soups usually have fewer calories and less fat than cream-based ones.

12. The best way to lose weight is to eliminate all fat from the diet.
13. A pound of muscle weighs more than a pound of fat.
14. Active individuals need more protein than their inactive counterparts.
15. High fructose corn syrup is an ingredient of tomato soup.
16. Carbohydrates make you fat.
17. The ingredients on a food label are listed by quantity from highest to lowest.
18. A three-ounce portion of meat is about the size of a deck of cards.
19. If a food has 200 calories and 80 of those are from fat, the food is 40% fat.
20. A food that is "natural" always means that it is healthy.
21. A package of food that has 100 calories per serving means that the package has 100 calories.
22. Saturated fats contribute to heart disease.
23. The body's preferred source of fuel (energy) during intense exercise/activity is protein.
24. Drinking one 12-ounce can of non-diet soda every day for a year adds up to about 15.6 pounds.
25. Water has no calories.

THE ANSWERS

Okay, let's see how you fared in the quiz.

1. True. A pound of muscle has about 2,500 calories while a pound of fat has about 3,500 calories.
2. True. Coke and Powerade (both of which are produced by the same company) are sweetened with high fructose corn syrup.
3. False. Skipping breakfast – or any other meal – will just make you hungry and more likely to overeat the next time that you have a meal.
4. False. Fat is more than twice as dense as carbohydrate: One gram of fat has nine calories; one gram of carbohydrate has four calories.
5. True. There are plenty of nutrients in 100% fruit juice without any additional sugar.
6. False. Even "lite beer" has some calories; a 12-ounce bottle of Coors Light, for example, has 102 calories.
7. False. The best way to get vitamins and minerals is to eat a balanced diet that consists of a variety of foods.
8. True. By chewing food slowly, the brain is given adequate time to receive a signal from the stomach that it is full.
9. False. A serving of Entenmann's Homestyle Apple Pie has about 380 calories of which 140 are from fat (36.8%); a medium-sized apple has about 80 calories of which none are from fat.
10. False. A food that claims to be "99% fat free" means that it is one percent fat by weight, not calories.
11. True. And even though they are both salads, a garden salad usually has fewer calories and less fat than a Caesar salad.
12. False. Fat is actually vital to a balanced diet, serving as a major source of energy during low-intensity activities and helping in the transportation and absorption of certain vitamins.
13. False. A pound of muscle takes up less volume than a pound of fat but a pound of muscle weighs the same as a pound of fat.
14. True. But active individuals almost certainly get enough protein in their diet and, if needed, can simply eat foods that are high in protein without taking any type of supplement.
15. True. High fructose corn syrup is found in

numerous foods and beverages, ranging from the fairly obvious (yogurt and sweetened beverages) to the totally unexpected (bread and tomato soup).

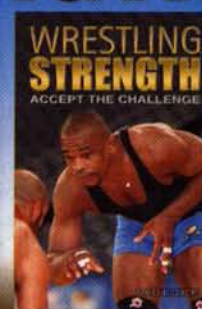
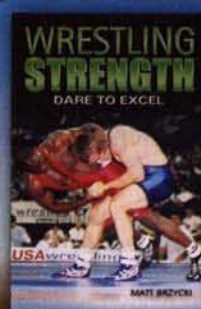
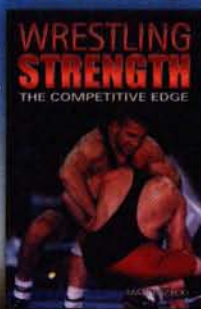
16. False. Eating too much and exercising too little make you fat.
17. True. On a food label, the largest amount is the first ingredient and the smallest amount is the last ingredient.
18. True. Imagining the recommended portion size of a food as a familiar object is a good way to control the number of calories that are consumed.
19. True. Dividing 80 by 200 is 40%.
20. False. Dog poop is natural but that does not mean it is healthy.
21. False. A package of food that has 100 calories per serving means that the package has 100 calories if and only if it has one serving; if the package has four servings, it has 400 calories.
22. True. Saturated fats (solid at room temperature) contribute to heart disease; unsaturated fats (liquid at room temperature) are less harmful.
23. False. During intense exercise/activity, the body prefers to use carbohydrate as a fuel (energy) source.
24. True. Since the average non-diet soda has about 100 calories per eight ounces, drinking one 12-ounce can of it on a daily basis translates into about 54,750 calories in a year – or about 15.6 pounds.
25. True. Water has weight but no calories so drinking it creates a feeling of satiety (fullness) without adding anything to the "caloric budget."

THE LAST REP

Regardless of how you did on this quiz, the nutritional information should be useful to all coaches and their wrestlers.

Editor's Note: Matt Brzycki has authored, co-authored or edited 17 books on strength and fitness including four that are devoted to wrestling. His latest book is *Youth Fitness: An Action Plan for Shaping America's Kids*.

WRESTLING STRENGTH



Matt Brzycki, author of these Wrestling Strength books, has written hundreds of articles on strength and fitness that have been featured in over 40 different publications.

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