### Weight gain

**15. Do you *agree* or *disagree* with the following statements? (Click on one box per statement.)**

a. For body mass gain to occur, it is more important to increase protein than calories in the diet.

[ ]  Agree [ ]  Disagree [ ]  Unsure

b. Protein powder is an essential product to have if you want to increase lean muscle mass.

[ ]  Agree [ ]  Disagree [ ]  Unsure

c. If exercise is unchanged, it is possible for a rugby player to put on weight if they have six glasses of fruit juice **in addition** to their normal food intake.

[ ]  Agree [ ]  Disagree [ ]  Unsure

**16. A player is eating the following meal for dinner: 5 oz skinless chicken breast, 1 cup cooked rice and 2 cups vegetables (broccoli, carrots, cauliflower). If he kept the rest of his day’s diet the same and only altered his dinner meal, which option would be the preferred one to increase body mass? (Click on one box only).**

Eat 6 oz chicken instead of 5 oz. [ ]

Eat the chicken with the skin on. [ ]

Eat 2 cups rice and 5 oz chicken. [ ]

Eat 4 cups vegetables [ ]

Eat the same amount, but train harder at the gym. [ ]

Unsure [ ]

### Weight loss

**17. Do you *agree* or *disagree* with the following statements? (Click on one box per statement).**

**If a volleyball player wanted to lose weight, they should:**

a. Exchange 1 tsp of butter on sandwiches for 1 tsp of regular margarine.

[ ]  Agree [ ]  Disagree [ ]  Unsure

b. Replace American cheese with cheddar cheese.

[ ]  Agree [ ]  Disagree [ ]  Unsure

c. Eat less salami and more turkey breast.

[ ]  Agree [ ]  Disagree [ ]  Unsure

d. Stop eating pasta and rice after 4pm.

[ ]  Agree [ ]  Disagree [ ]  Unsure