### 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