Quiz 15: Exercise Physiology Seminar Name: _____

1) The main carbohydrate fuel during exercise is:
    a. Blood glucose
    b. Blood glycogen
    c. Plasma triglycerides
    d. Liver glygcogen
    e. Muscle glycogen

2) What should a person in negative nitrogen balance do to change their diet?

3) In terms of a pre-exercise meal or snack, Low Glycemic Index / High Glycemic Index **[pick one]** foods are BETTER for maintaining blood glucose levels.

4) Describe how to "carbo load":