

Healthy Heart Quiz

Have you had your cholesterol checked lately? High blood cholesterol is one of the major risk factors for heart disease. Heart disease is the number one killer of women and men in the United States.

Take the quiz below to test your knowledge of heart-healthy eating. The answers and test results are below.

- 1) Consuming too much saturated fat and cholesterol has which of the following effects on your cholesterol level?
 - a) They may make it go up.
 - b) They may make it go down.
 - c) They won't have much effect.

- 2) Where is saturated fat found?
 - a) Animal products including dairy foods, meat and lard
 - b) Tropical oils including cocoa butter, palm oil and coconut oil
 - c) Both a and b

- 3) Switching from whole milk to skim milk will save how many grams of saturated fat per 8-ounce glass?
 - a) 4 grams
 - b) 5 grams
 - c) 8 grams

- 4) Which entrée contains the least artery-clogging saturated fat?
 - a) 6 oz fried chicken breast
 - b) 8-ounce slice roasted prime

- rib of beef
 - c) 3-ounce tenderloin of beef, marinated and grilled

- 5) How will an increase in consumption of soluble fiber affect your cholesterol?
 - a) It will make it go up.
 - b) It will make it go down.
 - c) It won't have much effect.

- 6) Where is soluble fiber found?
 - a) Oranges, apples and pears
 - b) Corn, barley and oats
 - c) Beans and legumes
 - d) Brussels sprouts, carrots and sweet potatoes
 - e) All of the above

- 7) Eating more high-fiber, lowfat foods will help you lower your cholesterol. Which of the

groups listed below fit this description?

- a) Whole plant foods such as whole grains, fruits, vegetables and beans/legumes.
 - b) Lean animal products such as chicken, fish and egg whites.

- 8) The American Heart Association recommends two servings of this animal per week due to the fact that it contains heart-healthy omega-3 fatty acids:
 - a) chicken breast
 - b) lean pork
 - c) fish

- 9) Which of the following foods are high in dietary cholesterol?
 - a) wheat crackers
 - b) doughnut holes
 - c) organ meats
 - d) cereal

What's Your Score?



Answers:

1. A – Both saturated fat and cholesterol make your serum cholesterol levels rise. You should consume no more than 7% of your calories from saturated fat and no more than 200 mg of dietary cholesterol per day.
2. C – Both a and b
3. B – 5 grams. If you do not like skim milk, consider trying Skim Plus or fortified soy milk.
4. C – The 3 ounce portion of beef tenderloin has the least. The chicken does not win because it contains 8 grams of sat fat. This is because it contains skin and is fried.
5. B – By increasing your soluble fiber, you can lower your cholesterol.
6. E – All of the above.
7. A – Unprocessed plant foods are high in fiber and low in fat. Try to eat more of these every day.
8. C – Fish – go for cold water fatty fish such as salmon, mackerel, herring, tuna, trout and sardines. Make sure it is prepared with a low-fat cooking method.
9. C – Organ meats. Egg yolks and squid (calamari) are also very high in cholesterol. Crackers and donuts may be high in trans-fat which raises cholesterol.

How did you do?

- 1-3 right – Read a little more – see <http://www.nhlbi.nih.gov/>
 4-6 right – You are getting there
 7-9 right – Excellent job!