

Cholesterol Quiz

“The food choices you make have a significant impact on your cholesterol level and the health of your cardiovascular system and heart. Take this quiz to find out if you are heart smart. Tally up your score at the end.”

1. Which protein choice is the best one for your heart?

- a. Lean hamburger, no cheese
- b. Fried chicken breast
- c. Baked salmon
- d. They are all about the same

2. You are standing in a fast-food line and want to choose what is best for your heart. You pick:

- a. Chicken sandwich
- b. Crispy chicken salad
- c. Small plain hamburger
- d. Fried fish sandwich

3. You should fill your plate about half full with a lean meat or chicken item, leaving the rest of the space for a starch.

- a. True
- b. False

4. Which breakfast item is the lowest in saturated fat?

- a. Plain bagel with cream cheese
- b. Small cake donut
- c. Cinnamon roll
- d. English muffin with fruit preserves

5. Which grain listed below is the best choice for your heart?

- a. Whole-wheat pasta
- b. Brown rice
- c. Barley
- d. They are all good choices

6. About half of your plate should be filled with vegetables while one quarter is filled with grains, and the other quarter a lean protein.

- a. True
- b. False

7. Which of these vegetables are the best for your heart?

- a. Broccoli
- b. Carrots
- c. Corn
- d. They are all great choices

8. Which spread is the least damaging to your heart?

- a. Butter
- b. Margarine (tub)
- c. Margarine (stick)

9. You are given a choice of the following side dishes—which one is best?

- a. Baked potato
- b. French fries
- c. White rice

10. Which food below is the greatest source of saturated fat in the American diet?

- a. cheese
- b. milk
- c. meat
- d. fish

Answers:

- 1. C - Dried beans and legumes are great, too.
- 2. C - A small hamburger has less sodium and fat than the other choices listed. Fast food chicken items are often high in sodium. Research the nutrition facts for places that you frequent so you can make better choices.
- 3. B - see number 6.
- 4. D - but oatmeal with skim milk is the best breakfast choice of all!
- 5. D - try to eat 3 or more whole grains per day
- 6. A - keep them all low in fat
- 7. D - eat 3 cups of veggies a day
- 8. B - always buy trans-free margarine
- 9. A - choose low-fat toppings
- 10. A - but B and C are major sources, too

Score:

- 8-10 answers right: A - you are right on!
- 6-8 answers right: B - needs a little work.
- 4-5 answers right: C - needs more work.
- 1-3 answers right: D - uh oh, try again.