

## Cardiac Rehab Nutrition Quiz

1. How much daily sodium intake is recommended in the American diet?
  - a. 3,000 milligrams
  - b. 4,000 milligrams
  - c. 2,300 milligrams
  - d. 3,500 milligrams
  
2. High intake of which items increases your risk for heart disease?
  - a. Sugar, Trans Fat, Sodium, Fiber
  - b. Sugar, Trans Fat, Saturated Fat, Sodium
  - c. Trans Fat, Saturated Fat, Sodium, Fiber
  - d. Trans Fat, Saturated Fat, Unsaturated Fat, Sugar
  
3. Omega-3 Unsaturated (heart healthy) Fats:
  - a. Lower HDL (good) cholesterol
  - b. Raise HDL (good) cholesterol
  - c. Lower LDL (bad) cholesterol
  - d. Answers A and C
  - e. Answers B and C
  
4. How do you lower your Triglycerides?
  - a. Lower sugar intake
  - b. Lower alcohol intake
  - c. Medications
  - d. All of the above
  
5. What are the 3 best ways to lower your Total Cholesterol?
  - a. Low fat diet, exercise, medication
  - b. Low fat diet, low cholesterol diet, medication
  - c. Low cholesterol diet, exercise, medication
  
6. When reading the Nutrition Facts Label on your packaged food items, what is the recommended amount of saturated fat that is allowed per serving?
  - a. 10 grams or less
  - b. 3 grams or less
  - c. 0 grams
  
7. What is the daily fiber recommendation for men and women?
  - a. 25-38 grams

Name:

Class:

Score:

- b. 35-40 grams
  - c. 15-25 grams
8. What are sources of unsaturated (heart healthy) fats?
- a. Salmon
  - b. Nuts and Seeds
  - c. Avocado
  - d. Olive Oil
  - e. All of the above
9. When checking the ingredient list on your packaged food items, what ingredients should you look for when checking for Trans fats?
- a. Partially Hydrogenated Oils
  - b. Vegetable oil
  - c. Palm oil
10. What is a good rule of thumb when checking Nutrition Facts Labels for sugar content?
- a. Sugar should be less than 20 grams
  - b. Sugar should be less than 5 grams
  - c. Sugar should be less than 10 grams
11. What are sources of Saturated Fat?
- a. Butter
  - b. Coconut Oil
  - c. Fatty meats
  - d. Cream
  - e. All of the above
12. What are good sources of dietary fiber?
- a. Fruit and Vegetables
  - b. Oats
  - c. Whole Wheat bread
  - d. Brown Rice
  - e. All of the above
13. What is a suitable seasoning to use when cooking to lower salt intake?
- a. NuSalt
  - b. Sea Salt
  - c. Mrs. Dash
  - d. Garlic powder
  - e. Answers C and D
  - f. Answers B and C