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
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