

# What Have You Learned?

- 1** **True or False.** Cholesterol is an essential building block for cellular processes in the body, but too much bad cholesterol in the blood is a problem.
- 2** **What is the desirable total cholesterol level?**
  - a) Less than 200 mg/dL
  - b) 220 mg/dL
  - c) 240 mg/dL
  - d) 300 mg/dL
- 3** **True or False.** There is good cholesterol and there is bad cholesterol.
- 4** **True or False.** Too much bad cholesterol in the blood can cause plaque to build up in blood vessels and can lead to heart problems, such as heart attack and stroke.
- 5** **What are the factors that can affect the amount of cholesterol in your blood?**
  - a) Foods high in cholesterol
  - b) Foods high in saturated fat
  - c) Family history (hereditary)
  - d) All of the above
- 6** **Which of the following can manage high cholesterol?**
  - a) Increased exercise
  - b) A healthy diet
  - c) Prescribed medications (if needed)
  - d) All of the above
- 7** **True or False.** When selecting foods to eat, aim for foods with less than 7 percent of calories from saturated fat.

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**True or False.** Aim for less than 200 mg of dietary cholesterol per day.

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**True or False.** To lower high cholesterol, aim for an average of 40 minutes of moderate- to vigorous-intensity aerobic activity three or four times per week.

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**Which of the following can help lower high cholesterol?**

- a) Limit foods with trans fats
- b) Remain physically active
- c) Quit smoking
- d) All of the above