

# What Do You Know About Heart Health?

Answer the questions below to assess your knowledge of heart health.

1. What is the healthy range for blood pressure?

- a. 119/79 or Less
- b. 120/80 – 139/89
- c. 140/90 or More
- d. 1,500

2. Fill in the Blank: According to the Centers for Disease Control and Prevention (CDC), high blood pressure plays a role in roughly \_\_\_\_\_ deaths per day.

- a. 10
- b. 100
- c. 1,000
- d. 10,000

3. Which type of cholesterol clings to artery walls and builds up in plaque deposits?

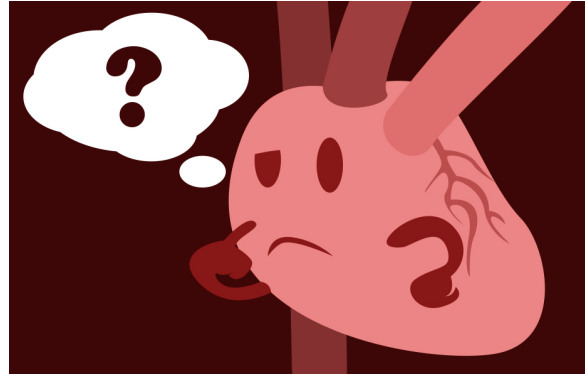
- a. LDL Cholesterol
- b. HDL Cholesterol
- c. AHA Cholesterol
- d. AKA Cholesterol

4. How much moderate daily exercise does it take to lower your “bad cholesterol” while raising your “good cholesterol?”

- a. 15 minutes
- b. 30 minutes
- c. 60 minutes
- d. 90 minutes

5. Which of the following is NOT a part of the DASH diet?

- a. Fish
- b. Beans
- c. Whole Milk
- d. Carbohydrates



6. DASH Stands for

- a. Dietary Approaches to Stop Heart Disease
- b. Dietary Approaches to Stop Hypertension
- c. Dietary Approaches to Speed the Heart
- d. Dietary Approaches to Strengthen the Heart

7. Fill in the Blank: The Dietary Guidelines for Americans insist that, in order to lose weight and sustain weight loss, people need to exercise for \_\_\_\_\_ minutes per day on most days of the week.

- a. 0-30
- b. 30-60
- c. 60-90
- d. 90-120

8. Fill in the Blank: Most people need \_\_\_\_\_ cups of fruits and vegetables per day.

- a. 1.5
- b. 2.5
- c. 3.5
- d. 4.5

9. True or False? A 12-ounce can of soda contains 11 teaspoons of sugar.

- a. True
- b. False