Cardiac Rehab
Heart Knowledge Quiz

Name ___________________________________________ Date ________________

Multiple Choice Questions: Please choose only one answer for questions 1-10

1. Which of the following foods are high in trans-fatty acids?
   a. Corn chips, crackers and pastries
   b. Fruits and vegetables
   c. Peas, beans and nuts
   d. Olive oil, canola oil and fatty fish

2. Which of the following foods are high in saturated fat?
   a. Wild game, low fat milk and yogurt
   b. Fatty fish, walnuts and green leafy vegetables
   c. Poultry skin, full fat milk products and tropical oils
   d. Canola oil, flaxseeds and olive oil
   e. All of the above

3. Which of the following is known as “good cholesterol?”
   a. LDL
   b. HDL
   c. Triglycerides
   d. Total cholesterol

4. According to the latest national guidelines, normal, or optimal blood pressure is define as:
   a. Anything less than 90 diastolic (bottom number)
   b. Less than 120 systolic (top number) AND less than 80 diastolic (bottom number)
   c. 120 – 130 systolic (top number) over 80 – 90 diastolic (bottom number)
   d. Any over 90 systolic (top number) and 60 diastolic (bottom number)

5. Hypertension may be controlled by the use of medications, but it can also be improved by:
   a. Weight loss
   b. Exercise
   c. Low sodium (salt) diet
   d. All of the above

6. What is a desirable total cholesterol level?
   a. 200 – 239
   b. Less than 200
   c. Greater than 240
   d. None of the above

7. Signs of stress include:
   a. Feeling happy and joyful
   b. Intense chest pain radiating down your left arm
   c. Insomnia, feeling helpless, and neck and shoulder “tightness”
   d. All of the above
Cardiac Rehab
Heart Knowledge Quiz

8. Research has shown that people who exercise ___ days per week are far less likely to suffer sudden cardiac death.
   a. 2
   b. 3
   c. 5
   d. None of the above

9. In order to achieve a long-lasting weight loss, how quickly should you lose weight?
   a. As quickly as possible
   b. No more than one pound per day
   c. ½ to 2 pounds per week
   d. 3 – 4 pounds per week

10. Which of the following is the correct way to use nitroglycerin for chest pain?
    a. One tablet or spray every three minutes, up to five times; then drive yourself to the ER
    b. Take as many tablets or sprays as necessary to relieve pain; if the pain persists, it is probably not your heart
    c. Take up to three tablets or spray, give minutes apart; call 911 if the pain is not completely relieved
    d. Take one tablet or pray and call the Heart Clinic

True / False Questions: Circle “T” for true or “F” for false next to each statement for questions 11-19

T F 11. All fat should be completely eliminated from the diet.
T F 12. During the last 20 years, Americans have gained weight despite a decreased fat intake.
T F 13. Eating 100 calories more than you need to every day will result in weight gain of ten pounds per year.
T F 14. Your body produces cholesterol on its own.
T F 15. Stress will raise you blood pressure and heart rate, increasing your risk of a heart attack.
T F 16. Two benefits of exercise include improved efficiency of the heart and increases in strength.
T F 17. With daily activities, it is important to push yourself until you cannot go any longer.
T F 18. An adequate warm-up for exercise is vitally important because it slowly increases the body temperature and increases the blood flow to the muscles
T F 19. Heart disease can be “cured.”

Matching Question: Match the correct definition/descriptions on the right with the appropriate terms corresponding letter on the left.

20. Match the following types of fat with their description and their effect on your heart’s health:
   a. Trans fat ___ Good fat (found in olive oil, avocados and most nuts; a health source of fat)
   b. Monounsaturated fat ___ Neutral (found in corn, cottonseed and soybean oils; limit consumption in favor of healthier choices)
   c. Polyunsaturated Omega-6 fat ___ Bad (found in animal products; a little is okay but try to limit this type of fat)
   d. Polyunsaturated Omega-3 fat ___ Very good (found in fatty fish, canola oil and flaxseeds; reduces your risk of cardiac death and stroke)
   e. Saturated fat ___ The worst (found in processed foods that contains hydrogenated oils; eliminated man-made fat from your diet)