

Heart Healthy Eating Quiz

Provided by Laura Joyce, Registered Dietitian with the Cardiac & Pulmonary Rehab Program at Legacy Good Samaritan

1. Eating whole eggs causes high blood cholesterol. True or False?
2. All raw vegetables are more nutritious than cooked. True or False?
3. Eating peanut butter will clog my arteries because it is very high in fat. True or False?
4. Chocolate is rich and delicious and helps lower my blood pressure! True or False?
5. If a label says zero trans fat, then it contains no trans fat. True or False.
6. Even if you never salt your food you could still be getting too much sodium in your diet. True or False.
7. Turkey dogs and sausages are a healthy alternative to beef or pork hot dogs and sausages. True or False.
8. Eating mostly fat-free foods is the best way to maintain healthy cholesterol levels. True or False.
9. Margarine is heart healthy because it is cholesterol free. True or False.
10. Pretzels are a heart-healthy snack. True or False.