

## *Conscious about Cholesterol*

### **Part I**

Read the following slideshow regarding cholesterol and its effects on the body: and answer the questions below:  
[http://www.medicinenet.com/cholesterol\\_levels\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/cholesterol_levels_pictures_slideshow/article.htm)

1. How many Americans are estimated to have high cholesterol levels? \_\_\_\_\_
2. What is atherosclerosis?
3. How often should people over 20 years old have their cholesterol checked? What does the test show?
4. Diets high in \_\_\_\_\_ and \_\_\_\_\_ fats tend to raise LDL levels.
5. What is considered the “good” cholesterol? Why is considered good for the body?
6. What will the body convert excess calories, sugar, and alcohol into? What are some risk factors for having these in excess?
7. What is considered a healthy cholesterol score in most cases? \_\_\_\_\_
8. What foods are often high in saturated fat and cholesterol?
9. List 2 factors that are often associated with higher risks of cholesterol.
  - 1.
  - 2.
10. Name 2 methods to reduce your cholesterol count, not including medication or supplements.
  - 1.
  - 2.
11. When can cholesterol begin clogging the arteries? \_\_\_\_\_
12. Name 2 harmful medical conditions associated with high cholesterol.
  - 1.
  - 2.
13. What is in heart-healthy cereals that can reduce LDL? \_\_\_\_\_
14. What maximum % of your daily calories should come from fat? \_\_\_\_\_

15. What are some alternatives to meat and full-fat milk to offer protein without being major sources of cholesterol?
  
16. What herbal remedies have been studied to reduce cholesterol?
  
17. Can atherosclerosis be reversed? Explain.

**Part 2:**

Read Mayo Clinic's Cholesterol: Top five foods to lower your number

<http://www.mayoclinic.com/health/cholesterol/CL00002>

18. List the top 5 foods that can reduce your cholesterol as recommended by Mayo Clinic.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  
19. If you don't like fish, how can you get a sufficient amount of omega-3 fatty acids in your diet?
  
  
  
  
  
  
  
  
  
  
20. How do walnuts and almonds help reduce cholesterol?
  
  
  
  
  
  
  
  
  
  
21. How is extra-virgin olive oil healthier than regular olive oil?
  
  
  
  
  
  
  
  
  
  
22. Name two ways to incorporate more olive oil in your diet.
  - 1.
  - 2.
  
  
  
  
  
  
  
  
  
  
23. How do plant sterols affect a body's cholesterol?

### **Part 3: Check and Expand Your Knowledge**

Take the Cholesterol Quiz found at the following link. Be sure to read the explanations after each question.

[http://www.medicinenet.com/high\\_cholesterol\\_hyperlipidemia\\_quiz/quiz.htm](http://www.medicinenet.com/high_cholesterol_hyperlipidemia_quiz/quiz.htm)

24. What % did you score on the quiz? \_\_\_\_\_

25. Name 3 interesting facts you learned/reviewed while taking the quiz by **reading the explanations**.

1.

2.

3.

Take the Fat Quiz found at the following link. Be sure to read the explanations after each question.

[http://www.medicinenet.com/fat\\_and\\_fats\\_quiz/quiz.htm](http://www.medicinenet.com/fat_and_fats_quiz/quiz.htm)

26. What % did you score on the quiz? \_\_\_\_\_

27. Name 3 interesting facts you learned/reviewed while taking the quiz by **reading the explanations**.

1.

2.

3.