



Cholesterol Counts: Reducing Cholesterol Counts Through Good Nutrition Quiz

Name: _____
Member's last four digits of SS # _____
Phone number: _____
E-mail address: _____
Date completed: _____

(Please circle one answer)

1) Cholesterol is produced in the kidneys.

True or False

2) How many milligrams per deciliter should your total cholesterol be to stay in the desirable category?

A. 200-239 mg/dL

B. Less than 200 mg/dL

C. 240 mg/dL

3) Trans fats cause an increase in your LDL cholesterol resulting in a lower HDL cholesterol level.

True or False

4) Fruits and vegetables contain high amounts of fiber which can help to decrease your LDL cholesterol.

True or False

5) Which of the following is the number one cause of death in the United States?

A. Heart Disease

B. Alzheimer's Disease

C. Lung Cancer

After watching the video, answer the questions above and submit your completed quiz to TeamstersCare via wellness@teamsterscare.com or fax to **617-241-8168**.