Cholesterol Questions:

1. The liver manufactures the amount of cholesterol the body needs. Additional dietary cholesterol is not necessary.
   A. True
   B. False

2. A high level of blood cholesterol is a prime risk factor for coronary heart disease.
   A. True
   B. False

3. A high level of blood cholesterol is a controllable risk factor for most people.
   A. True
   B. False

4. Substances found in cigarette smoke can damage the lining of the arteries causing . . . ?
   A. cholesterol and fat to collect in damaged sites
   B. narrowed arteries
   C. reduced blood flow to the heart
   D. All of the above

5. A well-balanced diet low in fat and saturated fat and high in fruits, vegetables and whole grain products in addition to regular physical activity will contribute to controlling your risk for high blood cholesterol.
   A. True
   B. False
Cholesterol

Answers:

1. The liver manufactures the amount of cholesterol the body needs. Additional dietary cholesterol is not necessary.
   
   A. True

2. A high level of blood cholesterol is a prime risk factor for coronary heart disease.
   
   A. True

3. A high level of blood cholesterol is a controllable risk factor for most people.
   
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4. Substances found in cigarette smoke can damage the lining of the arteries, causing . . . ?
   
   D. All of the above

5. A well-balanced diet low in fat and saturated fat and high in fruits, vegetables and whole grain products in addition to regular physical activity will contribute to controlling your risk for high blood cholesterol.
   
   A. True