

Cholesterol-Lets Do A Quick Cholesterol Quiz

Cholesterol slowly but silently works on us from the inside out. I am talking about the bad cholesterol. Think about this. The only way that bad cholesterol enters our body we have to put it in. Take your time with this now. Do not race through this article.

Every disease that has anything to do with bad cholesterol is preventable. Each disease is within your power to avoid.

You are what you eat. If you did not eat you would not grow. If you did not eat you would die. You are what you eat. How else did you get as big as you are?

Your life depends on what you do and do not know about cholesterol. That is why we are going to have a fun quiz.

Pull out your pencil and pad. We are going to do a quick quiz on cholesterol. Do not look at the bottom of the article yet. Keep your eyes up on this section. Okay you may begin.

1. The National Institutes of Health said that we should protect ourselves by keeping a close check on which cholesterol item A, B, C, or D?

A. Total

B. LDL

C. HDL

D. None of These

2. They say that exercise can help you lower LDL cholesterol. What do you think?

A. True

B. False

3. Cholesterol is definitely found in only one of these foods. If you know all there is to know about cholesterol which one is it?

A. Oranges

B. Tuna

C. Broccoli

D. Peanuts

4. In order for exercise to be beneficial we must exercise at least 30 minutes a day all at once.

A. True

B. False

5. This is the hard question. Whenever plaque is found inside the arteries it is mainly made up of LDL cholesterol? Is that true or false?

A. True

B. False

Bonus

Everyone loves a bonus question. I refuse to disappoint you. Here goes.

Go back up to question #1 and answer this. When considering cholesterol what do the initials in B. and C. stand for?

Are you ready for the answers? Here goes!

1. The National Institutes of Health said that we should protect ourselves by keeping a close check on which cholesterol item A, B, C, or D?

The correct answer is (B).

The National Institutes of Health said that we should watch the bad cholesterol. You should always know this figure. What is your LDL cholesterol as you read this?

2. They say that exercise can help you lower LDL cholesterol. What do you think?

The correct answer is (A).

Exercise does help lower LDL cholesterol (bad). Losing weight also helps lower LDL cholesterol.

How are you doing so far? Two for Two? Great! Carry on.

3. Cholesterol is definitely found in only one of these foods. If you know all there is to know about cholesterol which one is it?

The correct answer is (Tuna). Give yourself a pat on the back. Your batting average will put you in the record books. If a food comes from a plant, chances are it does not contain cholesterol.

Seeds, nuts, grains, vegetables and fruits are great for your high cholesterol. Animal products and animal by products all contain cholesterol.

4. In order for exercise to be beneficial we must exercise at least 30 minutes a day all at once.

The correct answer is (false). You can break your aerobic activity down to 10 to 15 minute workouts. You do not have to get your exercise all at once.

5. This is the hard question. Whenever plaque is found inside the arteries it is mainly made up of LDL cholesterol? Is that true or false?

The correct answer is (A). If plaque is found inside the arteries it is mainly made up of LDL cholesterol.

How did you do with the questions? The object of this fun cholesterol quiz is to test your knowledge about the silent killer LDL cholesterol. The answer to the bonus question is LDL - Low-density lipoprotein. HDL - high-density lipoprotein.

Source: <http://www.articlecircle.com>

About the Author

Do you know all you should know about cholesterol? You will find the report Cholesterol And You very informative. Grab the link here:

<http://www.wyclefinnovations.com/cholesterolsalespage.html>