

## Assessment Questions

1. What does the American Heart Association recommend regarding ingestion of fish?
  - a) A 3 ounce servings of oily fish at least once per week
  - b) A 3 ounce servings of oily fish daily twice per week
  - \* c) A 6 ounce servings of oily fish at least twice per week
  - d) A 6 ounce servings of oily fish daily once per week
  - e) A 6 ounce servings of oily fish at least three times per week
  
2. Which of the following fatty acids is an essential fatty acid that cannot be made by humans?
  - a) Eicosapentaenoic acid
  - b) Oleic acid
  - c) Stearic acid
  - \* d)  $\alpha$ -linolenic acid
  - e) Arachidonic acid
  
3. Which of the following fish is considered an oily fish?
  - \* a) Trout
  - b) Pollock
  - c) Catfish
  - d) Canned tuna
  - e) Cod
  
4. What is the recommended dose of fish oil as primary cardiovascular prevention?
  - a) 100 mg
  - b) 200 mg
  - c) 300 mg
  - \* d) 500 mg
  - e) 4000 mg
  
5. Which cardiovascular benefit of fish oil has a linear relationship with increasing dose of fish oil?
  - a) Anti-arrhythmic
  - b) Primary cardiovascular mortality prevention
  - c) Anti-thrombosis
  - \* d) Triglyceride lowering
  - e) Blood pressure lowering

6. The primary adverse health effects of mercury involve?
- a) Digestive tract
  - b) Bone marrow
  - c) Skin
  - d) Pulmonary system
  - \* e) Central nervous system
7. The amount of mercury ingested from fish can be reduced by which of the following approaches?
- a) Broiling the fish
  - \* b) Eating certain species of fish
  - c) Removing fatty parts of the fish
  - d) Eating only store-bought fish
  - e) Eating only fresh fish
8. The amount of chlorinated hydrocarbons ingested from fish can be reduced by which of the following approaches?
- a) Eating only store bought fish
  - b) Eating only fresh fish
  - c) Frying the fish
  - \* d) Removing fatty parts of the fish
  - e) Eating only recreational caught fish
- 9) Groups considered at high risk for mercury toxicity are?
- a) Elderly
  - \* b) Children
  - c) Minorities
  - d) Patients with heart disease
  - e) Patients with cancer
10. Advice on how many recreationally caught fish to eat per month can best be obtained from?
- a) Local supermarket
  - b) Local Chamber of Commerce/tourist bureau
  - c) FDA website
  - \* d) Health Department website
  - e) Local fish hatchery

11. Because of mercury concentration the following species of fish/shellfish should not be eaten:
- a) Salmon
  - b) Shrimp
  - c) Scallops
  - d) Tilapia
  - \* e) Swordfish
12. Ingestion of which of the following types of fish and fish preparation is likely to have the lowest level of possible metal or chemical contaminants?
- a) Large grilled catfish from a river with a long history of industrial pollution
  - \* b) Small baked trout from a river with a long history of industrial pollution
  - c) Large baked trout from a river with a long history of industrial pollution
  - d) Small baked catfish from a river with a long history of industrial pollution
  - e) Small fried catfish from a river with a long history of industrial pollution