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