

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) α -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