



# Know Your Numbers

## Tips to Improve Cholesterol

### Cholesterol Quiz

Please select the **best** answer for each question using the tips provided during the Know your numbers campaign. All employees who correctly answer all four questions and submit to Human Resources by the May 20th will be entered into a prize drawing.

1. Which of the following was **not** listed as a way to increase your HDL or "Good" cholesterol?
  - A. Stop Smoking
  - B. Lose weight
  - C. Increase saturated fats
  - D. Increase activity
2. True or False – Physical activity can help improve both your HDL and LDL cholesterol levels.
3. True or False – Avoiding "artificial" or Trans Fats can help you improve your cholesterol.
4. According to the handouts, which of the following would **not** be considered a source of soluble fiber?
  - A. Oatmeal
  - B. Prunes
  - C. Apple
  - D. All of the above are examples of soluble fiber

Please fill out the information below to be entered into the prize drawing

Name \_\_\_\_\_

Department \_\_\_\_\_

Phone number \_\_\_\_\_