

Heart Awareness Month Quiz Answers

1) Answer: Popcorn, if It's Air Popped

In the circle of snacks, pretzels are a healthy choice, mainly because they're low in fat. Three cups of air-popped popcorn, on the other hand, has enough fiber to actually help you lower the LDL (bad) cholesterol levels in the body. Popping those kernels at home is healthier than eating the bagged variety. And remember to skip the butter.

2) Answer: Neither Singing nor Talking

Trick question!

According to the American Heart Association, you can tell you're working out at a moderately intense level if you can talk in short sentences but not able to comfortably have a conversation. If you feel short of breath and can't talk at all, you're pushing too hard. If you're able to sing, you're not pushing hard enough. You can more scientifically measure your physical activity more accurately by checking your heart rate. Target heart rate is generally within 50 to 85 percent of your maximum heart rate, and your maximum heart rate is about 220 minus your age.

3) Answer: Fish Is Best for the Heart When It's Baked

Research has shown that omega-3 fatty acids, found in oily fish, can reduce one's risk of cardiovascular disease. A recent study of nearly 49,000 women, published in *Hypertension: Journal of the AHA* found that those who ate little to no fish had 50 percent more heart problems than those who ate fish at least once a week.

4) Answer: A Half Hour on Most Days

If you got this one wrong, it may be because the right answer is easier than you thought it would be. You don't have to hit the gym or the pavement every day for your heart to reap the benefits. The American Heart Association recommends 30 minutes of moderate to vigorous aerobic activity five days a week, for a total of two and a half hours of workout time a week.

5) Answer: Both Coffee and Tea!

You don't have to choose -- studies have linked both coffee and tea to heart health. Research shows that in moderation (two to four cups a day), coffee may lower risk of heart disease. Additionally, a 2011 study published in the journal *Stroke* found that women who drank a cup or more of coffee a day have up to a 25 per cent lower risk of stroke than those who sip java less often.

6) Answer: Yes, Beef Is a Go on a Low-Cholesterol Diet

The tastiest cuts of red meat are often high in cholesterol-raising saturated fat, which is why people who are watching their levels often steer clear of beef. But as long as the meat you eat is lean and low in saturated fat, it can be a surprisingly healthy (and still tasty) part of a heart-friendly diet, according to a recent study published in the *American Journal of Clinical Nutrition*. Which meat should you buy? The leanest beef cuts include the round, chuck, sirloin, or loin. "Choice" and "select" grades are lower in fat than "prime," so go for those, whenever possible.

7) Answer: Watermelon Is the Lycopene Winner

Lycopene is an antioxidant compound that gives some red-colored fruits and vegetables their color. Research shows that antioxidants can help lower blood pressure and prevent oxidation of LDL cholesterol. When most people think of lycopene, they think of tomatoes. But two cups of watermelon actually pack more lycopene than a med sized tomato