Congratulations!

Winner: Jessica DeArman

CityFit

Wellness at Work

Online Health Quiz

October quiz results
topic: Lower Your Cholesterol

1. A. An egg's yellow center holds two fats that can be bad for your heart: cholesterol and saturated fat. Egg whites; however has no fat of any kind and about four times more protein. If you have high cholesterol, don't eat more than 200 milligrams of cholesterol a day. That's a little more than one egg yolk. Try to limit your intake to two eggs per week, which will help you eat less saturated fats

2. B. Whole milk has just one-third of the saturated fat found in powdered creamer or half and half. If you like your coffee "light" and you drink 2-3 cups, those bad fats can add up quickly. Here's a breakdown of the saturated fat in 1 teaspoon of creamer options:

- Heavy Cream – 3.5 grams
- Half and half – 1 gram
- Powdered creamer – 1 gram
- Whole Milk – 1/3 gram
- Skim Milk – 0 grams

3. B. Fast walking can help raise your good cholesterol, just like other peppy workouts. Brisk exercise is even more powerful in lowering triglycerides, unhealthy fats in your blood. These can drop 20% - 30% when you start moving. Aim for 30 minutes, five days a week, of moderate exercise. The goal is to break a sweat and raise your heart rate

4. B. The liver makes about 75% of the cholesterol in your body. We need some cholesterol to make cells and hormones, and for many other essential functions. The other 25% comes from what you eat. Foods high in saturated fat and trans fat, like potato chips, ice cream, and other processed foods are bad if you are trying to watch your cholesterol levels. Your body easily converts them to cholesterol.

5. C. Load up on the fish, veggies, fruits, and whole grains! A Mediterranean diet seems to work better than a low-fat diet to lower total cholesterol. And it lowers your risk for heart disease in many other ways. You may lose weight on a low carb diet, but it is easy to eat too much saturated fat on meat filled diets which can raise your cholesterol levels.

6. A. Hold the cheese, and the pizza. America's love for this high cholesterol food is responsible for raised cholesterol levels.

7. A. Eating oatmeal can lower your cholesterol. It has soluble fiber, which brings down bad LDL cholesterol. Eating 2 large apples with skin each day can lower LDL by 5%.

8. A. Losing weight can lower your bad cholesterol, LDL. Cholesterol begins to drop when you lose 10% of your weight.

9. B. Statins keep your liver from making cholesterol. They also help your liver remove some LDL cholesterol from your blood stream.

10. A. You can still save $240.00 by having your physician fill out the Wellness Affidavit and by completing the Wellness Profile. The deadline to have your Wellness Affidavit completed is October 31, 2014. The deadline to have your Wellness Profile completed is November 30, 2014.

CityFit Online Health Quiz IS the First Tuesday of Every Month on the CityFit HOMEPAGE AT: **PITTSBURGHPA.GOV/PERSONNEL/CITYFIT**
THE TOPIC FOR **NOVEMBER'S QUIZ IS "Salt, what you really need to know?"**

One winner per month.
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