**Cardiovascular Health and Diet**  Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

<http://www.heartandstroke.ca/get-healthy?gclid=CNeU66H_zdACFRpMDQodn58JmA>

<http://www.heartandstroke.ca/heart/risk-and-prevention>

1. What is the key to reducing your chance of heart attack or stroke?

2. What are the 6 lifestyle risk factors?

3. Name the four conditions that are risk factors?

**Take the risk assessment**

<https://ehealth.heartandstroke.ca/?_ga=1.2219888.1177740512.1480423492>

4. What is your life expectancy?

5. What controllable factors are putting you at risk?

6. What controllable factors are NOT putting you at risk?

7. What Non-controllable factors are putting you at risk?

8. What non-controllable factors are NOT putting you at risk?

9. What changes could you make to reduce your risk?

<http://www.heartandstroke.ca/articles/eat-to-lower-your-cholesterol>

10. What is cholesterol?

11. Do we need to consume foods that contain cholesterol? Why or Why not?

12. What type of foods are the culprits in increasing blood cholesterol levels?

13. What are some recommendations for a healthy, balanced eating plan (name 4)?

14. Why is fiber important in controlling cholesterol?

15. Name a three ways to sneak more fiber into your diet.

16. What does too much cholesterol in your blood do to your blood vessels?

17. What is a possible major health concern of a diet with too much cholesterol?

**DASH Diet**

<http://www.heartandstroke.ca/get-healthy/healthy-eating/dash-diet>

18. What is the Dash Diet?

19. What were the three sodium plans used in the DASH study?

20. What were the results of sodium plan study in salt use?

21. Why is a healthy blood pressure important?

22. What are the foods recommended under DASH?

23. To control your blood pressure and reduce the risk of heart disease, the guidelines recommend that you do a number of things, list 4 recommendations.