

MCQs for the paper: **Optimal diet for prevention of CVD while preserving the planet**

W.M.Monique Verschuren, Jolanda M.A. Boer, Liesbeth M.T Temme

1. What is the maximum recommended intake of dietary cholesterol?

1. 100 mg/day
2. 200 mg/day
3. 300 mg/day
4. 400 mg/day
5. No maximum: dietary cholesterol is not a strong determinant of serum cholesterol

Answer 5 is correct. Limiting the intake of saturated fat is of much greater importance, so most guidelines have dropped the recommendation to limit dietary cholesterol intake.

2. Why is it important to increase the intake of potassium?

1. To lower serum total cholesterol levels
2. To lower serum LDL cholesterol levels
3. To increase serum HDL cholesterol levels
4. To lower blood pressure
5. To improve maintenance of a healthy body weight

Answer 4 is correct, a higher potassium intake reduces blood pressure

3. What is a dietary source rich in potassium?

1. Fruit
2. Vegetables
3. Wholegrain products
4. Meat and meat products
5. All of the above

Answer 5 is correct

4. The food production system makes an important contribution to global emission of greenhouse gas. How big is that contribution?

1. 0-10 percent
2. 10-20 percent
3. 20-30 percent
4. 30-40 percent
5. 40-50 percent

Answer 3 is correct

5. It is advised to limit saturated fat intake. What is the nutrient that, when replacing saturated fat, leads to the largest reduction in LDL cholesterol?

1. Complex carbohydrates
2. Sugars
3. Monounsaturated fatty acids
4. Polyunsaturated fatty acids
5. Transfatty acids

Answer 4 is correct

6. Alcohol consumption:

1. Can be advised to lower cardiovascular risk
2. Should be limited to 1 glass per week, with a maximum intake of 10 g/week
3. Should be limited to 7 glasses per week, with a maximum intake of 100 g/week
4. Should be limited to 1 glass per day, with a maximum intake of 100 g/week
5. Should be limited to 2 glasses per day, with a maximum of 100 g/week

Answer 4 is correct. There is a maximum intake recommended of 100 g/week, and on top of that it is recommended to not drink more than one glass per day. Therefore option 4 is the most specific (option 3 leaves the possibility of binge drinking)