



Getting the facts on fats and cholesterol can be confusing. In this latest podcast with guest **Dr Tim Crowe**, we sort through the misinformation, myths and discuss the best dietary patterns for heart health. Tune in now to debunk common cholesterol myths and get the facts.

This episode is supported by



Multiple Choice Quiz:

1. According to the 2017 review by Collins et al, which dietary pattern has the highest level of evidence for the primary prevention of CVD events and mortality?
A) DASH diet
B) Low-GI diet
C) Mediterranean diet
D) Low carbohydrate diet
2. True or false: consuming dietary cholesterol has only a small effect on blood cholesterol level
A) True
B) False
3. According to the 2016 review by Eyres et al on *Coconut oil consumption and cardiovascular risk factors in humans*, the effect of coconut oil on LDL cholesterol was that:
A) Regular consumption of coconut oil slightly reduced cardiovascular disease risk
B) Regular consumption of coconut oil had no effect on cardiovascular disease risk
C) Coconut oil did raise LDL Cholesterol

- D) None of the above
4. True or false: plant sterols work by inhibiting some absorption of dietary cholesterol
- A) False
 - B) True
5. The Heart Foundation Australia position statement on Plant Sterols recommends what level of plant sterols from enriched foods daily to reduce cholesterol levels?
- A) 1-2g
 - B) 2-3g
 - C) 3-4g
 - D) 4-5g
6. Key dietary strategies to improve heart health include:
- A) Eating generous amounts of fruits and vegetables.
 - B) Eat more wholegrains and soluble fibres
 - C) Eat foods rich in unsaturated fats such as nuts, seeds, and olive oil and have less of foods high in saturated fat such as fatty meat, butter and coconut oil
 - D) Include 2-3 of plants sterols daily from enriched foods
 - E) All of the above

Answers:

1. A

2. A

- 3. C
- 4. B
- 5. B
- 6. E