

## **Nutrition & Health**

*Please circle the best answer in each question below*

1. Which of the following is high in Omega-3 Fatty Acids?
  - a. King Mackerel
  - b. Clams
  - c. Mullet
  - d. Sole
  
2. How large is a serving of fish?
  - a. 2 ounces
  - b. 3 ounces
  - c. 5 ounces
  - d. 7 ounces
  
3. Omega-3 Fatty Acids can:
  - a. Decrease the risk of cardiovascular disease
  - b. Provide protection against bronchitis
  - c. Ease depression
  - d. All of the Above
  
4. Which of the following statements is false?
  - a. Seafood reduces risk of Heart Disease
  - b. Seafood lowers Blood Pressure
  - c. Seafood reduces pain associated with Gout
  - d. Seafood reduces symptoms of Rheumatoid Arthritis
  
5. Mercury in seafood is primarily a concern for
  - a. Older adults
  - b. Pregnant women
  - c. Teenagers
  - d. Young adults