1. The American Heart Association recommends all adults eat fish once a week.
   a. true
   b. false

2. Almost all fish and shellfish contain under ______ milligrams of cholesterol per 3-ounce cooked serving.
   a. 200
   b. 300
   c. 100
   d. None of the above

3. Seafood is considered the best dietary source of omega-3 fatty acids.
   a. true
   b. false

4. Many species of seafood can be labeled “low-fat” according to FDA’s criteria, because they contain fewer than 5 grams of fat per serving.
   a. true
   b. false

5. A 3-ounce cooked portion of fish contains fewer than ____ milligrams of sodium.
   a. 150
   b. 110
   c. 310
   d. 200

6. Fish is a good source of which vitamins ____.
   a. C
   b. A and D
   c. B6 and B12
   d. K

7. Which of the following is rich in omega 3s ____?
   a. Salmon
   b. Trout
   c. Herring
   d. All of the above

8. Seafood is an excellent source of minerals.
   a. true
   b. false