1. Autoimmune and other diseases commonly associated with aging have a prominent _____ component that advances the negative effects of and susceptibility to many chronic diseases.
   A. Inflammatory.
   B. Infectious.
   C. Immunosuppressive.
   D. Gastrointestinal.

2. Which of the following statements about dietary fats is/are TRUE?
   A. Dietary fats have important biological functions within cell membranes.
   B. Dietary fats are components in the synthesis of important biological mediators such as eicosanoids, which impact the immune system.
   C. Dietary fats act as regulatory signals in gene activation.
   D. All of the above.

3. _____ fatty acids are unable to be synthesized by the body and must be obtained through dietary sources.
   A. Nonessential.
   B. Essential.
   C. Complete.
   D. Incomplete.

4. Which of the following is/are an essential fatty acid?
   A. Linoleic acid (LA).
   B. Alpha-linolenic acid (ALA).
   C. Eicosapentaenoic acid (EPA).
   D. All of the above.

5. Which of the following is an omega-6 fatty acid?
   A. LA.
   B. ALA.
   C. EPA.
   D. Docosahexaenoic acid (DHA).

6. Which of the following is a good dietary source of ALA (omega-3)?
   A. Peanut butter.
   B. Oatmeal.
   C. Canola oil.
   D. Lard.

7. Which of the following is an adequate daily intake of ALA (omega-3)?
   A. Men = 17 g; women = 12 g.
   B. Men = 1.8 g; women = 1.2 g.
   C. Men = 1.6 g; women = 1.1 g.
   D. Men and women = 450 to 500 mg.
8. Although the ratio of omega-6 to omega-3 polyunsaturated fatty acids (PUFAs) in current Western diets is 20 to 1, a ratio as close to ___ as possible is thought to be most desirable.
   A. 1.
   B. 2.
   C. 3
   D. 4.

9. Increasing omega-3 fatty acid intake through the use of fish oil capsules has become popular; however, the American Heart Association recommends fish oil capsules:
   A. Only for individuals diagnosed with hypertriglyceridemia.
   B. Only for individuals diagnosed with cardiovascular disease.
   C. Only with careful monitoring by a practitioner.
   D. All of the above.

10. When administered in doses above 2 g per day, EPA and DHA can result in elevation of:
    A. High-density lipoprotein cholesterol.
    B. Low-density lipoprotein cholesterol.
    C. Triglycerides.
    D. All of the above.

11. Which of the following oils, when combined with DHA, may decrease neurological morbidity?
    A. Canola oil.
    B. Peanut oil.
    C. Sunflower oil.
    D. Soybean oil.

12. Information presented in the article is important because nurses are in key positions to:
    A. Assess dietary intake.
    B. Clarify concerns or questions.
    C. Recommend dietary changes.
    D. All of the above.

13. Older adults may benefit most by meeting current PUFA intake recommendations by:
    A. Increasing omega-3 intake.
    B. Taking fish oil supplements.
    C. Eating high-fat fish at least twice weekly.
    D. All of the above.

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