

Digestive Dilemmas: A Holistic Approach to GI Health in Eating Disorder Care

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Credit: One (1) Continuing Education Credit Awarded

Posttest (For reference only. You must take and pass the test online for CE credit.)

1. Research shows that the consumption of how many plants per week promotes a healthy gut microbiome?
 - a. 40
 - b. 20
 - c. 30
 - d. 10
2. Before utilizing any other interventions, it is important to first help your client:
 - a. Get their bowels moving each day
 - b. Restrict more foods from their diet
 - c. Add in fish
 - d. Utilize bitters for digestion
3. Bitters are utilized for promoting digestion by:
 - a. Stimulating digestive juices
 - b. Acting as a natural laxative
 - c. Enhancing gut bacteria
 - d. Slowing down gut motility
4. For acid reflux relief, this probiotic strain is helpful
 - a. *Saccharomyces boulardii*
 - b. *Saccharomyces cerevisiae*
 - c. *Lactobacillus planatarum*
 - d. *Bifidobacterium breve*
5. Which symptom is typically the last to resolve in digestion?
 - a. Constipation
 - b. Diarrhea
 - c. Bloating
 - d. Acid Reflux
6. Which herb or spice is helpful for gas relief?
 - a. Fennel
 - b. Cumin
 - c. Cardamom
 - d. Oregano
7. Which of the following does not feed probiotic bacteria
 - a. Insoluble fiber
 - b. Polyphenols
 - c. Resistant starch
 - d. Prebiotic fiber
8. If a client is noticing undigested food in their stool the dietitian should encourage the client to
 - a. Get a colonoscopy
 - b. Take a glutamine supplement
 - c. Practice proper meal hygiene
 - d. Drink more water

9. Which bacteria can slow intestinal motility
 - a. Lactobacillus Acidophilus
 - b. Bifidobacteria breve
 - c. Saccharomyces boulardii
 - d. Methanobrevibacter Smithii
10. Which of the following is a source of resistant starch
 - a. Cherries
 - b. Green tea
 - c. Artichoke
 - d. Green bananas