



Pre, Pro and Post-biotics: What You Need to Know for Eating Disorders

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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. Which of the following describes a probiotic
 - a. A live bacteria
 - b. A fiber
 - c. A friend
 - d. Dirt
2. Which prebiotic has specifically been studied for its effect on mood?
 - a. Bimuno
 - b. Bifidobacterium
 - c. Green bananas
 - d. Psyllium husk
3. When recommending a probiotic, what typically matters the most?
 - a. The strain
 - b. How many bacteria are present
 - c. When you take it
 - d. You should never take a probiotic
4. Which food contains probiotics?
 - a. Hot dogs
 - b. Cultured yogurt
 - c. Water
 - d. Celery
5. What is a synbiotic?
 - a. Synbiotics refer to food ingredients or dietary supplements combining probiotics and prebiotics in a form of synergism
 - b. A supplement that contains fiber
 - c. A supplement that contains probiotics
 - d. A multivitamin
6. What is a short chain fatty acid?
 - a. A byproduct of fermentation
 - b. Something you get at the grocery store
 - c. Found in salmon
 - d. Found in sauerkraut

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 lacks plant diversity in their diet what is more important to add first?
 - a. Prebiotic fiber
 - b. Probiotics
 - c. Oranges
 - d. Lots of meat
9. Dysbiosis refers to:
 - a. An imbalance of bacteria
 - b. When the gut motility is slow
 - c. When someone has low acid in their stomach
 - d. When someone doesn't chew properly
10. Which of the following is a keystone strain of gut bacteria
 - a. Acacia Fiber
 - b. Giardia
 - c. E Coli
 - d. Akkermansia