



Supplements and Nutrition Interventions for Eating Disorders: Explained

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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. Probiotics should be used for clients when:
 - a. Never
 - b. Always
 - c. Only when the strain matches the condition
 - d. If they feel like it
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. Which type of prebiotic fiber has studied mood enhancing benefits?
 - a. Bimuno
 - b. Acacia Fiber
 - c. Metamucil
 - d. Sunfiber
5. If a client presents with constipation, what is the important first step?
 - a. Getting the bowels moving
 - b. Resolving their bloating
 - c. Taking probiotics
 - d. Using prebiotic fiber
6. What can be the number one cause of bloating?
 - a. Constipation
 - b. Lack of prebiotics
 - c. Lack of probiotics
 - d. Acid Reflux
7. Meal hygiene refers to:
 - a. How, where and when the client eats
 - b. If the client washes their hands before eating
 - c. Where the client eats
 - d. If the client chews their food

8. Ginger is a helpful supplement for:
 - a. Stimulating bowel motility
 - b. Softening the stool
 - c. Feeding gut bacteria
 - d. Acid reflux
9. Which mineral is often low if high doses of magnesium are not working?
 - a. Calcium
 - b. Sodium
 - c. Potassium
 - d. Vitamin C
10. When can supplements be useful for eating disorder clients with digestive issues
 - a. In combination with the right nutrition interventions
 - b. Never
 - c. Always use supplements
 - d. After they have resolved their food fear