

ACTIVIA®

GUT HEALTH LIFESTYLE QUIZ

Take our quiz to find out if you're living a healthy gut lifestyle!



SCAN NOW

1. How many different plants do you eat per week? (e.g., fruits, vegetables, whole grain breads and cereals, nuts and beans)
- a. 30+ b. 15-30 c. <15
2. How often do you consume foods with added probiotics, such as probiotic-added: yogurt, kefir, dried fruit, cereal, bread, juice or other drinks?
- a. Daily or more often b. A few times per week c. Not at all
3. When you do consume probiotics, are you more likely to choose
- a. Probiotic foods b. Probiotic supplements c. I don't consume probiotics
4. How often do you consume fermented foods, like yogurt, kefir, cultured cottage cheese, sauerkraut, kimchi or kombucha?
- a. Daily b. Weekly c. Monthly or less often
5. How often do you consume prebiotic foods like onions, garlic, bananas, beans, whole grains, chicory root, asparagus, beets and artichoke?
- a. Daily or more often b. A few times per week c. Not at all
6. Most nights I get _____ hours of sleep. (complete the sentence)
- a. 7-8 b. 6-7 c. <6
7. How many days per week do you get at least 30 minutes of moderate intensity exercise?
- a. 5+ b. 3-4 c. 0-2
8. Do you have some form of activity you practice regularly relax? (Examples: breathwork, journaling, hobbies, reading, listening to or playing music, time with family and friends).
- a. Yes b. No
9. How often do you meditate or practice mindfulness?
- a. At least 10 minutes per day b. Occasionally c. Not at all
10. How many 8-ounce glasses of water do you consume per day?
- a. 6-8 b. 5-6 c. <4

