



# Gut Health Lifestyle Quiz

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



Scan Now

- 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
- 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
- When you do consume probiotics, are you more likely to choose
  - a. Probiotic foods
  - b. Probiotic supplements
  - c. I don't consume probiotics
- 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
- 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
- Most nights I get \_\_\_\_\_ hours of sleep. (complete the sentence)
  - a. 7-8
  - b. 6-7
  - c. <6
- How many days per week do you get at least 30 minutes of moderate intensity exercise?
  - a. 5+
  - b. 3-4
  - c. 0-2
- Do you have some form of activity you practice regularly to relax? (Examples: breathwork, journaling, hobbies, reading, listening to or playing music, time with family and friends).
  - a. Yes
  - b. No
- How often do you meditate or practice mindfulness?
  - a. At least 10 minutes per day
  - b. Occasionally
  - c. Not at all
- How many 8-ounce glasses of water do you consume per day?
  - a. 6-8
  - b. 5-6
  - c. <4

