

## Which Gut Type Are You?

Each of us has a unique composition of gut microbiota, similar to a fingerprint, that can be influenced by various external factors.<sup>1</sup> While factors like genetics and aging are less controllable, we can make positive lifestyle choices to help support gut health.<sup>1</sup> Take our quiz to find out your gut type.

### 1. What's your typical breakfast?

- a.** I try to eat a nutritious breakfast, around the same time every day, usually before leaving home.
- b.** It depends what I'm doing that day; I might just grab something on-the-go or figure it out when I get where I'm going.
- c.** I eat the same breakfast every day and I don't love having to switch it up when I travel.
- d.** I don't really do breakfast. I might not eat anything until later in the day.

### 2. How do you feel about veggies?

- a.** I try to eat a variety of veggies and include them at most meals.
- b.** I love trying new vegetables, especially in a recipe or when eating out.
- c.** I try to eat at least one serving of veggies per day but I don't really deviate from the ones I like and sometimes I just forget.
- d.** I don't really like vegetables, so I don't eat them very often.

### 3. Do you consume fermented foods and beverages?

- a.** I try to eat probiotic-rich and fermented foods regularly.
- b.** Occasionally I'll have yogurt, kefir or kombucha.
- c.** Rarely I might eat some yogurt.
- d.** I don't consume fermented foods and beverages at all.

### 4. How often do you eat out?

- a.** I prefer to cook most of my meals at home, but I'll go out to eat every once in a while.
- b.** I love trying new restaurants and cuisines, so I eat out pretty often.
- c.** I usually only eat out on special occasions or when I'm traveling.
- d.** I eat out pretty regularly, maybe a few times a week.

### 5. How much water do you drink throughout the day?

- a.** I carry my water bottle everywhere and drink about 8 cups a day.
- b.** Some days I drink tons of water and other days I get busy and forget.
- c.** I prefer to drink tea or other beverages besides water, but I try to drink some water every day.
- d.** I don't really like water; I don't drink it that much.

### 6. What's your exercise routine like?

- a.** I usually get at least 30 minutes of movement at least 3 days per week.
- b.** I stay active through my travels and outdoor activities.
- c.** I exercise 1-2 times a week, but I struggle to stay consistent.
- d.** Exercise isn't really my thing; I prefer to relax and watch TV.



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## 7. How's your poop?

- a.** I go every day, often more than once, and it feels normal and regular.
- b.** I can poop anywhere, any time, no problem.
- c.** I might have stomach discomfort if I've been eating out, and I don't really like to poop anywhere but at home.
- d.** I don't necessarily poop everyday.

## 8. How do you sleep?

- a.** I prioritize sleep and get 7-8 hours of sleep most nights.
- b.** I have a pretty erratic sleep schedule, but I try to get around 7 hours of sleep.
- c.** I like my evening routine and probably get between 6-8 hours of sleep per night.
- d.** I stay up late and don't get much sleep, or I have trouble falling or staying asleep.

## 9. How do you deal with stress?

- a.** I like to take walks or meditate when I'm feeling stressed.
- b.** I go for a run or do some yoga to help clear my mind.
- c.** I tend to ignore my stress and distract myself with social media or video games.
- d.** I tend to stress eat, which doesn't always help.

## So, what did you get?

### If you got mostly **A's** ...

Congrats, you're a happy gut type! Your lifestyle supports and promotes good gut health. Keep up the good work by continuing to prioritize sleep, stress management, hydration, movement, and a plant-rich diet with plenty of probiotic-rich foods.

### If you got mostly **C's** ...

Your gut is a creature of habit that prefers predictability and routine. Try to incorporate some variety into your diet—especially colorful, plant-based and probiotic-rich foods—and get regular exercise to maintain your gut health. Consider adding a mindfulness practice to help with stress management.

### If you got mostly **B's** ...

You're an adventurous type with a resilient gut that can handle a variety of foods and environments. Just make sure to pay attention to your water intake, get regular exercise, and consider adding meditation and more probiotic-rich foods to your life.

### If you got mostly **D's** ...

Your gut is ready to make a change! Start by opening yourself up to explore new foods—especially fruits, veggies, and fermented foods that you may not have tried before. Consider adding a short, daily walk for exercise and stress relief, and bring along a bottle of water for hydration! Finally, slowly work toward getting to bed earlier, in order to get more, and better, sleep.

REFERENCES

1. About gut microbiota. Gut Microbiota for Health. <https://www.gutmicrobiotaforhealth.com/about-gut-microbiota-info/>. Published March 4, 2022. Accessed March 5, 2022.