

FUNCTIONAL NUTRITION

WHERE NUTRITION AND DIGESTIVE PHYSIOLOGY MEET

QUIZ ANSWER KEY



1. Saliva is important for:
 - moistening food for swallowing
 - stimulating the digestive juices to be secreted
 - helps protect your teeth from decay by removing food particles from them
2. The lower esophageal sphincter is a bundle of muscles located at the junction between the esophagus and the stomach. When the LES is closed, stomach acid and stomach contents are prevented from traveling back into the esophagus.
3. True.
4. The small intestine lining is lined with hollow finger-like projections, called *villi, where absorption and assimilation takes place. (a little bit of a trick question since the jejunum has the most villi present in the small intestine).
5. Lipases
6. a) Protection: HCL will destroy any foreigners (germs, parasites) that have entered our bodies with our food.
b) Break down of proteins.
7. True.
8. The vagus nerve which is also referred to as the wanderer.
9. Vitamin C
10. Zinc
11. Magnesium
12. HCL, pepsin, intrinsic factor
13. d) All of the above
14. Butyrate acid has been shown to maintain and promote gut lining health, and has anti-inflammatory effects. This in turn stimulates the growth and integrity of the intestinal lining. It is a by-product of dietary fiber.
15. Leaky gut occurs when the villi and their junctions are damaged allowing bigger molecules, proteins, or foods that are not broken down thoroughly to travel into the bloodstream. The immune system thinks of these particles as foreigners and will begin to attack them creating what is known as a self attack or an autoimmunity.