

# FUNCTIONAL NUTRITION

WHERE NUTRITION AND DIGESTIVE PHYSIOLOGY MEET

## QUIZ



1. Saliva is important for:

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2. Where is the Lower Esophageal Sphincter located?

3. Mitochondria are the powerhouses of the cells. True or False?

4. Where does most absorption occur?

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| a) ileum   | c) stomach |
| b) jejunum | d) villi   |

5. What type of enzyme breaks down fats?

6. Give 2 functions of HCL.

7. Chronic stress can increase transit time and acute stress can lessen it. True or False

8. What is the name of the nerve that connects the brain and gut?

9. What vitamin helps increase iron absorption?

10. What may someone be deficient in if they have red bumps on the back of their arms?

11. Insomnia and anxiety symptoms maybe due to what mineral deficiency?

12. What 3 things are needed for B12 absorption?

13. What are the different types of Omega-3s?

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|-------------------------------|--------------------------------|
| a) ALA (alpha-linolenic acid) | c) EPA (eicosapentaenoic acid) |
| b) DHA (docosahexaenoic acid) | d) All of the above            |

14. Why is butyrate acid important and where does it come from?

15. How does leaky gut occur?