

3 Questions for Mental Health on the Menu



1. What is the gut microbiome?
 - a. Hundreds of microorganisms that live in our digestive system
 - b. Spoiled foods that make their way to our stomach during digestion
 - c. Billions of microorganisms that live in our digestive system
 - d. Microorganisms that we need to get rid of
2. Which of the following foods contain probiotics?
 - a. Yogurt with live and active cultures
 - b. Salmon
 - c. Turkey
 - d. Walnuts
3. What are good sources of prebiotics?
 - a. Foods that contain low levels of dietary fiber
 - b. Foods that contain large amounts of microorganisms
 - c. Foods that cause antibiotic resistance
 - d. Foods that contain rich sources of dietary fiber

Correct Answers: 1.c; 2.a; 3.d