

The Gut Quiz

Have you got the guts?

Q1) Approximately how many microbes are in our gut?

- A) 10 million
- B) 10 billion
- C) 10 trillion
- D) 100 trillion

Q2) Approximately how much does the bacteria in our gut weigh?

- A) 10g
- B) 100g
- C) 200g
- D) 500g

Q3) How long is the small intestine? (The closest answer wins – answer in feet!)

Q4) How many organs are in the digestive system?

- A) 6
- B) 7
- C) 8
- D) 9

Q5) On average how many species of bacteria live in our Colon?

- A- 50
- B- 500
- C- 5,000
- D- 50,000

Q6) The liver plays a hugely important role in our bodies. It can actually regenerate and replace itself, but how many functions does the liver have?

- A) 5
- B) 50
- C) 500
- D) 5,000



Q7) How much saliva do people produce in one day?

- A) Equivalent to a mug
- B) Equivalent to a bottle of water
- C) 1 pint
- D) 2 pints

Q8) Solve the anagram to find the organ – ‘Care Span’

Q9) Which of the following does not have a stomach?

- A) Platypus
- B) Snail
- C) Common Eel
- D) Octopus

Q10) What is dysbiosis?

- A) The cause of bad breath
- B) Imbalances in the bacteria in the gut
- C) An infection of the small intestine
- D) When bacterial cells reproduce too quickly

Q11) What external factors can influence the bacteria in your gut?

- A) Diet
- B) Antibiotics
- C) Stress
- D) Conditions at birth
- E) All of the above

Q12) How much fibre should we eat every day?

- A) 5g
- B) 25g
- C) 30g
- D) 50g



Q13) How does exercise effect the bacteria in your gut?

- A) It increases the diversity
- B) It doesn't
- C) It decreases the diversity

Q14) The surface area of the small intestine is equivalent to:

- A) A table-tennis table
- B) A tennis court
- C) A pool/snooker table
- D) A swimming pool

Q15) How many stomachs does a cow have?

- A) 5
- B) 4
- C) 3
- D) 1



Guts UK is the only UK charity funding research into the digestive system from top to tail; the gut, liver and pancreas.

Our vision is of a world where digestive disorders are better treated, better understood & everyone who lives with one gets the support they need.

Thank you for taking part in our Gut Quiz, we hope you share our fascination with our inner-workings and feel inspired to support our life-changing at Guts UK.