



SAVE

PRINT

RESET FORM

This tool is to help your care team see how they can help you learn more about your cystic fibrosis.

Name: _____

Please read each answer carefully before choosing the **one** answer you think is **best**. If you don't know the answer, no big deal. Just leave it blank and move on to the next question.

Date: _____



PANCREATIC INSUFFICIENCY & NUTRITION

- 1 **Good nutrition may help to:**
 - a. Keep lungs healthier
 - b. Keep a healthy weight
 - c. Build and keep a strong immune system to fight infections
 - d. All of the above
- 2 **People with CF who have pancreatic insufficiency:**
 - a. Do not properly digest and absorb nutrients and some vitamins from food
 - b. Need to eat a low-calorie/low-fat diet
 - c. Can produce all the pancreatic enzymes they need to digest their food
 - d. None of the above
- 3 **Signs of malabsorption (not properly digesting nutrients from food) are:**
 - a. Frequent, large, greasy, foul-smelling stools (poop)
 - b. Stomach ache
 - c. Too much gas
 - d. All of the above
- 4 **How might your CF care team help you with your abdominal (stomach) pain?**
 - a. Ask you about your stool (poop) and gas
 - b. Talk with you about your pancreatic enzymes
 - c. Do a physical exam
 - d. All of the above
- 5 **Some people with CF need to eat*:**
 - a. Up to twice as much food as people without CF
 - b. The same amount of food as people without CF
 - c. No vegetables or fruit
 - d. Less milk and cheese than those without CF
- 6 **What type of food has the most energy and calories (per gram)?***
 - a. Fats
 - b. Carbohydrates
 - c. Proteins
 - d. None of the above
- 7 **Some people with CF may need to eat more compared with other people their age and weight because:**
 - a. Their bodies need more calories and nutrients to grow
 - b. Their bodies do not digest food properly
 - c. Their bodies need the extra calories to fight infections and stay healthy
 - d. All of the above
- 8 **Enzymes should be kept*:**
 - a. In the car
 - b. In the refrigerator
 - c. Dry and away from high and low temperatures
 - d. In the bathroom
- 9 **It is best to take pancreatic enzymes*:**
 - a. As soon as you remember them
 - b. At the beginning of a meal or snack
 - c. Towards the end of a meal or snack
 - d. Soon after eating
- 10 **You may need to take Vitamins A, D, E, and K because these vitamins*:**
 - a. Are not well absorbed from the food you eat
 - b. Make you lose weight
 - c. Are not found in foods people normally eat
 - d. None of the above



PANCREATIC INSUFFICIENCY & NUTRITION

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- 11 True or false? When you sweat during the summer months or while exercising, you should drink more water and sports drinks, and eat more salty foods.**
- True
 - False
- 12 Which of these foods has the most fat?**
- Apple
 - Ice cream sundae
 - Pretzels
 - Plain toast
- 13 People with CF may have trouble digesting food and gaining weight if they*:**
- Take too many enzymes
 - Skip their enzymes frequently
 - Take enzymes with all meals & snacks
 - Take enzymes just before they eat
- 14 If your body is not digesting fat from the food you eat, your stools (poop) may*:**
- Float to the top of the toilet
 - Happen more often than usual
 - Smell bad
 - All of the above
- 15 What is a sign that your body needs more salt?**
- Feeling weak and tired
 - Muscle cramps
 - Throwing up
 - All of the above
- 16 True or false? As people with CF get older, some may be at risk for osteoporosis (a condition where bones are weak and can break more easily).**
- True
 - False
- 17 How can you help keep your bones strong?**
- Taking calcium and Vitamin D
 - Walking, jogging, or weight lifting
 - Not drinking coffee or sodas
 - All of the above

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