



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

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.

- 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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