

SAVE

PRINT

RESET FORM

This tool is to help your care team see how they can help you learn more about your Cystic Fibrosis (CF).

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

Name: _____

Date: _____



PANCREATIC INSUFFICIENCY & NUTRITION

1 Good nutrition may help to:

- Keep lungs healthier
- Keep a healthy weight
- Build and keep a strong immune system to fight infections
- All of the above

2 People with CF who have pancreatic insufficiency:

- Do not properly digest and absorb nutrients and some vitamins from food
- Need to eat a low-calorie/low-fat diet
- Can produce all the pancreatic enzymes they need to digest their food
- None of the above

3 Signs of malabsorption (not properly digesting vitamins and minerals from food) are:

- Frequent, large, greasy, foul-smelling stools (poop)
- Stomach ache
- Too much gas
- All of the above

4 How might your CF care team help you with your abdominal (stomach) pain?

- Ask you about your stool (poop) and gas
- Talk with you about your pancreatic enzymes
- Do a physical exam
- All of the above

5 Most people with CF need to eat*:

- Up to twice as much food as people without CF
- The same amount of food as people without CF
- No vegetables or fruit
- Less milk and cheese than those without CF

6 What type of food has the most energy and calories (per gram)?*

- Fats
- Carbohydrates
- Proteins
- None of the above

7 People with CF need to eat more because:

- Their bodies need more calories and nutrients to grow
- Their bodies do not digest food properly
- Their bodies need the extra calories to fight infections and stay healthy
- All of the above

8 Enzymes should be kept*:

- In the car
- In the refrigerator
- Away from high and low temperatures
- In the bathroom

9 It is **best** to take pancreatic enzymes*:

- As soon as you remember them
- At the beginning of a meal or snack
- Towards the end of a meal or snack
- Soon after eating

10 You may need to take Vitamins A, D, E, and K because these vitamins*:

- Are not well absorbed from the food you eat
- Make you lose weight
- Are not found in foods people normally eat
- None of the above

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Please read each answer carefully before choosing the **one** answer you think is **best**.
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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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