



Name: _____

Date: _____

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.



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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- 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