



PANCREATIC INSUFFICIENCY & NUTRITION

Name: _____

Date: _____

Note: **This is not a test.** This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

This assessment is to be completed by a person who is 16 or older with cystic fibrosis. For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know the answer, leave it blank and move on to the next question.

***1. Undigested food will pass through your digestive system if you take:**

- a) Too many enzymes
- b) Too few enzymes
- c) The right amount of enzymes
- d) Enzymes just before you eat

***5. Foods that contain the most energy and calories (per gram) are:**

- a) Fats
- b) Carbohydrates
- c) Proteins

***2. Which of the following is a sign that your body is losing too much salt?**

- a) Weakness
- b) Fever
- c) Muscle cramps
- d) Abdominal pain
- e) All of the above

***6. Some people with CF may 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) Less fat than those without CF
- d) Less milk and cheese than those without CF

***3. If your body is not digesting fat from the foods you eat, your stools may:**

- a) Float to the top of the toilet
- b) Happen more often than usual
- c) Smell bad
- d) All of the above

***7. How would you add the most calories to scrambled eggs?**

- a) Mix them with 2% milk instead of whole milk
- b) Add grated cheese
- c) Add salt and pepper
- d) Add vegetables

4. Body Mass Index or BMI is calculated based on:

- a) FEV1 & temperature
- b) Weight & FEV1
- c) FEF 25/75%
- d) Height & weight

8. Which of the following may make your enzymes ineffective?

- a) Leaving them in the glove compartment of your car in the summer
- b) Storing them in an unsealed container
- c) Keeping them in your fridge
- d) Using them past the expiration date
- e) All of the above

For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on.

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***9. Enzymes should be kept in a cool, dark place.**

- a) True
- b) False

13. This vitamin helps keep your bones healthy and strong.

- a) Vitamin A
- b) Vitamin D
- c) Vitamin E
- d) Vitamin K

10. Some people with CF may need to eat more compared with other people their age and weight because:

- a) Some energy is lost when food is not properly digested
- b) Their metabolism is slower
- c) Their appetites are naturally bigger
- d) None of the above

14. This vitamin helps clot your blood when needed.

- a) Vitamin A
- b) Vitamin D
- c) Vitamin E
- d) Vitamin K

***11. Some people with CF take vitamins A, D, E, and K because these vitamins:**

- a) Can be poorly absorbed from food
- b) Need extra water to be absorbed
- c) Are not found in foods people normally eat

15. These vitamins help you fight infection and keep your intestines healthy.

- a) Vitamins A & D
- b) Vitamins E & K
- c) Vitamins A, D & E
- d) Vitamins A & K

12. During the summer months, when you tend to sweat more, you should:

- a) Eat more sugary foods
- b) Eat more salty foods
- c) Eat healthier foods
- d) All of the above

16. It is important to take enzymes before you eat because:

- a) They are a source of important nutrients
- b) They give you energy
- c) They help your body digest food so it can be absorbed in the body
- d) It's easier to remember to take them before eating

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