

From Evidence to Action: Navigating Peptide-Based Formulas

Test Questions

1. Why are small peptides beneficial for patients with GI impairment?
 - a. Most efficiently absorbed type of protein compared to intact protein or free amino acids
 - b. Delay gastric motility
 - c. Promote pancreatic enzyme efficiency for enhanced absorption
 - d. Reduce inflammation, improving absorption in the small intestine

2. Which of the following protein source/s stimulates insulin secretion and inhibits incretin hormone breakdown?
 - a. Hydrolyzed casein and whey
 - b. Hydrolyzed casein
 - c. Hydrolyzed whey
 - d. Intact casein

3. Compared to intact protein and amino acid transport, di- and tripeptides via PepT1 transport are:
 - a. Dependent on sodium concentration
 - b. Faster and require less ATP
 - c. Slower and require more ATP
 - d. No difference

4. In critically ill patients, early use of peptide-based formulas has been shown to:
 - a. Increase ICU length of stay
 - b. Increase overall costs due to higher formula pricing
 - c. Increase use of medications used to resolve GI intolerance
 - d. Offer cost savings by reducing intolerance-related complications

5. Which condition/s may benefit from a peptide-based formula? Circle all that apply.
 - a. Cardiovascular disease
 - b. GI cancer
 - c. Impaired GI Function
 - d. Protein malabsorption

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