

WHY IS MEAL PLANNING SO IMPORTANT FOR PEOPLE WITH CF?

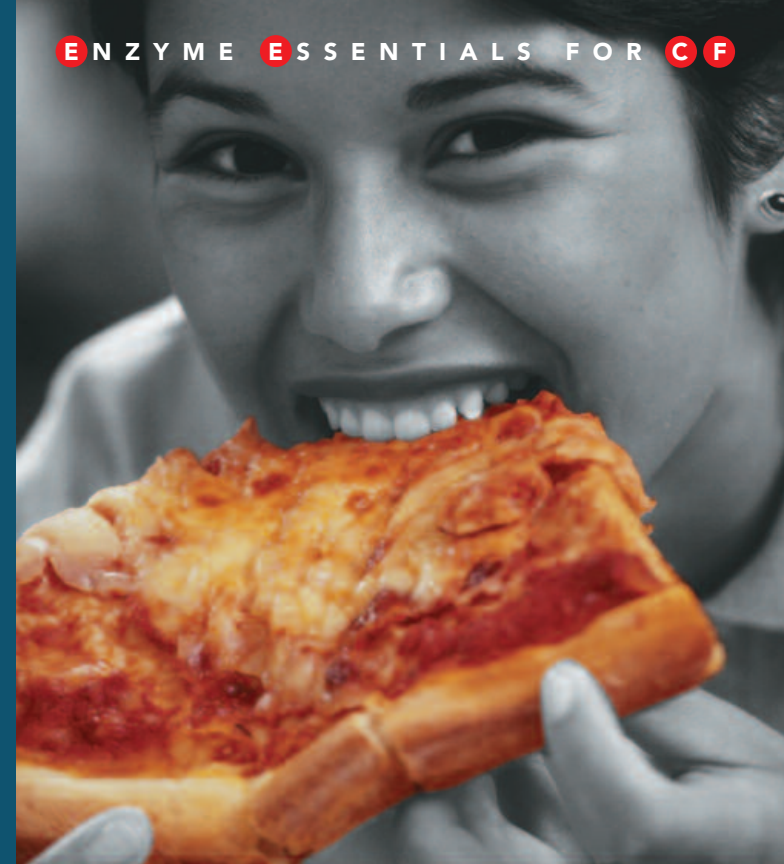
- Digestive problems associated with CF may decrease the body's ability to absorb nutrients, even when taking pancreatic enzymes
- The caloric needs of the CF patient may be higher due in part to the additional effort needed for breathing, resisting infection and overall health
- During illness, the body may not tolerate food well, and the appetite may decrease as a result

Beyond the standard daily requirements for nutrition, CF patients need dietary supplementation in the following areas: calories, high-protein foods, high-fat foods, salt, and vitamins. Meal planning for an individual with CF is a challenge, and accommodating the needs of an entire family can be difficult.

HOW DO I MAKE SURE EVERYONE GETS THE NUTRITION THEY NEED?

Not everyone should consume the number of calories required by individuals with CF. That's why preparing meals for a CF family should balance the needs of the entire family – cutting down fat and calories for some members, perhaps, while maintaining or increasing fat and calories for the person with CF.

The fundamentals of sound nutrition are the same for everyone. It is important to eat a balance of protein, carbohydrates, and fat from a variety of food sources. Doing so will give most people the calories, vitamins, minerals, and other essential nutrients they need to maintain good health. These principles also apply to those with CF, with one notable difference. The CF patient needs more of everything more often than other family members.



ESSENTIALS
OF MEAL
PLANNING



Solvay
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If you or a member of

your family has cystic fibrosis (CF),

you know the importance of diet

in maintaining good

health. Good nutrition



is important for everyone, of

course, but even more so for

people with CF.



HOW OFTEN DOES SOMEONE WITH CF NEED TO EAT?

Three square meals a day are not enough to maintain the health of someone with CF. A regular schedule of four or more high-calorie meals a day, along with between-meal snacks or supplement drinks, may be required to achieve and maintain weight goals. While consuming extra calories makes good nutritional sense for someone with CF, eating the same amount will probably lead to weight gain in people without CF.

Recent studies suggest weight maintenance may be easier for those who spread their normal calorie intake over an entire day – in a series of small snacks and meals – rather than sitting down to two or three calorie-heavy meals. Calories may be utilized more efficiently this way, keeping the body steadily fueled and avoiding blood sugar peaks and valleys throughout the day. While the person with CF is having planned snacks and extra meals, the rest of the family can munch on healthy, low-calorie alternatives. This may make snack time more enjoyable for the entire family. Ask your doctor or nutritionist for more information, and let them help formulate a meal schedule that's right for everyone in the family.

IS IT POSSIBLE TO FEED EVERYONE WITHOUT PREPARING DIFFERENT MEALS?

Preparing meals when someone in the family has CF doesn't require fixing two completely different meals. Often, it's easy to add calories to one version of a meal while keeping the other version low or normal in calories. There are many possibilities for creating high/low-calorie meals. Here are a few suggestions for some standard meals.

Spaghetti

- High calorie—add meatballs or sausages, grated cheese, and olives
- Low calorie—add low-fat, high-protein ground turkey to a marinara sauce

Baked potatoes

- High calorie—add sour cream, shredded cheese, and bacon bits
- Low calorie—add fat-free sour cream or yogurt, steamed veggies, and a splash of salsa

Burgers

- Both high and low calorie—use a mixture of ground beef and ground turkey for optimum nutrition
- High calorie—add a few of slices of cheese and mushrooms sauteed in olive oil
- Low calorie—add lettuce, tomato slices, and onions

Breakfast

- High calorie—add cheese, ham, and hollandaise sauce to a multi-egg omelet
- Low calorie—add low-fat cheese, chopped tomatoes, and broccoli to a nonfat/noncholesterol egg-substitute omelet

Additional high-calorie "extras" for people with CF

Margarine, cheese, powdered milk, half-and-half, sour cream.

A doctor or nutritionist can suggest alternatives and additions for a healthy menu.

TALK WITH A DOCTOR AND NUTRITIONIST

Doctors and nutritionists are valuable sources of information for developing an overall health and nutrition strategy. If you have any questions or concerns about the information discussed in this brochure, please talk with a doctor or nutritionist.