



Cystic Fibrosis Team
University Of Utah Hospital & Clinics
Nutrition Care Services

Date _____ Name _____
Weight _____ Recommended Weight _____

Height _____
BMI* (Body Mass Index) _____
Recommended BMI _____

*Body Mass Index is a measurement of height/weight ratio. A desirable BMI is 22 to 25 for CF women and 23 to 26 for CF men. Individuals who are in these ranges have less respiratory complications; have fewer infections overall, and live longer.

Estimated Calories and Protein Needed in a Day

Calories: _____

Protein Grams: _____

Ways to Increase Weight:

1. Tube feeding with enzymes.
2. Several eating times during waking hours (5 or more).
3. Adjustments of enzymes to promote better nutrient absorption. Take enzymes with all meals/snacks (signs of maldigestion: bloating, excessive gas, poor weight gain, foul-smelling bowel movements, mucus or oil in the bowel movement).
4. Good blood sugar control.

Recommended "In-House" CF Supplements

Name	Kcal	Protein
TwoCal HN/can	438	20 grams
Peptamen 1.5/can	360	15 grams
Ensure Plus/can	360	15 grams
High Protein Ensure/can	240	12 grams
CIB/VHC/can	560	22 grams
CIB Shake/ 8 oz	340	18 grams

Snacks

A snack cart is available. You can also call Room Service at: 581-2071 for a list of available snacks.