



High Calorie, High Protein Diet for Cystic Fibrosis

Client Name _____

Dietitian _____

Phone _____ Email _____

Why do I need a high protein, high calorie diet?

A high protein, high calorie diet will help increase or maintain weight, promote growth, decrease respiratory complications and infections, heal wounds, and support the immune system.

As a person with cystic fibrosis, you need more calories than the average person of your age and activity level. If you are losing weight and are under your ideal body weight and body mass index (BMI), it is detrimental to your health.

Eat a balanced diet that includes these minimum servings

Dairy products

- 4 servings minimum
- Serving = 1 cup milk or yogurt, 1 oz hard cheese, and 6 oz pudding or ice cream

Meat, poultry, fish, or meat substitutes (eggs, soy, and cheese)

- 3 servings minimum
- Serving = 3 oz meat, poultry, soy analog, or fish; 3 eggs; and 3 oz cheese

Fruit or fruit juice

- 2 servings minimum
- Serving = ½ cup fruit, ½ cup juice, and ¼ cup dried fruit

Vegetables

- 3 servings minimum
- Serving = ½ cup

Starchy food (grains, cereals, potatoes, rice)

- 6 servings minimum
- Serving = ½ cup, or 1 oz bread or crackers

Healthy Fats

- 5 servings minimum
- Serving = 1 tsp oil, 1 Tbsp salad dressing, 6 nuts, 1 Tbsp peanut butter

Ways to Increase Calories in Foods:

- Use cream on your cereal instead of milk
- Eat waffles, pancakes, and sausage or bacon for breakfast
- Add peanut butter to fruits and dips to raw vegetables
- Add sour cream, butter, and cheese to rice, pasta, and potatoes
- Cook in oil instead of baking and boiling
- Add extra salad dressing on salads
- Drink calorie containing liquids like juice, milk, lemonade, and soda. Don't fill up on plain (i.e. black) tea, coffee, water, or broth
- Eat higher calorie snacks like nuts, dried fruit, shakes, ice cream with toppings, cheese and crackers, cookies, cake, and pies
- Eat meat, poultry, or egg sandwiches with extra cheese and mayonnaise
- Eat cream based soups and hot dishes
- Eat generous amounts of protein foods like meats, poultry, eggs, and cheese
- Add healthy fats such as olive and canola oil, nuts, seeds, peanut butter, and avocados
- Add healthy carbohydrates and protein such as honey, jam, dried fruit, wheat germ, dried milk powder, and protein powder
- Drink supplement shakes like Boost, Ensure Plus, Carnation Instant Breakfast, Very High Calorie Carnation Instant Breakfast, Scandi Shake, and homemade shakes

Recipes

Carnation Instant Breakfast with fruit

Yield: 1 serving with 345 calories and 15 grams of protein

1 envelope vanilla flavored instant breakfast drink
1 cup whole milk
¼ cup frozen berries

Blend all ingredients on high speed for 15 seconds.

Pineapple Orange Banana Shake

Yield: 1 large serving (16 oz) with 620 calories and 22 grams of protein

½ cup half and half (or non-dairy creamer)
1 cup ice cream
2 Tbsp protein powder
1 ripe banana
¼ cup frozen orange juice concentrate
½ cup crushed pineapple

Blend all ingredients on high speed for 15 seconds.