



Cystic Fibrosis and Eating for Health

Client Name _____

Dietitian _____

Phone _____ Email _____

1. Eat at least 3 balanced meals and 3 snacks a day. Spread out the calories as evenly as possible throughout the day.
2. Eat at least 2 cups of fruits and 2 ½ cups of vegetables a day. Plant foods contain compounds called phytochemicals which play a role in fighting illness, preventing cancer, and decreasing inflammation in the body.
3. Eat at least 3 servings of a protein food everyday, preferably at each meal. Protein foods include: poultry, fish, lean beef and pork, eggs, nuts, beans, cottage cheese and/or hard cheeses.
4. Eat healthy fats to decrease inflammation. Choose these types of fats: fish oil, flax seed oil, walnuts, almonds, peanuts and peanut butter, sesame seeds and sesame butter, olive oil, canola oil, avocado, cashews, hazel nuts, macadamia nuts, pecans, and pumpkin and sunflower seeds. Supplement with 2 grams of Omega 3 fatty acids. Supplements with a greater concentration of DHA than EPA are preferable for the CF population.
5. Drink water and other fluids, up to 10-12 cups a day.
6. Add salt to your food to replace perspiration loss.
7. Always take your enzymes at each meal and snack to aid in digestion and absorption.
8. Supplement your diet with fat soluble vitamins A, D, E, and K. Talk with your provider about recommended amounts and additional vitamin and mineral needs.
9. It is important to consume adequate calories to maintain a healthy weight.
10. Choose whole and unprocessed foods more often than processed foods.
11. Plan your meals and snacks to ensure you eat the right foods and get the calories you need to stay healthy. You may often need to take snacks/meals with you when you are on the go.