

# High calorie diet for cystic fibrosis

Children with cystic fibrosis (CF) need about 1½ to 2 times the number of calories as someone their age without CF. Your child's body needs a nutrient dense, well balanced diet with sufficient protein (a lot of nutrients with enough protein) to help them grow and develop.

- Your child needs even more calories as baby and teen.
- Children with CF can grow normally when they get good nutrition and extra calories from the foods they eat.

## How can I help my child gain weight?

Follow these guidelines to help your child gain weight.

- Have your child eat often. Eat 3 high calorie meals and 2 to 3 large snacks each day.
- Make drinks count. Pick higher calorie drinks, such as whole milk, milkshakes or oral supplements.
- Read food labels. Choose food with the most calories per serving.
- Keep a list of everything your child eats and drinks for 3 or 4 days. Ask your nutritionist to check it and help you find ways to increase your child's calorie intake.
- Try some of the high calorie foods listed below.

## What foods can I use to add calories to my child's diet?

Add some of these foods to help add calories. Call a member of your child's CF care team if you have questions.

Foods	How to use
Avocado	<ul style="list-style-type: none"><li>• Add to sandwiches or salad</li><li>• Make guacamole</li></ul>
Bacon	<ul style="list-style-type: none"><li>• Add to sandwiches or salad</li></ul>
Butter, margarine or vegetable oils	<ul style="list-style-type: none"><li>• Add to sandwiches, crackers, pancakes and breads</li><li>• Melt in hot foods, such as<ul style="list-style-type: none"><li>– Rice</li><li>– Spaghetti</li><li>– Potatoes</li><li>– Vegetables</li><li>– Creamed soups</li><li>– Cooked cereals</li></ul></li></ul>
Cheese	<ul style="list-style-type: none"><li>• Add to sandwiches or salad</li><li>• Serve on crackers</li><li>• Melt in foods, such as scrambled eggs, potatoes or chili</li></ul>

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

## High calorie diet for cystic fibrosis, continued

Foods	How to use
Cream cheese	<ul style="list-style-type: none"><li>• Spread on bread, crackers and fruit</li><li>• Mix in mashed potatoes or macaroni and cheese</li></ul>
French onion dip	<ul style="list-style-type: none"><li>• Use as a dip for chips or raw vegetables</li></ul>
Half and half or heavy whipping cream	<ul style="list-style-type: none"><li>• Add to whole milk, hot or cold cereal, fruit smoothies, creamed soups, pudding or any recipe that uses milk</li><li>• Use whipped cream as a dip for fresh fruit</li></ul>
Hummus	<ul style="list-style-type: none"><li>• Use as a dip for pita chips, crackers or raw vegetables</li><li>• Spread on sandwiches</li></ul>
Mayonnaise	<ul style="list-style-type: none"><li>• Add to sandwiches and salads</li><li>• Make a dip for raw vegetables</li></ul>
Nut butters	<ul style="list-style-type: none"><li>• Spread on toast, crackers or celery</li><li>• Spread on fruit slices, such as apples, pears or bananas</li></ul>
Nuts	<ul style="list-style-type: none"><li>• Eat plain nuts as a snack</li><li>• Mix with dried fruit, chocolate or granola to make trail mix</li><li>• Add to top of cereal, ice cream, fruit, salads or pudding</li></ul>
Olives	<ul style="list-style-type: none"><li>• Add to salads, sandwiches or salsa</li></ul>
Salad dressing	<ul style="list-style-type: none"><li>• Add to salads</li><li>• Use as a dip for raw vegetables</li></ul>
Whole milk greek yogurt	<ul style="list-style-type: none"><li>• Use as a dip for fresh fruit</li><li>• Make fruit smoothies</li></ul>

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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