

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 extra calories from food 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.

- Fat has 2 times as many calories as carbohydrates or proteins. You can add calories to your child's diet by adding more fat.
- 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">• Add to sandwiches or salad• Make guacamole
Bacon	<ul style="list-style-type: none">• Add to sandwiches or salad
Butter, margarine or vegetable oils	<ul style="list-style-type: none">• Add to sandwiches, crackers, pancakes and breads• Melt in hot foods, such as<ul style="list-style-type: none">– Rice– Spaghetti– Potatoes– Vegetables– Creamed soups– Cooked cereals
Cheese	<ul style="list-style-type: none">• Add to sandwiches or salad• Serve on crackers• Melt in foods, such as scrambled eggs, potatoes or chili

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

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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