

**CF**food  
cystic fibrosis nutrition program



# Nutrition & Cystic Fibrosis

A Guide For Young People

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# About this guide

Did you know that food is like medicine and what you eat can influence how you feel physically? A healthy body weight can improve your lung function, help you recover quicker from infections and give you more energy.

This booklet explores some different aspects of nutrition for CF and provides some handy hints and tips.

People with CF can be affected very differently, so your dietary needs and the medication you take might be different to other people who have CF.

This booklet is a guide only. If you have questions or concerns about your diet, your CF Care team and dietician are a valuable resource who can provide you with guidance as to what suits your individual needs.

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# 1.

## Enzymes



Unless you are pancreatic sufficient (your body is able to digest food naturally so you don't require medication to assist with digestion) you have probably been taking enzymes since you were little.

Do you find it a pain in the butt? Or embarrassing? Or is it something that you are so used to, that you don't think about it? Whatever the case, here are some hints and tips that might be useful.

- If you take enzymes incorrectly for a long period of time, it can have serious effects on your health and your immune system.
- If you experience any of the following symptoms frequently, you should speak with your CF dietician, as he or she may need to review your enzyme dosage:

- » constipation, stomach aches, diarrhoea or wind
- » loose, greasy or floating poos
- » really stinky poos

» weight loss and poor growth

- If enzymes are forgotten at the start of the meal, take them during your meal, or you can still take them at the end, as long as it's within 5-10 minutes of eating. Better late than never!
- Make sure you check the used by date of your enzymes, and keep them out of the sun -they won't work properly.
- Think about having extra emergency supplies of your enzymes in case you end up staying overnight at a friend's house, or eat an extra snack after sport, so you don't get caught short.

### ENZYMES AT SCHOOL:

It can be tricky taking your enzymes at school, particularly if your friends and other students don't understand CF.

Here are some tips if you are worried about taking enzymes at school:

- Store your enzymes in a mint or lolly container if you wish to be discreet.

- Take your tablets while you head to the drink fountain. Walk away from the group you are with, have your enzymes in your pocket and quickly put them in your mouth before you take a drink.
- Often if you explain simply to others e.g. "I need these so I can digest my food" it ends up not being a big deal.
- Ask a teacher if there is somewhere private where you can take your enzymes.

### POSSIBLE WORRIES AND POSSIBLE SOLUTIONS:

#### *Worry #1 - What might people think or say?*

Test the waters by having your enzymes in front of someone you know well and trust first. Their positive reaction might help build your confidence.

#### *Worry #2 - Being different and being treated differently.*

You are different. There's no getting around that. The choice you have is whether to see this as a bad thing, a good thing or just a thing.

You have some power over how people treat you. If someone is treating you poorly you can ask them not to.

If someone is treating you well you can reinforce that by thanking them or encouraging that response. It might take a bit of time but eventually people will realise that taking medication is just what you do and it's not a big deal.

#### *Worry #3 - How do I explain what the enzymes are for?*

Take a few minutes to think up a quick explanation for your enzymes so that if someone asks, you can easily think of what to say. Your explanation can be very simple.

#### *Worry #4 - Being the centre of attention.*

Some people love being the centre of attention, other people hate it. If you don't feel comfortable being in the spotlight when you're taking your enzymes you can try and distract your audience.

Ask another person a question so the group is looking at them or start a new topic of conversation so people become involved in that.

Or, you could have your enzymes when everyone's attention is naturally focused elsewhere.

If you are very worried, maybe you can take your Creon just before you eat, in the bathroom, at your locker or ask your teachers if you can take them in a classroom once the students have gone.

Can you think of any other ways to get around these worries?

Someone you trust like your parents, close friends, teachers or CF dietician might be able to suggest other ways to help you feel more comfortable taking your medication.

# 2.

## Why do I need salt and vitamin tablets and what are probiotics?

I recall going through a stage where I didn't want to take my digestive enzymes at school because people would call me a "druggie". I learned the hard way that this was not a smart move because I needed them.

There are means of taking this medication without other people knowing; taking it in the bathroom, taking it before you leave your class, before recess or lunch. So much better to take your medication in private than not take it at all.

I find it is more embarrassing having diarrhoea and gut ache because I skipped my enzymes, especially if I am staying at my boyfriend's house, so I've learnt I'm better off to take them when I need them.

You have most likely been taking salt tablets and vitamins since you were very little, but do you know why they are so important?

### SALT:

People with CF lose lots of salt when they sweat. If they don't replace the loss of salt through food and salt supplements, they can become dehydrated, have less of an appetite, stomach pains and feel unwell.

Not getting enough salt can also make mucus in the body even thicker and more difficult to clear during physio.

The amount of salt needed is different for each individual, and can change depending on the climate and the levels of physical activity you are doing.

You might even need more salt if you are unwell, if you are eating less or having tube feeds or if you are on holidays in a really warm climate.

*Here are some signs that you could be dehydrated and not getting enough salt:*

- feeling extra tired
- extra moody or grumpy
- difficulty concentrating
- salt crystals on your skin
- feeling nauseous or vomiting
- less of an appetite than usual
- cramps in your muscles
- the colour of your urine is darker than normal





## Fueling up for sport or exercise

# 3.

### HOW CAN YOU AVOID BEING DEHYDRATED?:

- always carry a water bottle and make sure you drink plenty of water throughout the day (more if it is summer)
- eat salty foods like Vegemite, pretzels, chips, rice crackers, cup a soup, baked beans and nuts
- add sauces to your food such as soy sauce, tomato sauce, BBQ sauce or gravies
- choose salted instead of unsalted foods e.g. butter, peanut butter
- drinks sports drinks such as Hydralyte
- crush your salt tablets or use table salt in an electrolyte drink (if you freeze the mixture it can be an icy slushy)

### VITAMINS:

Taking your VitABDECK will help your body to fight off infections and to function well.

People with CF are often deficient in vitamins A, D, E and K so they need to replace the loss with taking vitamin tablets.

Your vitamin levels are usually checked once a year at your annual review.

### PROBIOTICS:

Do you also have to take probiotics and wonder what on earth are they?

There is both "good" and "harmful" bacteria that naturally occurs in the body and the balance of this bacteria can be disturbed by medications such as antibiotics, infection, stress, poor diet and illness.

Probiotics are "good" bacteria that can help with balancing the bacteria in your gut. They can also help with digestion, reduce the inflammation of your intestines and minimise symptoms of reflux.

You can find probiotics in foods such as yoghurts, as well as in supplements that come in capsule or tablet form or as beverages or powders.

If you are thinking you want to take probiotics, definitely chat to your CF dietitian first to make sure it will be the right thing for you.

Doing lots of exercise is great for everyone, but especially good for people who have CF. If you play a sport it is better if you have all the right gear so you can participate.

With CF, in order to get the best out of your body, and perform well, you need to fuel up with water and food before and after sport.

You can lose energy, salt and water that you gained through your diet when you exercise, so it is really important to make sure these things are replaced.

Remember to keep your fluids up when you exercise. Start with drinking

some water before you begin, during and then after. If you are exercising for more than an hour, you might find that a sports drink will be helpful to rehydrate you and replace salt loss.

Sports drinks have different amounts of salt and sugar in them, so a good one to try is Hydralyte Sports because it has a higher salt content.

If you are wanting to bulk up a bit, change what types of exercise you do or improve your performance in your favourite sport, have a chat with both your physio and dietician.

Their advice will assist in making sure you can achieve your goals.



## FUELING UP FOR SPORT OR EXERCISE

Eat a light snack one hour before exercising. A store of carbohydrates in the body is important before you exercise to give you energy.

*Snack ideas include:*

Snack Idea	Calories	Fat (g)	Carbs (g)	Protein (g)
mixed nuts (30)	285	26	9	6
Up and Go drink	198	3.8	30.2	8.5
muesli bar - Carman's Original	201	8.6	25.5	4
slice multigrain bread with banana	198	1.2	37	5.2
canned tuna (95g) Greenseas	94	1.8	6.7	12.2
Sustagen Sport chocolate flavour (60g)	225	0.7	39.2	14.7

A snack after exercise should be high in carbohydrates and protein.

*Snack ideas could include:*

Snack Idea	Calories	Fat (g)	Carbs (g)	Protein (g)
crumpet x 2 with 1 tbsp peanut butter	284	10.8	18.4	10.4
sandwich (wholegrain bread) with 2 tsp jam	260	1.3	34.8	6.8
mu n (apple cinnamon from McCafé)	89	4.3	11	4
banana	76	0.1	16.8	
boiled egg x 2	122	8.4	0.6	11
600ml cow's milk	426	21	37.8	21
fruit and nut mix (60g)	300	18	24	6
baked beans (220g)	202	1.1	31.9	11.3
200g Greek yoghurt	268	19.4	14.4	9.4

## Explaining CF to your school

# 4.

If you are in high school there are a few things you might want to consider which can make your life a little easier.

If the year coordinator and your teachers know a few details about CF and your needs while you are at school, it can mean they will understand why you are eating high fat foods, why you need to take different tablets or go to the toilet frequently.

They will also make more provisions if you miss school due to being in hospital or if you need to cough alot.

The CF Smart program ([www.cfsmart.org](http://www.cfsmart.org)) has lots of general information available for teachers and some of the state organisations may even be able to organise for an educator to visit your school if you wish.

CF affects everyone differently so you will need to tell your school and teachers how it affects YOU as an individual and how they can help. The list below includes lots of different

topics to get you thinking about which ones apply to you.

### WHAT TO DISCUSS WITH YOUR SCHOOL:

- What organs in your body are affected? Lungs, digestive system, sinuses, liver? Do you have arthritis, cystic fibrosis related diabetes (CFRD) or osteoporosis? Are there other ways CF affects you - like needing to go to the toilet at short notice?

### MEDICATIONS AT SCHOOL

- Will you need to take medication at school? What types? Would you like to keep all of your medication with you, to have as you need? Does any of the medication that you need at school require refrigeration?
- Some schools might have a general rule that medication needs to be kept in the school office. It makes sense for people with CF to keep their medication with them and you might need to explain why,



to your school or teachers. In some cases you might need back up so you may need to ask your CF clinic to write a letter to the school or ask your state CF organisation to speak to the school about it too.

### CF DIET

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- Do you have a special diet compared to your friends, such as having fatty and salty foods? If your school has a policy about healthy eating your teachers may need to know that healthy eating for you is different compared to others and why.

### HOW MUCH TREATMENT YOU HAVE TO DO

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- Letting your school/teachers know about the medications and treatments you power through each day will give them an understanding of how much more you have to fit into every day compared to your friends.

### ABSENCES

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- Letting them know about clinic visits and potential hospital admissions will help your teachers understand why you are away from school more often and that they need to

update you about what was taught and discussed in any lessons you miss. They will also understand that you have a legitimate reason for requesting extensions if you are unwell.

### PHYS ED/SPORT

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- Are you well enough to take part in regular PE? Does your PE teacher need to know you have CF and what activities you can or can't do? If you need salt tablets, extra water or to take time out for a breather, they will let you do so if they understand the reasons.
- If you do extra-curricular sport you might want to let your coach know too for the same reasons. (See <http://www.cysticfibrosis.org.au/wa/cffit> for more information designed to give to trainers about considerations for exercise and CF).

### SCHOOL NURSE

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- Should the school nurse or sick bay know who you are, what CF is and how they can help you if you feel unwell during the day? Do they need a list of your medications just in case? Do they need an action plan about what to do and who to call in certain

situations? Should they have a spare bottle of Creon, a Ventolin puffer or an insulin pen in case you forget your medication one day?

### TOILET PASS

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- Would it be helpful to have a toilet pass? Some schools will even allocate a specific toilet to use, to avoid embarrassment in the student toilets.

### LOCKER LOCATION

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- Would it be helpful for you to have a locker in a centralised place in the school to save you lots of extra walking back and forth?

### GETTING UP IN THE MORNINGS

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- Do you have times when you don't get much sleep during the evenings due to coughing, so find it difficult getting to school in the mornings.

### WHEN TO EDUCATE THE SCHOOL

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- You will also need to think about when to educate your school and teachers. Do you want to update everyone at the beginning of each school year when you know who your teachers are? Would you like to

talk to all of your teachers as a group or talk to each one individually?

- Would you prefer to talk with your year co-ordinator one-on-one and then they can pass the info on to all of your teachers?
- Perhaps you would like your parents to be involved or to take care of the whole thing on your behalf. Maybe you think it's best to only talk about your CF if you need to when you are feeling unwell or need extra treatment.
- There is no right or wrong way to proceed and you can do what feels right for you each year. What's right for you in Year 7 might not be right for you in Year 12. As you move through the years in high school, your approach to this will probably change.
- Once you leave school and start studying or working you will need to work out who to tell, what to tell and when to tell, without your parents' help, so getting practice in high school is probably a good idea.

### EXAMS IN YEAR 7 – 11:

Exam time is not fun! In fact you probably don't want to think about exams right now. CF can make exams more difficult. There are a few reasons





why CF might interfere with your exam performance. If you're feeling unwell on the day, you might find it difficult to concentrate as well as you normally do. You might be distracted by having medication or food during the exam or you might have an upset stomach because you didn't get your Creon dose right the day before.

In years 7-11, the school can put in some adjustments to ensure you perform to the best of your ability. Reasonable requests, based on typical CF symptoms may include:

- Allowing additional time to complete the exam to make up for the fact you are coughing a lot, or rest breaks to help you regain your concentration.
- An individual room, if you cough a lot, so you don't have the worry about coughing lots in the big exam hall and feeling embarrassed or stressed about it.
- An exam room close to toilets or one where you can change the air conditioning.

- It's also reasonable to be able to bring in food, drink and medication to an exam, but you usually need your own exam room with separate supervision to do this (so you don't disturb other students).
- The possibility of doing a make-up exam if you're away on the exam day.
- They might even let you do your exam at home or in hospital (if you are well enough of course!).

If you think these options would be helpful, talk to your parents and your year coordinator about what they can do to help you. It is better to talk to them earlier in the year, before the exams, to allow time for things to be organised.

### EXAMS IN YEAR 12:

In Year 12 you can definitely have special exam provisions for your final exams. Extra time, an exam room on your own which is close to the toilets, availability of food, drink and

medication, rest breaks plus more are available to you.

Remember, Year 12 exams are often as long as 3 hours and you may be sitting 2 exams in one day! For this reason it's important to realistically think about how you might cope under these demanding and often stressful conditions. If you look after your health you will be in your best form to do as well as you can.

Applications for special provisions should to be arranged early and you will need specialised medical documentation, so if you want to explore these options talk to your parents and year coordinator sooner rather than later so you don't miss out.

If you do decide to apply for special provisions, be sure to keep a copy of any medical documentation you collect as this might be helpful if you want similar provisions later on at TAFE or uni.

On the other hand, you might not want or need any extra help. Just remember

that if you are unwell on the day these allowances can help you do your best when you aren't feeling your best.

You don't have to use the special provisions but having them available to you if you need them might be a helpful back up.

### EXAMS IN THE REAL WORLD:

At first I didn't see the point of organising special provisions for my Year 12 exams but my parents made me. In the end I was actually really glad. I didn't use most of them (like toilet breaks or extra time) but it was really good to know I had those options if I needed them.

I liked doing my exams in a small room with only a couple of other students. It didn't seem as full on as in the big hall with hundreds of students.

I organised special provisions in Year 12 which were great. I wish I had known I could have asked for these things earlier in high school.



# 5.

## Eating when I'm not feeling well

When you are unwell, your body needs a lot more energy than normal, even though you may not feel like eating.

You may not feel hungry, food may not taste the same, or you might feel constantly full.

Food plays a really important role in your recovery, and in fact, your body needs MORE food when you are unwell. Think of food as a fuel for your body or as a medicine to help you get better.

### LOSS OF APPETITE

*The following are suggestions which may assist in increasing your appetite:*

- try to eat something every couple of hours during the day
- keep food on a small plate as a large full plate may put you off eating
- gentle physical activity can stimulate appetite - try taking a short walk around the block
- enjoy meals with family and friends

*Here are some snack ideas for a poor appetite:*

- milk and milk drinks
- yoghurt, custard and ice cream
- fruche, yogo & other dairy desserts
- fresh or dried fruit
- nuts and seeds
- cheese and biscuits
- peanut butter on bread
- cream soups
- hard boiled eggs
- crumpets, muffins, pikelets or scones with jam, honey, syrup, butter or cream
- dips made with cream cheese, beans or sour cream
- sandwiches
- cakes and biscuits

### NAUSEA

*To combat nausea, you can try some of the following:*

- avoid skipping meals - an empty stomach can make nausea worse

- if the smell of food cooking causes nausea, stay away from the kitchen
- use mouth rinses and washes or suck on sugar-free hard boiled lollies or peppermints to reduce bad mouth tastes

*Here are some snack ideas for nausea:*

- eat cold or room temperature foods as these do not taste or smell as strong e.g. sandwiches, salads, custard, mousse, yoghurts, tinned fruit or jelly
- snack on dry foods, e.g. biscuits, noodles, cereal, toast or crackers
- eat salty foods, e.g. clear soup or potato crisps
- drink cold clear fluids between meals e.g. cordial, lemonade, dry ginger ale or fruit juice
- try ginger-containing foods e.g. ginger beer, ale, tea or candied ginger
- do not eat fatty, rich, spicy or very sweet foods if you find they make your

nausea worse

- you may find softer foods which require less chewing easier to eat

### MAKING UP FOR LOST CALORIES

Following a period of nausea and/or loss of appetite you may need to make up for lost calories. Here are some tips to do so:

- eat your favourite foods at any time of the day e.g. breakfast foods at dinner
- choose drinks that are high in energy and protein e.g. milk or commercial supplements such as Sustagen or Ensure
- there may be times of the day when you feel more like eating - make the most of these times by eating well
- cook with higher energy foods so that your meals are higher in calories

## HOSPITAL ADMISSIONS

During admissions, it is important to eat as well as you can and maintain your weight (or gain). Here are some tips to manage your weight during an admission:

<b>BREAKFAST IDEAS</b>	<ul style="list-style-type: none"> <li>› choose a high protein choice everyday, e.g. eggs</li> <li>› add cream to porridge and coffee</li> </ul>
<b>MAIN COURSE IDEAS</b>	<ul style="list-style-type: none"> <li>› eat the meat/meat alternatives and/or dessert before your veggies (if your appetite is poor)</li> <li>› add butter or margarine to the veggies</li> <li>› add cream to your soup</li> <li>› ask for a double serve of the protein part of your meal</li> <li>› choose a sandwich as well as your hot meal or salad</li> </ul>
<b>DESSERT IDEAS</b>	<ul style="list-style-type: none"> <li>› order two or three dessert options</li> <li>› order a side of ice cream, cream, or yoghurt</li> </ul>
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>› ask visitors to bring favourite snacks</li> <li>› keep your snacks within easy reach</li> <li>› don't rely on your appetite - try to eat something every 2-3 hours</li> </ul>
<b>NUTRITIOUS DRINKS</b>	<ul style="list-style-type: none"> <li>› when your appetite is poor, it may be easier to drink than eat - nutritious drinks include:</li> <li>› plain or flavoured full cream milk</li> <li>› Milo made with milk</li> <li>› milkshakes</li> <li>› nutrition supplements, e.g. Sustagen</li> </ul>
<b>MEAL TIMES</b>	<ul style="list-style-type: none"> <li>› sitting out of bed (if possible) during meal times can make it feel more normal</li> <li>› moving around and getting out of bed can help your appetite</li> <li>› encourage visitors at meal times to make meals more enjoyable</li> </ul>

## Cystic fibrosis-related diabetes and other things

# 6.

From the age of 10 and upwards you will be given an annual test checking for Cystic Fibrosis Related Diabetes (CFRD). CFRD is a type of diabetes unique to people with CF.

It is different to other types of diabetes and the symptoms may vary from person to person. It is caused by damage to the pancreas over a period of time. CFRD may be triggered by an exacerbation and treatment of an infection; it is not caused by the CF diet. In a person with CF, symptoms may include:

- a lack of energy
- a decrease in lung function
- weight loss
- increased hunger
- excessive thirst
- increased urine

### FOOD

People with type 1 or type 2 diabetes are often advised to eat a low-fat, low-salt, and sometimes low-calorie diet. People with CFRD may still need to eat their normal CF diet that has been recommended by the CF dietitian to help maintain a healthy body weight.

If you have any questions about CFRD speak with your CF team.

### SUPPLEMENTAL FEEDING

Supplemental feeding might be needed if a person is really struggling

to gain weight and reach their energy requirements through their normal diet.

Supplemental feeds, otherwise known as enteral feeding, provides the body with extra calories which go directly into the stomach or via the nose (nasogastric tube) or abdomen (Percutaneous Endoscopic Gastrostomy, or PEG).

The feeds can happen during the night, so the person has freedom during the day to enjoy normal meals and activities. Enzymes are needed with the tube feedings.

Some people gain weight with supplemental feeding and the tube can then be removed. Some people benefit from long term supplemental feeding – every situation is taken case by case and decided between the individual and the CF team together.

**My peg helped me feel confident about my weight and no matter how I felt during the day and whatever calories I managed to fit in I always knew I would get more over night. (female, 38)**

*- Cystic Fibrosis and Body Image.*

For more information about PEGs see our factsheet at [www.cfwa.org.au/what-we-offer/resources](http://www.cfwa.org.au/what-we-offer/resources)

# 7

## Feeling different



There's no doubt that having CF can sometimes be difficult. You may feel and/or look different to your friends.

You may have to eat different foods, take enzymes and other medications and you may have a feeding tube.

Having to follow a diet that may be high in fat, and the opposite of that which your friends are encouraged to follow may also be difficult at times, and people may often ask questions.

Teenagers with CF also often develop later than other people their age. You may be thinner, shorter, less developed and generally younger looking.

Boys often hit puberty one to two years later and girls often don't get their period until two years later than girls without CF. Feeling or looking different to your friends may impact your self-esteem and accentuate feelings of being different.

Some teenagers may even skip treatments, or avoid taking enzymes in public because they just want to fit

in and don't want to lose time hanging out with friends.

It is so important to remember that although you may feel like all the treatment you do is for nothing, your hard work is paying off and if you don't eat the foods or take the medications your body needs, there can be serious long-term consequences.

Some teens find it helpful to tell their friends about their CF so that they can have a support system. Not everyone needs to know everything at once, but the longer you go without mentioning CF, the harder it can become.

The best approach for many is not to make a big deal and simply be factual: "By the way, I have a health condition called CF."

I have to spend time each day doing lung treatments and take some medicine each time I eat so I can use my food better." Not much more needs to be said and you can decide if you want to answer questions or share more.

For most people you tell, it won't make a difference. For those who might have an issue, it's good to know early in the friendship and it may be better not to have them as friends after all.

### BODY IMAGE

For some people with CF, eating can be a real chore, especially when there has been pressure to gain weight or when feeling unwell.

If you have concerns about your body not being how you would like it, you are definitely not alone. Many people feel this way! But it certainly can be a tricky time when you are a young person, and there feels like a great deal of pressure to look a certain way and to fit in.

Think about the fact that the best people in your life are the ones who love you for who you are, not what you look like.

If it is definitely worth sharing any worries you have with someone from

your CF team, as there may be some tips they can offer you that could help.

It can be very embarrassing talking about certain things with adults, but the people in your CF team are used to coming across a wide variety of concerns and issues and part of their job is to help you feel the best you can.

*Around age 16, I started to resent the constant pressure to eat and constant monitoring at hospital visits. I think at that point some of the pleasure of eating disappeared.*

*People often say 'I wish I could be like you and eat what I want' but I've never enjoyed eating so there has never been that benefit. To be honest, that comment has become quite tiring over the years.*



# 8.

## Meal ideas

Here are some ideas for foods that are good to include in your daily diet:

### Breakfast

- Toast with eggs or avocado
- Buttered toast with Vegemite and a glass of milk
- Cereal with fruit and full cream milk
- Muesli with yoghurt
- Porridge with dates, walnuts and full cream milk
- Berry smoothie made with full cream milk and pumpkin seeds
- Omelette with cheese, bacon and vegetables
- Pancakes with bananas, chopped almonds, berries and ice cream
- Bagel with salmon and cream cheese
- Beans, cheese and scrambled or fried eggs on toast

### Lunch

- Sandwiches with fillings such as: cheese, ham, chicken or tuna with avocado, chutneys/sauces and salad
- Chicken and avocado salad with a slice of toast
- Tuna pasta bake with a bread roll
- Homemade mini pizzas with cheese, meats and vegetables
- Chicken, tuna or egg and salad wrap with mayo, avocado, hummus or other dressing
- Home-made nachos (with mince, kidney beans, cheese, salsa, sour cream)
- Baked beans, or sardines on toast with a piece of fruit, jacket potato with olive oil/ butter and baked beans or chilli and sour cream

### Dinner

- Quiche with salad and baked potato or bread roll
- Spaghetti bolognese with grated cheese
- Fettucini with chicken or bacon, mushrooms, onions, snow peas and creamy sauce
- Fried rice with egg, vegetables, meat and sesame oil
- Coconut cream curries with tofu or meat, veggies and rice
- Grilled chicken and sweet potatoes with sautéed spinach and pine nut pesto
- Steak with a creamy sauce, steamed veggies and mashed potatoes
- Homemade nachos (with mince, kidney beans, cheese, salsa, sour cream)
- Baked beans, or sardines on toast with a piece of fruit
- Jacket potato with olive oil/butter and baked beans or chilli and sour cream

### Snacks

- Nuts (almonds, pistachios, cashews) and seeds (pumpkin, sunflower)
- Fruit with yoghurt
- Muesli or protein bar
- Veggie sticks with ricotta or peanut butter
- Tortilla chips with guacamole and salsa
- Wholegrain crackers with Vegemite or avocado
- Toasted Lebanese/pita bread dipped in babaganouj/hummus/tzatziki
- Crackers with avocado, cheese, cream cheese, tuna, hummus or cream cheese dips
- Hard boiled egg
- Tuna kit (comes with tuna, crackers and mayo)
- Cereal

### Drinks

- Smoothie: full cream milk, fruit, ice cream/yoghurt - you can add honey or other flavourings
- Creamy milkshakes with ice cream, toppings or flavourings such as Milo
- Sustagen and other supplement drinks

# 9.

## Quick & easy recipes

### Sesame Noodles

#### Ingredients:

Packet of 2 minute noodles or other noodles  
2 tablespoons peanut butter  
1 tablespoon honey  
2 tablespoons soy sauce  
1 teaspoon sweet chilli sauce  
1 teaspoon sesame oil  
1 teaspoon ground ginger  
1 clove minced garlic  
2 teaspoons sesame seeds

#### Method:

1. Cook noodles as per instructions.
2. Melt the peanut butter in a large microwave safe glass or ceramic bowl, 15 to 20 seconds. Whisk in the honey, soy and chilli sauce, then stir in the sesame oil and ginger. Mix the garlic and then the noodles.
3. Top with sesame seeds.

### Smoothie ideas

If you have fruits on hand, like mangoes, bananas, kiwi fruit or strawberries, you can chop them up and put the bits, either mixed together or separately into zip lock bags. Put in the freezer to use later when you feel like whizzing up a quick smoothie.

You can even spoon your favourite full fat yoghurt into an ice cube tray, freeze and then add a few frozen yoghurt ice cubes to the ziplock bags of fruit

too, so you have a freezer smoothie pack ready to go. All you need to do is throw the contents of the ziplock bag into the blender and add a cup of milk and some ice cream or cream.

Here are some other smoothie ideas. You will need either a blender or a mix master or something like a Nutra bullet to whiz up the ingredients.

#### Fruit and Oats

##### *Ingredients:*

1 cup strawberries or other berries, 1 banana, a handful almonds, 1/2 cup oats, 1 cup full fat yoghurt, 1 teaspoon maple syrup, top with chopped nuts such as walnuts.

#### Hazelnut and Banana

##### *Ingredients:*

1 cup of milk, 1/2 cup of ice, 1 banana, 2 tablespoons Nutella or Hazelnut spread, a pinch of cinnamon.

#### Peaches and Cream

##### *Ingredients:*

Tinned peaches, yoghurt, 2 tablespoons flaxseed or nuts, 1 teaspoon honey, 1 cup of milk.

# Cakes in a Cup

Fancy a mid-afternoon cake that is quick and easy to make? You just need a mug, a fork or whisk, a spoon and a microwave

## Chocolate Microwave Mug Recipe

### Ingredients:

30 g butter  
6 squares of milk chocolate  
1 egg  
2 tablespoons caster sugar  
1/2 teaspoon vanilla extract  
4 1/2 tablespoons plain flour  
1/2 teaspoon baking powder

### Method:

1. In the mug, melt the butter with the chocolate in the microwave for 30 to 40 seconds.
2. Beat the mixture until it is smooth, then add one by one, the egg, sugar, vanilla extract, flour and baking powder.
3. Cook in the microwave for 1 minute and 20 seconds.
4. Allow to cool before eating.

## Chocolate and Peanut Mug Cake

### Ingredients:

30 g of butter  
6 squares of dark chocolate  
1 1/2 teaspoons peanut butter  
1 egg  
1 tablespoon soft brown sugar  
5 tablespoons plain flour  
1/2 teaspoon baking powder

### Method:

1. In the mug, melt the butter with the chocolate in the microwave for 30 to 40 seconds.
2. Beat the mixture until it is smooth, then allow to cool slightly.
3. Add one by one, the peanut butter, egg, brown sugar, flour and baking powder.
4. Cook in the microwave for 50 seconds. Push the spoonful of peanut butter into the middle and cook for a further 40 seconds.
5. Decorate with chocolate sprinkles.

### Filling and Decoration:

1 teaspoon peanut butter  
1 teaspoon chocolate sprinkles

Where to find  
more info

10.

If you would like to know more details about CF nutrition read the “Nutrition and Cystic Fibrosis: A Guide for Adults” available in hard copy from CFWA or online at [www.cfwa.org.au/what-we-offer/resources](http://www.cfwa.org.au/what-we-offer/resources)

### CF Cooking:

Healthy cooking demonstrations for people with CF, including how to boost energy levels, how to make healthy CF meals when tired, how to fuel up for exercise and more. Available from [www.cfcooking.org](http://www.cfcooking.org).

### CFSmart:

Resources to provide teachers and students with information about CF. Available from [www.cfsmart.org](http://www.cfsmart.org)

### CFFit:

A series of booklets for personal trainers and people who have CF, which provide information about CF and exercise. Available from [www.cfwa.org.au/what-we-offer/resources](http://www.cfwa.org.au/what-we-offer/resources)

**CFfood**  
cystic fibrosis nutrition program

**CFcooking**  
cystic fibrosis healthy cooking

**CFSmart**  
cystic fibrosis education program

**CFfit**  
cystic fibrosis exercise program





[www.cfwa.org.au](http://www.cfwa.org.au)

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