

Physical Activity & Nutrition

Physical activity is highly recommended for all children. For those with CF being active helps clear mucus, improve lung function and maintain bone mass. Physical activity also increases energy needs and your child's requirements may change depending on their level of activity.

Hydration and Salt

Children with CF are more susceptible to dehydration because of the increased amount of salt lost through sweat. They are also known to have a lowered thirst drive so may need to be reminded to drink more regularly.

It is important to remind your child to drink regularly throughout the day, particularly in warmer weather, when playing/exercising, doing physio or if you notice sweat present on your child's skin.

It is also important to remind your child to take a salt supplement when more active to replace the increased losses from activity.

Food Before and After Exercise

You should always make sure your child is well fed before and after physical activity. Exercise uses energy and the best energy source is food.

Allow your child to eat to appetite to fuel their body by offering a snack before and after exercise.



A light snack about one hour before exercising is a good idea. The snack should be:

- Relatively low in fat and fibre
- High in carbohydrate
- Moderate in protein and
- A familiar food that is well tolerated (won't upset their stomach)

Here are some snack ideas:

- Muffin or fruit scone
- Glass of milk
- Slice of raisin bread or toast
- English muffin with a spread
- Fruit

People with CF will generally have a greater energy expenditure after exercising, rather than during, therefore food intake after exercise is also important.

The food should:

- Be high in energy with adequate carbohydrates
- Be high in protein
- Include adequate fluid intake

Some ideas include:

- Banana
- Crumpet with peanut butter
- Egg
- Baked beans
- Yoghurt

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