

Healthy Ways to Maintain Your Weight

Energy needs of people with Cystic Fibrosis (CF) are estimated to be 1 ½ to 2 times the needs of those without CF. A high-calorie, high-fat diet is generally recommended.

What is a healthy weight for me?

Age	Gender	Recommendation
Less than 2 years old	Male or female	Weight for length \geq 50th percentile
Between 2 and 20 years old	Male or female	BMI percentiles \geq 50th percentile
Greater than 20 years old	Male	BMI = 23 - 30 kg/m ²
Greater than 20 years old	Female	BMI = 22 - 30 kg/m ²

→ ✓ Check out <https://www.cdc.gov/healthyweight/assessing/index.html> if you would like to calculate your weight for length, BMI percentile, or BMI.

High Calorie Foods That Pack a Punch

Food	Calories	What Makes it a Healthy Choice?
Quinoa	220 per 1 cup	It is a source of fiber, a complete protein, and is rich in iron, magnesium, potassium, and zinc.
Peanut Butter	190 per 2 tablespoons	It is a rich source of unsaturated (healthy) fat and protein, and also contains potassium, vitamin E, magnesium, and zinc.
Nuts	~200 per 1 oz (about a handful)	They are rich in unsaturated (healthy) fat and protein, and are rich in vitamin E, magnesium, and zinc.
Avocado	~230 per 1 avocado	It is a source of unsaturated (healthy) fat, and is rich in vitamin E, vitamin C, potassium, and vitamin B6.
Olive oil	~120 per 1 tablespoon	It is a rich source of unsaturated fat and vitamin E, and it also the oil that contains the highest levels of antioxidant polyphenols.
Coconut oil	~120 per 1 tablespoon	It is rich in medium chain triglycerides (~65% of the total fat), evidence to support better absorption.
Salmon	~175 per 3 oz (about the size of your palm)	It is rich in unsaturated (healthy fat) and protein, and a good source of vitamin D, potassium, and vitamin B6.

EXAMPLES OF NUTRITIONAL SUPPLEMENTS

• Carnation Breakfast Essentials Powder	130 calories and 5g protein
• Ensure Plus	350 calories and 13g protein
• Boost Plus	360 calories and 14g protein
• Benecalorie	330 calories and 7g protein
• Equate Plus (Walmart)	350 calories and 13g protein
• Walgreen's Nutritional Shake	250 calories and 9g protein
• Resource Breeze	250 calories and 9g protein
• Ensure Clear	180 calories and 9g protein
• CVS's Liquid Nutrition	250 calories and 9g protein
• Boost VHC	530 calories and 22g protein
• Orgain Nutritional Shake	255 calories and 16g protein
• Kate Farms Nutritional Shake	325 calories and 18g protein
• Opt2thrive	630 calories and 25g protein

Key Lime Delight Shake

2 cups vanilla yogurt
6 oz key lime yogurt
2 ripe bananas
1/3 cup whole milk
Put all ingredients into a blender and blend until smooth.

360 calories and 12g protein

High Protein Shake

1/2 cup whole milk
1 pkg of instant breakfast
1/4 cup egg substitute
1/2 cup ice cream
Put all ingredients into a blender and blend until smooth.

470 calories and 22g protein

Nana-Peanut Shake

1/2 cup whole milk
1 banana
2 1/2 Tbs peanut butter
1 cup vanilla ice cream
Place milk, banana, peanut butter and ice cream in blender. Blend until thick and smooth.

330 calories and 10g protein

Sherbet Shake

3/4 cup 2% milk
1 cup sherbet
Put all ingredients into a blender and blend until smooth.

360 calories and 8g protein

Malted Milkshake

1/2 cup whole milk
1 Tbs malted milk powder
1/2 cup half and half
1 pkg of instant breakfast
2 cups ice cream
2 Tbs Ovaltine
Blend all ingredients until smooth.

1014 calories and 23 g protein

Strawberry Cheesecake Shake

6-7 strawberries
1/2 cup cottage cheese
1/2 cup whole milk
Honey to taste
Combine all ingredients and blend until smooth.

270 calories and 18g protein

*** You can substitute milk in any recipe with your favorite nutritional supplement, soy milk, tofu, Lactaid, or non-dairy creamer.

*** If you're looking for a good protein powder, make sure the first ingredient is "whey protein isolate."

Breakfast Shake

6 oz can frozen concentrated OJ
1/4 cup cold water
1 cup ice cubes
1 carton (8oz) plain yogurt

Combine all ingredients except for ice cubes until frothy. Add ice cubes and continue to blend.
240 calories and 8g protein

Juice Shake

3/4 cup pineapple juice
1/4 cup egg substitute
1 1/2 cups vanilla ice cream

Combine and blend all ingredients until smooth.
630 calories and 13g protein

	calories	organic	Covered by healthwell	flavors	Nutrition program
Lutrish	560 calories when mixed with 8 oz whole milk	no	yes	chocolate	none
Orgain	250 calories	yes	Yes	Chocolate Vanilla Strawberry mocha	CF careforward
Orgain Kids	200 calories	yes	yes	Chocolate Vanilla Strawberry	CF careforward
Katefarms Core essential	325 calories	Yes Dairy,soy, corn, nut Free	yes	Vanilla Chocolate	Live 2 thrive
Katefarms Komplete	310 calories	Yes Dairy, soy, corn, nut free	yes	Chocolate Coffee vanilla	Live 2 thrive
Gatorade whey bars	350 calories	no	no	<ul style="list-style-type: none"> o Vanilla Almond o Salted caramel o Chocolate chip 	<ul style="list-style-type: none"> o Chocolate pretzel o Cookies and cream o Chocolate peanut butter

CF Vitamin Dosing Guidelines 2017

Listed below is the *minimum* dosing required of each CF vitamin product to meet consensus recommendations for vitamins A, D, E, & K.

Product Name	AquaDEK			Vitamax Discontinued 12/2016		Complete Formulation MWV						Choiceful		H2-Pharma Bought Libertas 8/2017 (formerly ABDEKs)		DEKAs-Plus			DEKAs-Essential** not a multivitamin; specialty use only			
Availability	Zenpep-Live2Thrive, PSI, CF Walgreens, Foundation Care, local www.walgreen.com/asathof/asathofa_us			CF WalgreensPharm www.walgreens.com/topic/cfpharm cflivestolive.com/services		CreonCareForward, PSI, CF Walgreens Pharm, IV Solutions, CF Pharm-Orlando, local pharm www.mwvnutrionals.com						Foundation Care, IV Solutions (no local) www.choicefulvitamins.com		CreonCareForward, local pharm https://www.h2-pharma.com/products/		CreonCareForward, local pharm www.callionpharma.com			CreonCareForward, local pharm www.callionpharma.com			
Recommended Dose for CF ^{1,2} (age levels adjusted slightly)	Liquid	Chew citrus	Gel Discontinued	Liquid Discontinued	Chew cherry, orange, grape Discontinued	Liquid citrus	Chew bubblegum, orange, grape	Chew D3000 orange	Gel lemon scent	Gel D3000 lemon scent	Gel D5000 lemon scent	Chew bubblegum	Gel	Liquid	Chew bubble gum	Gel	Liquid orange	Chew citrus	Gel vanilla scent	Liquid berry	Gel	
0-12 month						1ml				0.5ml							1 ml				1 ml	
Vitamin A (IU)	5,000	5,751			3,170					4,627							4,627				5,751	
Vitamin D (IU)	400-500	600			400					750							500				750	
Vitamin E (IU)	40-50	50			50					50							50				50	
Vitamin K (mcg)	300-500	400			300					500							400				500	
1-3 years		2ml	2 chews		2ml	2 chews	1ml	1 chew	1 chew					1 chew		2 ml	1 chew		2 ml	1 chew		1 ml*
Vitamin A (IU)	5,000	11,502	18,167		6,340	10,000	9,254	16,000	16,000					13,000		9,254	16,000		11,502	18,167		2,000*
Vitamin D (IU)	800-1,000	1,200	1,200		800	800	1,500	1,500	3,000					800		1,000	1,000		1,500	2,000		2,000
Vitamin E (IU)	80-150	100	100		100	400	100	200	200					180		100	200		100	100		75*
Vitamin K (mcg)	300-500	800	700		600	400	1,000	1,000	1,000					600		800	800		1,000	1,000		2,000
4-9 years		2ml	2 chew	1 gel	2ml	2 chews	1ml	1 chew	1 chew	1 gel	1 gel	1 gel	1 chew	1 gel	2 ml	1 chew	1 gel	2 ml	1 chew	1 gel	1 gel	1 gel*
Vitamin A (IU)	5,000-10,000	11,502	18,167	18,167	6,340	10,000	9,254	16,000	16,000	16,000	16,000	16,000	13,000	14,000	9,254	16,000	16,000	11,502	18,167	18,167		2,000*
Vitamin D (IU)	800-1,000	1,200	1,200	1,200	800	800	1,500	1,500	3,000	3,000	5,000	800	1,000	1,000	1,000	1,500	2,000	3,000	3,000	3,000		2,000
Vitamin E (IU)	100-200	100	100	150	100	400	100	200	200	200	200	200	180	170	100	200	200	100	100	150		150
Vitamin K (mcg)	300-500	800	700	700	800	400	1,000	1,000	1,000	800	800	800	600	700	800	800	800	1,000	1,000	1,000		1,000
10+ years		4ml	4 chews	2 gels	4ml	2 chews	2ml	1 chew	1 chew	1 gel	1 gel	1 gel	2 chews	2 gels	4 ml	2 chews	1 gel	4 ml	2 chews	2 gels		
Vitamin A (IU)	10,000	23,004	36,334	36,334	12,680	10,000	18,508	16,000	16,000	16,000	16,000	26,000	28,000	18,508	32,000	16,000	23,004	36,334	36,334			
Vitamin D (IU)	800-2,000	2,400	2,400	2,400	1,600	800	3,000	1,500	3,000	1,500	3,000	5,000	1,600	2,000	2,000	2,000	1,000	3,000	4,000	6,000		
Vitamin E (IU)	200-400	200	200	300	200	400	200	200	200	200	200	360	340	200	400	200	200	200	200	300		
Vitamin K (mcg)	300-500	1,600	1,400	1,400	1,200	400	2,000	1,000	1,000	800	800	800	1,200	1,400	1,600	800	2,000	2,000	2,000			

*Dose does not meet all age-specific guidelines.
 **Essential is not a multivitamin and is designed to augment the content of another product. Caution when using this product as sole source.
 1 Consensus report on nutrition for pediatric patients with cystic fibrosis. Borowitz D, Baker RD, Stallings V. J Pediatr Gastroenterol Nutr. 2002 Sep;35(3):246-59.
 2 An update on the screening, diagnosis, management, and treatment of vitamin D deficiency in individuals with cystic fibrosis: evidence-based recommendations from the Cystic Fibrosis Foundation. Tangpricha V, Kelly A, Stephenson A, Magness K, Enders J, Robinson KA, Marshall BC, Borowitz D. J Clin Endocrinol Metab. 2012 Apr;97(4):1082-93.

	Reimbursement Code	McKesson Economidist#	Cardinal CIN	ABC Item #	Morris & Dickson	UPC
Softgels	58204-0004-00	2718996	4988804	10140549	179978	858204-00400-9
Softgels	58204-0004-06	2905859	5138771	10159431		858204-00406-1
Softgels	58204-0004-09	3606142	5307319		850099	858204-00409-2
Chewables	58204-0004-01	2718996	4988796	10140548	180331	858204-00401-5
Chewables	58204-0004-08	3606139	5045976	10150640	852129	858204-00408-5
Chewables	58204-0004-15					858204-00415-3
Chewables	58204-0004-11	3606134			568147	858204-00411-5
Pediatric Drops	58204-0004-04	2905867	5002902		568139	858204-00404-7

Pharmacy Wholesale Info:

	H2-Pharma Pediatric Drops	H2-Pharma Chewable Tablets	H2-Pharma Softgels	DEKAs Plus Liquid	DEKAs Plus Chewable Tablets	DEKAs Plus Softgels	DEKAs Essential Liquid	DEKAs Essential Capsules
Cardinal Health City#				5222302	5323670	5222294	pending	5222278
McKesson Economidist#	3673530	3673498		3528676	3676521	3528668	pending	3528684
Amerisource Bergen#	10177598	10177569		10172671	10172058	10172093	pending	10172081
HD Smith								
UPC #				8-68176-00010-7	8-68176-00010-7	8-68176-00011-4	8-68176-00013-8	8-68176-00012-1
NDC #								

Revised 12-05-2017