

Cystic Fibrosis

Cystic fibrosis (CF) is a life-threatening genetic disease that primarily affects the lungs and digestive system. An estimated 30,000 children and adults in the United States (70,000 worldwide) have CF.

- In people with CF, a defective gene and its protein product cause the body to produce unusually thick, sticky mucus that:
 - Clogs the lungs and leads to life-threatening lung infections
 - Obstructs the pancreas and stops natural enzymes from helping the body break down food and absorb vital nutrients

Nutrition and CF

Nutrition is important in order to:

- Promote stronger lungs improving lung function
- Achieve normal growth and development
- Strengthen immune system to fight infections better
- Meet increased energy needs

In order to meet 20-50% higher energy needs:

- Patients need to eat high fat/high calorie foods
- Patients need to eat meals and snacks often

Socioeconomic Status and CF

When compared to other socioeconomic status (SES) groupings, CF patients identified as having a low SES show:

- Higher rates of hospitalization
- Higher rates of death
- Lower body mass index (BMI) percentages
- Worse nutritional outcomes
- Lower percentages for pulmonary function tests (PFT's)

References

Schechter, M. S., Shelton, B. J., Margolis, P. A., & FitzSimmons, S. C. (2001). The association of socioeconomic status with outcomes in cystic fibrosis patients in the United States. *American journal of respiratory and critical care medicine*, 163(6), 1331-1337

Schechter, M. S., & Margolis, P. A. (1998). Relationship between socioeconomic status and disease severity in cystic fibrosis. *The Journal of pediatrics*, 132(2), 260-264.

Stallings, V. A., Stark, L. J., Robinson, K. A., Feranchak, A. P., Quinton, H., on Growth, C. P. G., & Ad Hoc Working Group. (2008). Evidence-based practice recommendations for nutrition-related management of children and adults with cystic fibrosis and pancreatic insufficiency: results of a systematic review. *Journal of the American Dietetic Association*, 108(5), 832-839.

Cystic Fibrosis Foundation: www.cff.org

Foods Needed

Food Requested

Nutritional drinks (i.e., Boost®, Ensure®)

Instant breakfast

DuoCal®, Similac®

Nutritional Bars (i.e., Kind®, Quest®, Larabar Uber®)

Meats

Vegetables

High Calorie/High Fat Foods

Perishable

Cheddar cheese not reduced fat

Cream cheese not reduced fat

Whipped Cream

Butter

Sour Cream

Mayonnaise

Avocado

Eggs

Half and Half

TV dinners

Bacon

Whole Milk

Non-Perishable

Salted nuts, trail mix, or granola

Dried raisins, cherries or cranberries

Potato chips

Peanut butter, almond butter or Nutella®

Syrup

Pasta

Pancake mix

Canned soups (especially creamed)

Salad dressings

Fruit juices

Canned fruit in syrup

Salted Crackers (i.e., Wheat Thins®, Triskets®)



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