

# Mindful Meals

## TIPS FOR MAKING MINDFUL MEALS:

1

### Choose 1 food from each group

Choose a protein, carb, and fat to make a balanced meal and provide a variety of nutrients the body needs to stay strong and healthy!



2

### Choose a fruit or vegetables at each meal

Fruits and vegetables contain important nutrients that make our bodies work their best. Have at least one at each meal to stay fueled.



3

### Add extra fat meals and snacks

Fats provide extra energy to help our bodies fight off infections. Adding fat to meals can help increase energy without increasing quantity.



4

### Add extra salt to meals and snacks

Salt is lost higher amounts in the sweat of CF patients, adding extra salt can help the body better utilize energy!



5

### Make snacks mini-meals

Kids need 2-3 snacks per day. Think of snacks as mini meals, make sure there is a food from at least two of the three groups listed on the back of the page.



# Mindful Meals

## FOODS TO INCLUDE IN MINDFUL MEALS:

### PROTEIN

- Hummus
- Peanut Butter
- Almonds
- Peanuts
- Beans
- Peas
- Chicken
- Beef
- Pork
- Lamb
- Venison
- Tofu
- Eggs
- Greek Yogurt
- Cheese
- Milk

### CARBS

- Vegetables
- Fruit
- Bread
- Pasta
- Rice
- Tortillas
- Oats
- Quinona
- Potatoes
- Corn
- Peas
- Cereal

### FAT

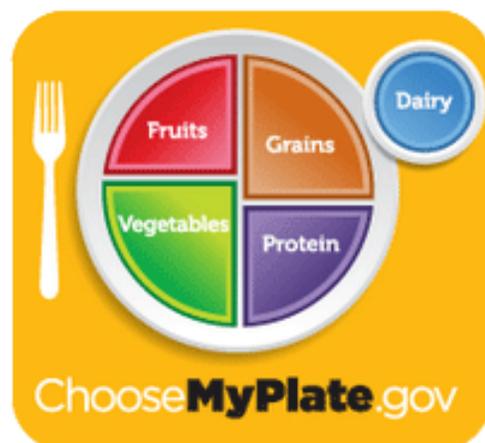
- Peanut Butter
- Hummus
- Avocado
- Walnuts
- Salmon
- Full Fat Yogurt
- Whole Milk
- Heavy Cream
- Butter
- Oil
- Mayo
- Salad Dressing

### NOTE:

- **Fruits, vegetables, and grains are all carbohydrates.**
- **Protein sources can also contain fat.**

## MYPLATE: CF TIPS

MyPlate is a guide that can help us put together healthy balanced meals. A key feature of MyPlate is that half the plate is fruits and vegetables. People with CF also need higher amounts of fat. Adding fats to vegetables by using dips or cooking in butter and oil can help increase calories but still provide the necessary nutrition.



# Fat for Fuel

---

## FACTS ABOUT FAT:

### Fat contains more energy than other foods

Fat is a great source of energy. It contains 9 calories per gram; protein and carbs provide 4 calories per gram. Children with CF typically have more difficulty absorbing nutrients in food. That means they may need to eat more calories than other kids. Adding fat is an easy way to help increase calories!

### Fat has many nutrition benefits, but the type matters

Another reason kids with CF need more fat is to help them absorb fat-soluble vitamins (A, D, E, K). Using fats like plant based oils (canola and olive) can provide other essential nutrients like monounsaturated fatty acids (MUFA) and polyunsaturated fatty acids (PUFA). Eating fatty fish like tuna and salmon provide omega-3 fats that have great health benefits PLUS they are filled with important vitamins and minerals!

## HOW TO ADD FAT IN THE DIET:

**1 Cook with butter and oil**  
Adding butter and oil while cooking is a simple way to increase the calories in your child's food. You can also add butter and oil directly to your child's dish after it has been cooked.

**2 Use dips and sauces**  
Everyone loves dips and sauces! Use them to your advantage to add fat and calories to meals. Sauces like ketchup and BBQ are great, but cheese sauces, cheese dips, and sour cream will have a higher fat content.

**3 Use full-fat dairy products**  
Whole Milk, heavy whipping cream, full-fat yogurt, and sour cream are a delicious way to bump up the fat in your kiddo's meal. Making small and simple changes with dairy products throughout the day can help boost nutrient absorption and calories without increasing the volume.

# Fat for Fuel

## ADDING MORE FATS

People with CF need fat to absorb vitamins A, D, E, and K, but fats have more benefits than just nutrient absorption! Adding fats can be tricky but the following tips will help round out meals and easily increase the energy.

### BUTTER AND OIL



#### TIPS

- Canola and other vegetable oils are best for cooking.
- Olive oil is best on items that don't need cooked. Use it for salad dressing or dipping bread
- Butter is great with cooked veggies, rice, or pasta

#### TIPS

- Dressings like Ranch are great with raw veggies, chicken strips, and pizza.
- Use hummus with crackers, raw veggies, and flat breads.
- Add peanut butter to fruits, crackers, and bread.
- Avocados are best with crackers, tacos, chips and veggies

### DIPS AND DRESSINGS



### NUTS AND SEEDS



#### TIPS

- Nuts and seeds are the perfect pair with cheese
- Get crushed or sliced nuts and add them to salads
- Make a trail mix with nuts and dried fruits

#### TIPS

- Seafood is the best source for omega-3's
- Add mayonnaise to canned tuna for an easy tuna salad
- Use fish or shrimp in place of taco meat
- Step up breakfast, and add smoked salmon to a slice of toast

### FISH AND SEAFOOD



# Protein Power

## PICK A PROTEIN



CHICKEN



SALMON



CHEESE



PEAS



CHICK PEAS



ALMONDS



MILK



PEANUT BUTTER



STEAK



HAMBURGER



GREEK YOGURT



BLACK BEANS



HUMMUS



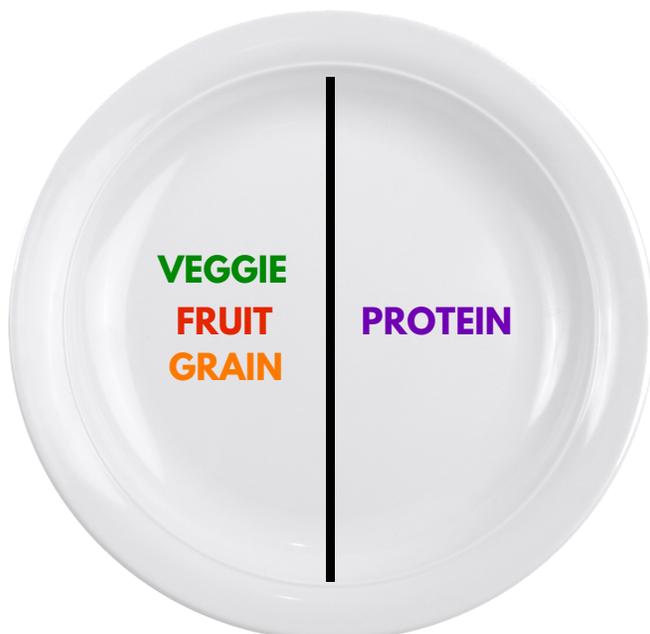
EGGS



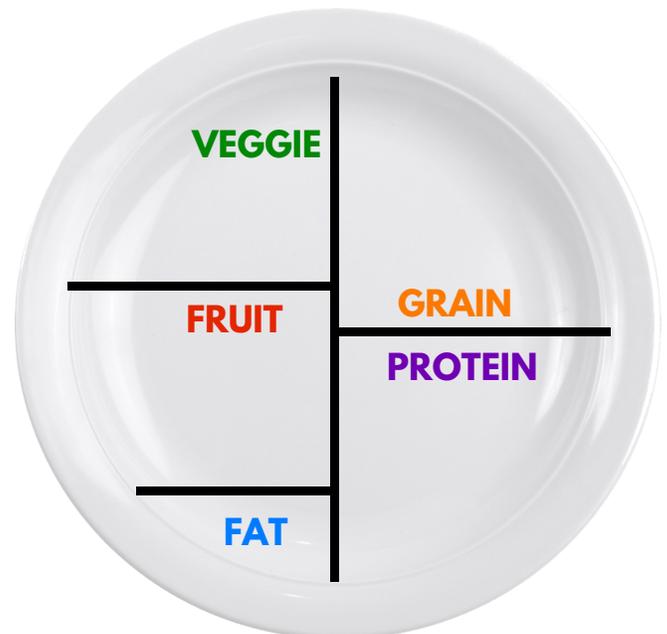
TOFU

## BUILD A PLATE

### SNACK



### MEAL



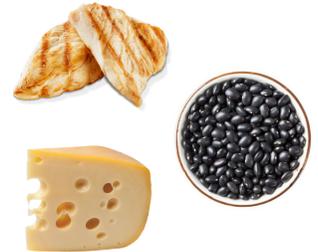
# Protein Power

---

## PROTEIN Q&A

### Where does protein come from?

Protein is found in a variety of foods. Meats, poultry, fish, and dairy are common sources of protein, but beans, peas, nuts, and grains like quinoa are protein sources that are also filled with fiber.



### How much protein does my child need?

Your child's protein needs will depend on their age and weight. At meals, the protein option should be the size of your child's palm. If you're concerned your kiddo isn't getting enough protein, let your dietitian know.

### Can my child have too much protein?

With a normal diet, it is not likely your child will get too much protein. However, when your kiddo is taking a nutrition supplement it's important to check with your dietitian to make sure it's appropriate. Too much protein can damage our kidneys.

### Does my child need a protein supplement?

Sometimes kids need more protein and nutrients for growth than they get with food. There are liquid protein supplement options if you don't think your child is getting enough protein through food. Let your dietitian know if you are concerned.

### How can I increase protein in my child's diet?

To incorporate more protein into meals and snacks provide protein options with sauces and dips to enhance the flavor. You can also incorporate protein like peas and beans into pasta, rice, and other grain dishes to increase the nutritional value.



# Simple Snacks

---

## SNACK IDEAS

### FRUIT AND YOGURT

Raspberries, Strawberries, Peaches, Blueberries all go great with full-fat or Greek yogurt. Fruit and yogurt are also a great option for dessert!



### VEGGIES AND HUMMUS

Pairing veggies with hummus is a great way to increase both vegetables and fat! Veggies like carrots, celery, and peppers all go great with hummus.



### FRUIT AND PEANUT BUTTER

Putting peanut butter, or any nut butter, apples or bananas is a great way to have a healthy, high calorie snack.



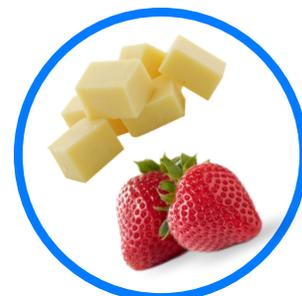
### CRACKERS AND TUNA

Fatty fish like tuna is high in healthy fats and vitamins and nutrients. Adding mayonnaise to a pack of tuna can boost the fat content even higher!



### VEGGIES AND FRUIT WITH CHEESE

Veggies or fruits, and cheese are the perfect pair! Both are high in the nutrients needed to stay healthy and provide a well rounded snack.



# Simple Snacks

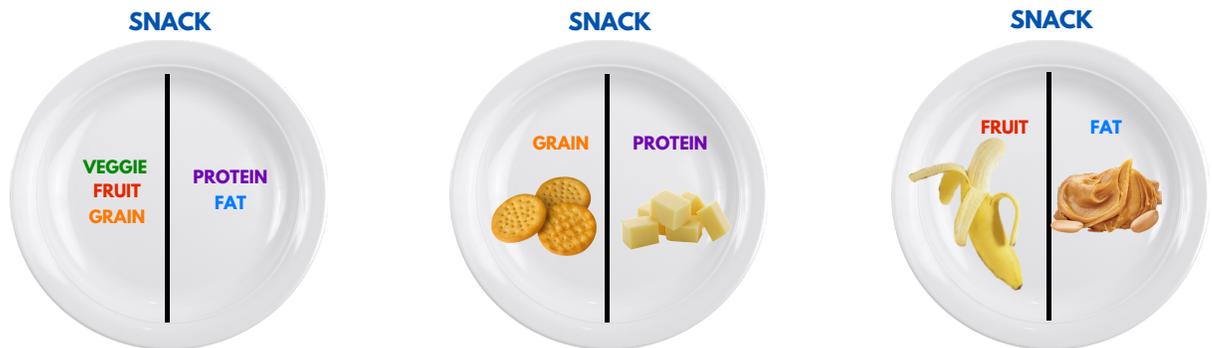


## SNACK BASICS

# 1

### Choose foods from two different groups

Choose a protein, carb, and fat to make a balanced meal and provide a variety of nutrients the body needs to stay strong and healthy!



# 2

### Add calories if possible

Choosing a fat as one of the foods in a snack, like nuts, avocado, or full-fat dairy can help bump up the nutrition in snacks! Adding a dip or dressing is another great way to add calories!



# 3

### Always take your enzymes

Without enzymes, the important nutrients in vegetables and fruits won't be absorbed. Enzymes should be taken with all meals and snacks, no matter how small!