

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

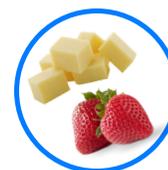
Salt is lost higher amounts in the sweat of CF patients, adding extra salt can help the body better utilize energy!



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.



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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.

