

## ***Resource List for Eating with Cystic Fibrosis***

### **USDA**

ChooseMyPlate.gov (<https://www.choosemyplate.gov>)

- Food group exchanges by age
- Recipes
- Meals on a budget

### **Cystic Fibrosis Foundation**

Healthy High-Calorie Eating available at <https://www.cff.org/Life-With-CF/Daily-Life/Fitness-and-Nutrition/Nutrition/Getting-Your-Nutrients/Healthy-High-Calorie-Eating/>. Accessed October 18, 2019.

- Grab ‘n’ Go Meal Ideas
- Recipe Book
- “Energy Booster” Card

### **Academy of Nutrition and Dietetics**

Pediatric Care Manual, Cystic Fibrosis Client Education Material available at [https://www.nutritioncaremanual.org/client\\_ed.cfm?ncm\\_client\\_ed\\_id=287](https://www.nutritioncaremanual.org/client_ed.cfm?ncm_client_ed_id=287). Accessed October 16, 2019.

Nutrition Care Manual, Cystic Fibrosis Client Education Material available at [https://www.nutritioncaremanual.org/topic.cfm?ncm\\_category\\_id=1&lv1=5538&lv2=36818&lv3=269128&ncm\\_toc\\_id=269128&ncm\\_heading=Nutrition%20Care](https://www.nutritioncaremanual.org/topic.cfm?ncm_category_id=1&lv1=5538&lv2=36818&lv3=269128&ncm_toc_id=269128&ncm_heading=Nutrition%20Care). Accessed October 16, 2019.

### **UK Dietitians’ CF Interest Group**

Nutrition: A guide for adults with cystic fibrosis. Second edition. Last updated September 2016. Available at: <https://www.cysticfibrosis.org.uk/the-work-we-do/resources-for-cf-professionals/consensus-documents>. Accessed October 16, 2019.

- Tips on Managing Diet
- Foods to Keep in Stock
- Quick and Easy Meals

### **CF Chef**

Available at <https://www.chef4cf.com/nutrition-guide/healthy-eating/adult>. Accessed October 14,, 2019.

- Recipes
- Shopping List
- Tips