Eat to fuel your day

Energy Boosters

Just like a car needs gas to keep it running, your body needs energy (from calories) to keep it going at full speed. And just like different cars use different amounts of gas, each person needs different amounts of energy. To get the right amount of energy for you, use "booster" foods. This means adding extra calories to what you usually eat and drink. Here are some ideas to reach your energy target.

How Do I Boost My Energy Intake?

- ☐ Ask your CF Center Registered Dietitian (RD) for your daily energy target.
- ☐ Keep a list of everything you eat and drink for _____ days. Ask your RD to look it over and help you find ways to "boost" your energy intake.
- ☐ Eat 3 meals and at least 2 snacks every day.
- ☐ Make drinks count. Pick higher calorie drinks like whole milk.
- ☐ Read food labels. Choose food with the most energy (calories) in each serving.
- ☐ Try some of the "booster" foods listed on the other side of this card.
- ☐ If you take supplemental enzymes, take them with all meals, snacks, and drinks that have fat and protein. This helps your body use the food's energy.

Why Should I Care?

Every part of your body needs energy to work - your heart to beat, your lungs to breathe, and your brain to think. Your body needs energy to grow and stay healthy. Getting enough energy every day helps your body do the work it needs to do so you can be a top-performing energy machine and keep your lungs as healthy as possible.

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Booster Ideas

Add extra energy to your meals and snacks throughout the day. Small amounts of "booster" foods add up quickly. For example, just 100 extra calories at each meal and snack gives you 500 extra calories daily, double the 100 calorie boosters at meals and snacks for an extra 1000 extra calories!

100 Calorie Boosters*

Avocado: 4 tablespoons
   Add to sandwiches or salad. Make guacamole
Bacon: 2 slices
   Add to sandwiches or crumble into salads
Cheese: Sliced 1 ounce or shredded 2 tablespoons
   Add to sandwiches and salads. Melt in foods like scrambled eggs, potatoes, or chili.
Chocolate Chips or Ice Cream Sprinkles: 1 1/2 tablespoons
   Sprinkle on ice-cream, pudding, fruit, or yogurt
Chopped nuts: 2 tablespoons**
   Top off cereal, ice-cream, fruit, salads, or pudding.
Cream Cheese: 2 tablespoons
   Spread on bread, crackers, and fruit. Mix in mashed potatoes or macaroni and cheese.
Heavy Cream: 2 tablespoons
   Add to whole milk, hot or cold cereal, fruit smoothies, creamed soups or any recipe that uses milk.
Margarine or Butter: 1 tablespoon
   Add to sandwiches, crackers, pancakes, and any bread you eat. Melt in hot foods such as rice, spaghetti, potatoes, vegetables, creamed soups or cooked cereals.
Mayonnaise: 1 tablespoon
   Use on sandwiches and salads or make a dip for raw vegetables.
Nutella: (hazelnut and chocolate spread) 1 tablespoon**
   Spread on toast, crackers, or fruit slices.
Olives: 20 small, chopped
   Add to salads, sandwiches, or salsa.
Pancake Syrup: 2 tablespoons
   Add to hot cereal, milk, or pour over ice cream.
Peanut Butter: 1 tablespoon**
   Spread on toast, crackers, celery or fruit slices like apples, pears, or bananas
Ranch Salad Dressing: 1 1/2 tablespoons
   Mix with catsup and use in place of plain catsup with your favorite foods.

*All of the above are about 100 calories
** Avoid if allergic to nuts. May be a choking hazard for children under three years of age.

Enjoy Your Energy Boosters

Talk with your CF Center RD and Team about the amount of energy that is best for you - each day, every day. Think energy. Think health. Think top energy boosters for you. Enjoy healthful eating.

mvw Nutritionals, Inc.
www.mvwnutritionals.com
1-855-236-8584 (CF-MULTI)