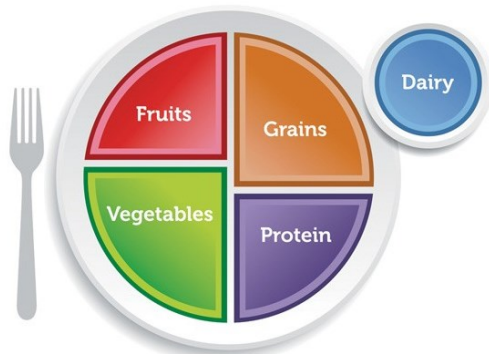


5 Tips for Eating Vegetarian



1. The **MyPlate** model shows us how to organize our meals. If you do not wish to include dairy in your diet, try replacing it with a soy, hemp, or almond milk-based smoothie or milkshake.
2. Eat 3 meals and 3 snacks each day. Try not to skip any meals.
3. Busy schedules can get in the way of preparing snacks and meals. Prepare your meals the night before and store in plastic storage containers. Pack easy snacks such as protein bars, nuts, seeds, fruit, or nut butters.
4. Some nutrients should be focused on: Vitamin B12, Omega 3 fatty acids, Calcium, Iron, and Zinc. Speak to your dietitian about foods that contain these!
5. If you are not feeling well or just don't have much of an appetite, it may be easier to have a nutritional supplement shake or smoothie.



Try This Recipe:

Hearts of Palm Salad + Chickpeas and Feta

Preparation Time: approximately 15 minutes

Serving Size: about 1 cup, Serves about 4

Ingredients

- 1 can hearts of palm, drained & sliced into 1/4" slices
 - 1- 15 oz can chickpeas, drained and rinsed
 - 2 cups tomatoes, diced into medium chunks
 - 2 cups cucumbers, halved and sliced into 1/4" slices
 - 1/2 cup black olives, sliced
 - 1/2 cup feta cheese, crumbled
 - 4 oz spring mix, washed and dried
 - 4 TB Basil Vinaigrette (recipe follows)
- Basil Vinaigrette*
- 2 TB white wine vinegar
 - 6 TB olive oil
 - 1/4 tsp Dijon mustard
 - 2 TB basil, fresh, minced
 - 1/2 tsp kosher salt
 - 1/2 tsp black pepper



Directions

Whisk together vinaigrette ingredients until well combined. Toss hearts of palm, tomatoes, cucumbers, and olives together in Basil Vinaigrette. Set aside. Top 1/4 spring mix with hearts of palm mixture. Sprinkle 1/4 of the feta cheese on top.

Don't Forget!

The information contained in this brochure does not replace regular meetings with a registered dietitian and physician. It is important to keep regular appointments to optimize your overall and nutritional status!

If you are pancreatic insufficient, take your pancreatic enzymes with all meals and snacks in order to help with the absorption of nutrients. Be sure to dose your enzymes based on the amount of protein or fat in the meal, and not the size of the entire meal. If you are unsure about your enzyme dosage, speak with your dietitian.

This information meets the guidelines and standards of the Cystic Fibrosis Foundation's Education Committee.



Cystic Fibrosis and the Vegetarian Diet

High Calorie, High Protein Plant-Based Eating



Developed by Samantha Mogil, Nutrition Student
Edited by Zachari Breeding, MS, RDN, LDN





High-Calorie, Vegetarian-Friendly Snack Ideas

- Dense whole grain bread with 3 TBSP peanut butter + banana
- Carrots and whole-grain pita with hummus, guacamole, or black bean dip
- ¼ cup almonds or cashews + full-fat yogurt
- 2 oz full-fat cheese + 8 crackers
- Protein Bar (10g protein) + Dried fruit
- Fruit/Vegetable smoothie with 3 TBSP of a nut butter of your choice

*Tip: Focus on Calories, Protein, and Healthy Fats.

For a variety of reasons, many people are making the shift to a vegetarian diet. For those living with Cystic Fibrosis (CF), it may seem difficult to imagine that vegetarian diets can provide the extra protein and calories that are needed each day. Understanding how to create nutritious meals and snacks make it possible to eat vegetarian while getting the extra nutrition that is needed.

Fats

A focus on healthy fats and understanding the ways to incorporate them into your daily routine will help meet your high-energy demands without the burden of increasing the actual volume of food.

Sources: Oils, Butter, Cheese, Nut butters, Tahini, Nuts, Milkshakes, Dark chocolate, Chia Seeds, Flax Seeds, Full-fat Yogurt, Olives, Avocado, Coconut

Tips:

1. Sautee vegetables using olive oil, coconut oil, or canola oil
2. Add avocado, nuts, or olives to a salad and combine tahini and olive oil to make a dressing
3. Add 2 tablespoons of peanut or almond butter to a smoothie or milkshake

Protein

Getting enough protein in a vegetarian diet may seem like the biggest challenge, but plant-based protein sources can help people with CF meet their high protein needs.

Sources: Tofu, tempeh, seitan, beans, legumes, nuts and nut butters, quinoa, nutritional yeast, hemp seeds, protein powder

Tips:

1. Add hemp seeds to a smoothie or sprinkle on top of your salad or cereal
2. Marinate tofu or tempeh with nutritional yeast and healthy fats such as tahini and sesame oil
3. If you are open to animal-derived protein sources, eggs, milk, cheese, yogurt, and fish are excellent sources of calcium, iron, and omega-3 fatty acids.
4. Tofu/Tempeh/Seitan: consume at least 6 oz per meal.

Carbohydrates

While fat and protein are essential for people with CF, a diet with an adequate carbohydrate intake is still important for meeting energy demands.

Sources: Dense whole grain bread, Cereals (Granola, Bran, Oats), whole grain pasta, whole grain pancakes or waffles

Tips:

1. Choose whole grain instead of white breads or pastas
2. Instead of fruit juice, choose fresh or dried fruit
3. Pair with cheese, avocado, or eggs for extra calories

What Would a Daily Meal Look Like?

Estimated Nutrition Content:
Calories: 2800 Fat: 150g Protein: 100g Carbs: 250g



- Breakfast:** 2 whole wheat waffles w/peanut butter, 1 egg, 1 apple
- Snack:** 1 High Protein Bar + Dried dates
- Lunch:** Mediterranean salad with chopped veggies, avocado, olives, tempeh or chickpeas (Add ons: cheese, hard boiled eggs, nuts, olive oil)
- Snack:** Fruit/Vegetable smoothie with nut butter + hemp/chia seeds
- Dinner:** Tahini-battered tofu, quinoa, sautéed kale + mushrooms (Add ons: ½ sliced avocado, nutritional yeast)
- Snack:** Milk (or Soymilk) Shake with chocolate syrup and nut butter

