Are you Getting The Balance Right?

This education pack is not intended to replace any advice given from a specialist CF team.
Are you getting the balance right?

Try to eat these foods everyday

- 3 portions of milk and dairy foods such as milk, cheese or yogurts
- Starchy foods such as bread, pasta, potatoes at every meal
- 2 portions of high protein foods chicken, fish, nuts and beans
- 3-5 portions of fruit and/or vegetables
- 2-3 high energy snacks

Energy boosters can be added to give food more energy such as margarine, cream oil and sugar
FOLLOW THE JOURNEY OF FOOD THROUGH YOUR BODY

AND FIND OUT WHAT IS IN FOOD THAT MAKES YOU FEEL GOOD AND COOL
WHY do you need food?

- To help you think, walk, talk, breathe, read, sleep, run and jump.
  - To help you grow and build strong muscles.
- To help you to fight infections.
- To fill you up and stop you from being hungry.
- To give you strong bones and teeth.
- To give you good skin and hair and help you to see.
  - To help you have a poo.

WHY do you need to eat more food than your friends do?

- You need to eat more food so that if you become unwell your body has some extra supplies and you won’t become too skinny.
- Your chest and lungs need more energy to breathe.
- Some of the food you eat goes down the loo even if you take the right amount of enzymes.
Protein Foods

What are protein foods?
MEAT, FISH, EGGS, NUTS AND BAKED BEANS

Why do you need protein?
Your body has 656 muscles.
You need protein to grow and make your muscles strong.

Do you eat enough protein?

Tick the ones you eat

Sausages
Ham
Salami
Beef
Eggs
Peanut Butter

Burgers
Bacon
Fish Fingers
Lamb
Pork Chops
Baked Beans
Chicken

Activity

Your body needs at least two of these foods every day.

DRAW 2 PROTEIN FOODS YOU EAT EVERYDAY
Starchy Foods

What are starchy foods?
Bread, potatoes, breakfast cereals, spaghetti and rice.

Why do you need starchy foods?
Starchy foods help to fill you up at meal times and give you energy. Try to have at least 3 helpings a day.

Activity

Match up the starchy foods to their name

- RICE
- POTATO
- CORNFLAKES
- BREAD
- SPAGHETTI
Starchy foods can also give you fibre, which will help you go to the loo and make your poos soft.

**Activity**

Draw and colour in pictures of the ones you eat.

**Starchy foods containing fibre**

- Wholemeal bread
- Oatcakes
- Weetabix
- Jacket potato
Dairy Foods

DAIRY FOODS
- Dairy foods give you healthy bones and teeth
- Did you know there are 206 bones in your body?

Activity

Circle the dairy foods you eat or drink.

To keep your bones really healthy, you need at least 3 dairy drinks or foods every day.
To keep your bones really healthy

You also need to keep your body moving by:

- Walking
- Skateboarding
- Cricket
- Football
- Hockey
- Disco Dancing
- Skipping
- Squash
- Running
- Climbing Stairs - Not Using The Lifts !!!

- Remember to eat lots of dairy foods.

- Enjoy the sun - but don’t forget to slip on your t-shirt and slap on your sun cream and slop(pop) on your hat.

Remember to have an extra snack and a drink when exercising or running about because this uses up more energy and you sweat more.
Fruit and Vegetables

Fruit and vegetables give you vitamins, minerals and fibre.

Why do you need fruit and vegetables?

❖ To fight infection.

❖ To keep your poos soft and avoid tummy pains.

❖ To keep your body working properly.

Which fruit and vegetables do you eat? Can you name 2?

________________________________________________________________________

________________________________________________________________________
Activity

Did you eat any fruit or vegetables yesterday?

Can you draw pictures in the shapes of the fruit and vegetables you ate?
Energy Foods

Why do you need high energy foods?
- To sleep
- To breathe
- To think
- To walk and talk
- To run and jump

Why do you need to eat more energy foods than your friends?
- You need to have extra energy so if you become unwell you won’t become too skinny.
- Your chest and lungs need more energy to breathe.
- Some of the food you eat goes down the loo even if you take the right amount of enzymes.

How is energy measured in food?
- The energy in food is measured in kilojoules (kJ) or calories (kcal).

What types of fat are good for you?
- There are different types of fat. Children with CF can have a mixture of all the types of fat.
- Unsaturated fat is best for you. Use the information below if you would like to include more unsaturated fats in your diet.

  Unsaturated fats are found in olive, rapeseed, peanut, sunflower, safflower, corn, and soya bean oils.
  They are also found in oily fish. These are sardines, mackerel, salmon, kippers, pilchards fresh tuna nuts and seeds and avocados
  Saturated fats -are found in lard, butter, and cream.

Wherever possible, replace saturated fats with unsaturated fats.
What kinds of foods have lots of energy?

- Foods which contain lots of fat are high in energy such as:
  chocolate, crisps, cheese and biscuits, full fat yogurts, crumpets with margarine and milkshakes.

- Foods with lots of fat need more enzymes

How can you add more energy to your diet so that you can grow and play?

**CHECK WITH YOUR DIETITIAN HOW MUCH EXTRA ENERGY YOU NEED.**

1. **ENERGY SNACKS**
   Eat 2-3 snacks a day
   **Examples**
   Yogurts, cereal bars, biscuits, peanuts, raisins, and milkshakes, cheese and crackers, Crisps, chocolate, cake
   Can you think of anymore?

2. **ENERGY BOOSTERS**
   Butter, margarine, cream, oil, mayonnaise, salad cream, jam, honey, chocolate spread and peanut butter.

These foods can be added to other foods to give them more energy.

Try the following activity on the following page.
Adding energy boosters to food

Do you know how you could add to these foods?

Draw a line from the energy boosters to the foods as in the example.
**Labels**

Food labels can help you choose high energy foods and avoid low energy foods.

**High-energy foods**

**Example**

- **LABEL of high energy foods**
  - Per serving
  - 100kcal/420kJ
  - Fat = 5g

Look for labels that have at least:
- 5g of fat per serving
- 5g of sugar

**Low energy foods**

**Avoid labels that say**

**Example**

- **Low energy foods**
  - Per serving
  - Kcal = 20
  - KJ = 84
  - Fat = 1g
  - Sugar = 1g
  - Low fat
  - Fat Free
  - Sugar Free
  - Light
  - No ADDED sugar

These labels will give you less energy in the food you eat.
Find 2 labels for snacks e.g. chocolate bar, crisps
Check if they will give you:

- more than **100kcal/420kJ per serving**
- stick them on the paper
IDEAS FOR HIGH ENERGY SNACKS

TICK THE SNACKS YOU WILL TRY
☐ Crackers and cream cheese
☐ Cheese slices
☐ Full Fat Yogurt
☐ Chocolate mousse
☐ Malt loaf and butter
☐ Celery and peanut butter
☐ Crisps
☐ Chocolate bar
☐ Sandwich
☐ Cereal bars
☐ Milk shakes

Think about breakfast. Which of the following would you choose? Try a different one every day.
☐ Bacon and egg
☐ Apple pie and ice-cream
☐ Beans on toast with cheese
☐ Cereal and milk, with 2 tablespoons milk powder or cream
☐ Cheese on toast
☐ Tinned rice pudding and cream
☐ Croissants and jam
☐ Pancakes and sugar /syrup lemon /chocolate sauce

MORE IDEAS
☐ Milkshake with ice-cream, cream, chocolate sauces, fresh bananas and strawberries
☐ Toasted sandwiches
☐ Pancakes with syrup
☐ Scones with jam and cream
☐ Breakfast Cereal, milk and cream
☐ Nuts
☐ Cheese
☐ Dried fruit

Try to choose the foods with full fat and sugar on the label.

Label
Per serving
5g Fat
Design a High Energy Drink and Snack

Kid's challenge
Here are some foods you can use to make your drink.

High energy drinks
Banana/strawberries/apples/oranges/peaches/raspberries
Ice-cream
Cream/créme fraiche/sugar
Milk
Greek yogurt
Chocolate sauce

Example

Recipe Card
1 Banana
1 cup of milk
1 scoop ice-cream
Chocolate sauce

Put banana, milk and ice cream into a blender.
High Energy Snack

Here are foods you could make your sandwich with:

Layered Sandwiches
Bread
Butter
Mayonnaise
Peanut butter
Cheese, ham or chicken
Cream cheese
Salad

Example

Recipe Card
Bread
Margarine
Salad cream
Lettuce
Ham

Spread the margarine onto the bread.
Put the lettuce and ham onto the bread.
Pour salad cream onto ham and lettuce.

Try your favorite sandwich. See how big you can make it.

Don't forget to take your the enzymes.
To keep you working and running you need 3 meals and at least 2 **snacks** a day.

<table>
<thead>
<tr>
<th>Example</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>CRUMPETS</td>
<td>Margarine</td>
<td>JAM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Morning SNACK</strong></td>
<td>😊 CRISPS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>After Noon or Evening SNACK</strong></td>
<td>😊 CEREAL WITH MILK</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Draw a smiley face 😊 in the box if you ate the high energy snack or breakfast.

At the end of the week, add up the number of smiley faces.
Write your number here: __________.
If the number of smiley faces you got this week was either 6,7,8 well done!
Drinks

Your body needs drinks to keep everything working.

Your body needs at least 6 - 8 drinks a day. It is best to have milky drinks and water rather than sweet drinks like squash and fizzy drinks.

- Fizzy and sugary drinks fill your tummy and stop you eating lots of food.

If you do have one small glass of pop or squash make sure it is after a meal.
# Activity

## Are You Getting the Balance Right? Try This Quiz

### What I ate and drank in one day

<table>
<thead>
<tr>
<th>Meal or Snack</th>
<th>What I ate</th>
<th>What I drank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evening Meal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Now see how you did on the next page.
<table>
<thead>
<tr>
<th>HOW DID YOU DO?</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you ate breakfast</td>
<td></td>
</tr>
<tr>
<td>Score 1 point</td>
<td></td>
</tr>
<tr>
<td>For each serving of dairy foods e.g. 1/3pt or cheese or</td>
<td></td>
</tr>
<tr>
<td>yoghurt or milkshake</td>
<td></td>
</tr>
<tr>
<td>Score 1 point (max 4 points)</td>
<td></td>
</tr>
<tr>
<td>Score 1 point for each portion of fruit or vegetables</td>
<td></td>
</tr>
<tr>
<td>Maximum 5 points</td>
<td></td>
</tr>
<tr>
<td>For each serving of meat, fish, eggs, baked beans</td>
<td></td>
</tr>
<tr>
<td>Score 1 point (max 3 points)</td>
<td></td>
</tr>
<tr>
<td>For each serving of bread, breakfast cereals, potatoes,</td>
<td></td>
</tr>
<tr>
<td>rice or spaghetti Score 1 point each</td>
<td></td>
</tr>
<tr>
<td>For each snack</td>
<td></td>
</tr>
<tr>
<td>Score 1 point max 3 points</td>
<td></td>
</tr>
<tr>
<td>If you drank 6 cups of water, juice, squash or milk</td>
<td></td>
</tr>
<tr>
<td>Score 1 point</td>
<td></td>
</tr>
<tr>
<td>If you missed a meal e.g. breakfast / lunch / evening meal</td>
<td></td>
</tr>
<tr>
<td>Take away-point</td>
<td></td>
</tr>
<tr>
<td><strong>Total points</strong></td>
<td></td>
</tr>
</tbody>
</table>

SEE HOW WELL YOU DID ON THE NEXT PAGE
Score over 16 - well done excellent

15 - 13 very good
12 - 9 good
less than 8 - you need to make some changes.

Check out the chart below

<table>
<thead>
<tr>
<th>MEALS/ SNACK</th>
<th>DRINKS IN THE DAY</th>
<th>STARCHY FOODS</th>
<th>HIGH ENERGY SNACKS</th>
<th>PROTEIN FOODS</th>
<th>DAIRY FOODS</th>
<th>FRUIT &amp; VEG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td>Bread &amp; spaghetti/potatoes/rice</td>
<td>biscuits/pudding</td>
<td>Meat/eggs/fish/beans</td>
<td>milk/cheese/yogurt</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td>Breakfast cereal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Midday-meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evening Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aim for everyday</td>
<td>6-8 drinks</td>
<td>At 3 main meals</td>
<td>2-3 snacks</td>
<td>2-3 servings</td>
<td>3-4 servings</td>
<td>2-5 servings</td>
</tr>
</tbody>
</table>
Check it out

What is your diet like now
What is it like a month later?

Hi!

I now know

❖ What foods keep me healthy.

❖ What different foods do in my body.

❖ How much I need of the different foods to keep me healthy.

❖ How to eat more energy rich foods.

❖ What foods I can ADD to boost my energy from my meals.

❖ How much to drink in a day.
How Am I Doing?
You have finished the topic. Turn back through the pages of the topic and think about what you have learned.

- Write in the spaces below:

Something new I learned was____________________

____________________________________________________________________

____________________________________________________________________

Something I enjoyed most was ______________________

____________________________________________________________________

____________________________________________________________________

Something I would like to change or add ____________

____________________________________________________________________

____________________________________________________________________
Topics available in the UK Nutrition Education Programme for Children

- How Enzymes Work
- How Many Enzymes do I need?
- Swallowing Enzymes
- Taking Enzymes at the Right Time
- Remembering Enzymes
- Looking at Labels
- Kids Poos
- Food and Enzyme Diary
- Vitamins and Salt
- Are You Getting the balance Right?
- Energy Foods for Kids
- Are You Growing?
- A Guide for Parents Enzymes Malabsorption High Energy Food

*This education pack is not intended to replace any advice given from a specialist CF team*

© Produced by:
North West Midlands Cystic Fibrosis Centre
University Hospital of North Midlands NHS Trust
Stoke -on- Trent, ST4 6QG Staffordshire, England.
Contact: e-mail: sue.bell@uhnm.nhs.uk
Tel: 01782 676034

Acknowledgements:
- Children of the Cystic Fibrosis Centre @ University Hospitals of North Midlands NHS Trust
- U.K Cystic Fibrosis Trust for Clinical Improvement Grant.
- Australian CF Nutrition Education Program - Princess Margaret Hospital Perth Australia.
- U.K CF Dietitian’s Interest Group
- Balance of Good Health © Food Standards Agency

Produced 2004 version3  Reviewed 2015 Review 2018