

An Eating Plan to Help You Gain Weight

Introduction

Eating well and maintaining a healthy body weight is important for everyone, but particularly if you have cystic fibrosis. Achieving a normal body weight will help you to withstand chest infections and have a reserve of energy. It may also help maintain your lung function for longer.

What is a normal body weight?

A normal body weight means that your weight is in proportion to your height. This is called your BMI – Body Mass Index. Find out your BMI by asking your dietician explain the BMI chart. The BMI range for a healthy weight is between 20 and 25



In Cystic Fibrosis we also talk about '**ideal body weight**'. This is taken as the middle of the normal weight range for your height. It really is an ideal weight for good health. We encourage patients towards their ideal body weight as it will ensure that they have enough energy stores in reserve for times of illness and will be less likely to become underweight during infections.

How to gain weight – 6 steps to success!

- 1) Try to get into a regular routine of 3 meals and 3 snacks daily. If you do not enjoy eating when you get up in the morning, have a snack mid morning.
- 2) Try to have protein foods such as meat, fish, egg, cheese, beans, lentils or nuts at least 3 times a day.
- 3) Avoid foods that are low fat, low sugar or low calorie.
- 4) Have at least 1 pint of full cream milk daily. This can be used in drinks, puddings or on cereals.
- 5) Have a pudding once or twice every day, such as – thick & creamy yoghurt, tinned rice pudding, sponge pudding and custard, trifle, mousse, fruit pie, crumbles.
- 6) Add more calories to your food by adding fat and sugar as often as possible – frying your foods, spreading butter/margarine thickly on bread and adding to potatoes and vegetables. Adding cheese to potatoes, soups, adding sugar to cereals and puddings and spread jam/honey/syrup on toast.

Don't forget that fruit and vegetables contain important vitamins and minerals, so try to have at least a portion of fresh fruit **and** vegetables every day (or a glass of fresh fruit juice or squash that contains added Vitamin C).

Information for Patients Body Mass Index (BMI) Chart



To Calculate BMI: $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$

Weight (kg)	Height (m)																Weight (st / lbs)
	1.38	1.42	1.46	1.50	1.54	1.58	1.62	1.66	1.70	1.74	1.78	1.82	1.86	1.90	1.94	1.98	
150	79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38	23st 8
148	78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38	23st 3
146	77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37	22st 13
144	76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37	22st 9
142	75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36	22st 4
140	74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36	22st
138	72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35	21st 10
136	71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35	21st 5
134	70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34	21st 1
132	69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34	20st 10
130	68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33	20st 6
128	67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33	20st 2
126	66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32	19st 12
124	65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32	19st 7
122	64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31	19st 3
120	63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31	18st 13
118	62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30	18st 8
116	61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30	18st 4
114	60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29	17st 13
112	59	56	53	50	47	45	43	41	39	37	35	34	32	31	30	29	17st 9
110	58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28	17st 5
108	57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28	17st
106	56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27	16st 10
104	55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27	16st 5
102	54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26	16st 1
100	53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26	15st 10
98	51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25	15st 6
96	50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24	15st 2
94	49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24	14st 11
92	48	46	43	41	39	37	35	33	32	30	29	28	27	25	24	23	14st 7
90	47	45	42	40	38	36	34	33	31	30	28	27	26	25	24	23	14st 2
88	46	44	41	39	37	35	34	32	30	29	28	27	25	24	23	22	13st 12
86	45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	22	13st 8
84	44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	21	13st 3
82	43	41	38	36	35	33	31	30	28	27	26	25	24	23	22	21	12st 13
80	42	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	12st 8
78	41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	12st 4
76	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	19	12st
74	39	37	35	33	31	30	28	27	26	24	23	22	21	20	20	19	11st 9
72	38	36	34	32	30	29	27	26	25	24	23	22	21	20	19	18	11st 5
70	37	35	33	31	30	28	27	25	24	23	22	21	20	19	19	18	11st
68	36	34	32	30	29	27	26	25	24	22	21	21	20	19	18	17	10st 10
66	35	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	10st 6
64	34	32	30	28	27	26	24	23	22	21	20	19	18	18	17	16	10st 1
62	33	31	29	28	26	25	24	22	21	20	20	19	18	17	16	16	9st 11
60	32	30	28	27	25	24	23	22	21	20	19	18	17	17	16	15	9st 6
58	30	29	27	26	24	23	22	21	20	19	18	18	17	16	15	15	9st 2
56	29	28	26	25	24	22	21	20	19	18	18	17	16	16	15	14	8st 11
54	28	27	25	24	23	22	21	20	19	17	17	16	16	15	14	14	8st 7
52	27	26	24	23	22	21	20	19	18	17	16	16	15	14	14	13	8st 3
50	26	25	23	22	21	20	19	18	17	17	16	15	14	14	13	13	7st 12
48	25	24	23	21	20	19	18	17	17	16	15	14	14	13	13	12	7st 8
46	24	23	22	20	19	18	18	17	16	15	15	14	13	13	12	12	7st 3
44	23	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	6st 13
42	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	11	6st 9
40	21	20	19	18	17	16	15	15	14	13	13	12	12	11	10	10	6st 4
38	20	19	18	17	16	15	14	14	13	13	12	11	11	11	10	10	6st
36	19	18	17	16	15	14	14	13	12	12	11	11	10	10	9	9	5st 9
	4' 6 ^{1/2}	4' 8	4' 9 ^{1/2}	4' 11	5' 1 ^{1/2}	5' 2	5' 4	5' 5 ^{1/2}	5' 7	5' 8 ^{1/2}	5' 10	5' 11 ^{1/2}	6' 1	6' 3	6' 4 ^{1/2}	6' 6	

Height Feet/Inches

BMI <20	BMI 20-25	BMI 25-30	BMI 30-35	BMI >40
	Desirable	Overweight	Obese (Class I)	(Class II) Obese

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ANY PROBLEMS OR QUERIES?

If you have any questions or concerns regarding this information, please contact one of our CF Dieticians:- on 0121 424 1796 (direct line with answer phone) or 0121 424 2000 Bleep 2425 or email: joanne.barrett@heartofengland.nhs.uk, toni.osborne@heartofengland.nhs.uk, elizabeth.glennon@heartofengland.nhs.uk, rebecca.jones@heartofengland.nhs.uk

Additional Information Sources:

For more information on all aspects of living with Cystic Fibrosis you can visit the Cystic Fibrosis Trust web site at: www.cftrust.org.uk. For local news and events the West Midlands Regional Cystic Fibrosis Unit based at Heartland Hospital has its own website at: www.heartlandscf.org.uk .

This meal plan was produced by Cystic Fibrosis Dieticians, West Midlands Cystic Fibrosis Unit, Heart of England NHS Foundation Trust.

Please use the space below to write down any questions you may want to ask: