

Cystic fibrosis - taking CFTR modulator drugs with healthy fats

Dietetics & Nutrition

Information for Patients

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Introduction

These modulator drugs work better when you take them with foods that contain fat:

- Kaftrio
- Symkevi
- Alyftrek
- Kalydeco (Ivacaftor)

How much fat do I need with my modulator drug?

For your body to take in your modulator drug as best as possible, adults with cystic fibrosis need to take them with around 10 grams (g) of fat.

What are some healthy fat foods I can eat?

Many people struggle to think of food high in fat to have with their modulator drugs especially first thing in the morning. Keeping your heart healthy is also important when you have cystic fibrosis.

Try not to have too much unhealthy fat like saturated fats. Having too much of these can increase your risk of heart problems.

This leaflet will suggest ways to help you take your modulator drug with 10 grams of fat that are good for your heart. It will focus on foods rich in healthy fats like monounsaturated fats and omega-3s.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
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Breakfast Ideas

Nut butter on toast

- Choose a pure nut butter (not containing palm oil).
- Pure nut butters made from peanut, cashew and almond are available in most supermarkets.
- 20g or around 4 teaspoons contains 10g of fat.
- Wholemeal or granary toast will add fibre content which is good for your gut.

Nuts to sprinkle onto cereals or eat whole

Here are how many grams you need to eat to get 10g of fat from these food:

- 20g of almonds
- 20g of cashew nuts
- 16g of hazelnuts
- 14g of macadamia nuts
- 25g of pecan nuts
- 40g of pistachio nuts

Avocado on toast

- Half a medium avocado has around 12g of fat.
- Slice or mash onto granary or wholemeal toast. Fry bread in healthy oils to increase the fat content.

Eggs

- 1 and a half ($\frac{1}{2}$) large eggs or 2 medium/small eggs has around 10g of fat.
- If frying use a heart healthy oil such as olive, rapeseed or ground nut oil. These are rich in monounsaturated fats.
- Boil or poach and serve with tomatoes and mushrooms for a healthy cooked breakfast or add to granary or wholemeal toast.

Seeds

- Chia seeds: 2 and a quarter ($\frac{1}{4}$) tablespoons (32g) has 10g of fat.
- Linseeds/Flaxseeds: 2 and a half ($\frac{1}{2}$) tablespoons (25g) has 10g of fat.
- Pumpkin seeds: 5 teaspoons (25g) has 10g of fat.
- To help get the **10g of fat** it is a good idea to use a **mix of nuts and seeds**. This is because some seeds, like **chia** and **flaxseeds**, are very high in fibre. For some people such a high amount of fibre in one serving may cause problems such as constipation or diarrhoea. Check with your dietitian if you are unsure if this relates to you.

- You can sprinkle nut and seed mix on cereal, porridge and yoghurt.
- You can make a chia seed pudding by soaking chia seeds in milk. You can mix **2 tablespoons of chia seeds with 125ml of milk**. Let this sit overnight or for a few hours. You can add yoghurt and fruit to this for flavour.
- If you choose seeds to make up your 10g of fat, make sure you drink plenty of fluid with them. This is to avoid constipation as they have lots of fibre in them.

Milk and yoghurt

Although whole milk and full fat yoghurt are higher in saturated fat they are also good sources of calcium.

- If you find it hard to eat anything at breakfast, **drinking a glass of milk** can be an easier way to take some fat to have with your modulator: 250ml of full cream (blue top) milk contains around 10g of fat.
- 330g of Plain full fat yoghurt contains around 10g of fat. This is a lot of yoghurt. It is best to have half this amount and add in some chopped nuts or seeds to make up to 10g of fat. Take around 165g full fat plain yoghurt and 10g chopped almonds, 10g chopped cashews or 8g chopped hazel nuts.
- Or try around 165g plain yoghurt and 1 and quarter (¼) tablespoons (12.5g) flax or linseeds. Add fresh fruit to plain yoghurt to help increase heart healthy antioxidant vitamins.

Saturated fats and your cholesterol level

If you have been told your cholesterol level is high, it is a good idea to talk to your dietitian. They can help you manage the amount of saturated fat in your diet, which is important for keeping your heart healthy.

Other healthy foods that have 10g of fat

- Olives: 20 to 25 olives (90g)

Oily fish (cooked)

Fresh fish is better than smoked varieties. Smoked varieties have large amounts of salt.

Poach or steam fish and serve on granary or wholemeal toast.

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|--------------------|--------------------------|
| • 60g of mackerel | • 85g of herring |
| • 80g of salmon | • 130g of fresh sardines |
| • 130g of sardines | |

Oils:

- If you fry, choose a monounsaturated fat oil (olive, rapeseed, or groundnut).
- 2 teaspoons of olive oil, rapeseed oil, groundnut oil are good sources of heart healthy monounsaturated fats.



Useful Links

Cystic Fibrosis Trust

www.cysticfibrosis.org.uk

British Heart Foundation

www.bhf.org.uk

Heart UK

www.heartuk.org.uk

Contact details:

Adult Cystic Fibrosis Team: **0116 250 2699**

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