

CF Diet - Talking to your friends about what you are eating (for secondary students)

There is no doubt that having CF can sometimes be difficult. You may feel and/or look different to your friends. You may have to eat different foods, take enzymes and other medications and you may have a feeding tube.

Having to follow a diet that may be high in fat, and the opposite of that which your friends are encouraged to follow, may also be difficult at times. Sometimes people may ask questions about what why you are eating differently.

Some teens find it helpful to tell their friends about their CF so that they can have a support system. Not everyone needs to know everything at once, but the longer you go without mentioning CF, the harder it can become.

Eat lots

The Healthy Food Cube (for people with CF)



Tips for talking to your friends

- “By the way, I have a health condition called CF. I have to take some medicine each time I eat so I can digest my food more easily.”
- “My body doesn’t break down and digest food properly so I have to take tablets before I eat to help with digestion.”
- “I have to eat more fatty and salty foods than the average person as I struggle to gain weight with my CF.”
- “I am drinking more water than you because I lose a lot of salt through my skin when I sweat.”
- “The Healthy Food Cube shows the kinds of food that I need to eat to keep healthy.”

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