

# A Way of Life



## Cystic Fibrosis Nutrition Handbook and Cookbook 3<sup>rd</sup> Edition

Written by Mary Marcus, R.D., M.S.; Lisa Davis, R.D., M.S.; Erin Tarter, R.D., M.S. and Toni Law, M.S.  
University of Wisconsin Hospital and Clinics

Good nutrition is vital to all of us, but especially to people with cystic fibrosis (CF). Like everyone else, people with CF need calories, protein, vitamins and minerals to generate energy, build muscle strength, fight infections and feel well. But, because of the effect CF has on their bodies, people with CF have special dietary needs.

This handbook and cookbook is designed to help explain how CF affects the human body, and it explains the role diet plays in managing the disease. The initial sections of the handbook describe the challenge of eating enough of the right types of food to support growth and development, fight infections and lead a productive life. These sections are followed by guidelines for creating a healthy diet that meets the needs of people with CF and tips for applying those guidelines to day-to-day living. The last half of the book contains more than 130 favorite recipes provided by individuals with CF and their families and by University of Wisconsin Hospital and Clinics Clinical Nutrition Department. These easy-to-prepare, appealing foods can help add necessary nutrients and good taste to diets for people with CF.

Maintaining good nutrition and enjoying food is a challenge for people with CF, but a challenge that is well worth the effort. We hope this handbook helps confront the challenge of making good nutrition a way of life.

---

Due to increased costs of printing and shipping/handling, we have changed our ordering and distribution for “A Way of Life: Cystic Fibrosis Nutrition Handbook and Cookbook.” You can now order them directly from Lulu.com publishing. They are \$11.50 each plus shipping and can be ordered from Lulu by going to the following webpage:

**<http://www.lulu.com/content/2482231>**

If you have questions or comments, please call:  
(608) 263-8230.