

Introducing Solids for Infants with Cystic Fibrosis

When to introduce solids

Solids can be introduced from 4 months of age when your child is showing signs that they are ready. For information on when to start solids and what to offer, see the Children's Health Queensland ['Baby's First Foods Brochure'](#).

How do we ensure good growth?

It is important to offer a variety of foods from the five core food groups. These include vegetables, fruit, meats and alternatives, dairy and alternatives and grain foods. Your healthcare team will track your baby's growth and nutrition.



It is no longer recommended that all people with cystic fibrosis (CF) follow a high fat diet. However, some infants with CF need extra help to grow and gain weight due to higher energy needs.

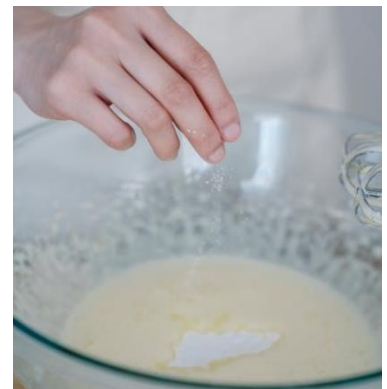
If your Dietitian or Doctor has suggested your baby needs more calories to grow, see some ideas listed here ['Foods to support Catch-Up](#)

[Growth for Infants'](#).

Giving salt with solids

Infants and children with CF lose large amounts of salt in their sweat. Salt loss can lead to dehydration. To prevent this children need extra salt and fluids. Adding extra salt to your baby's foods will also help them adjust to the salty tastes as they grow older. You can also give salt during breastfeeds or add to bottles.

- By 6 months of age, aim for ½ teaspoon daily
- By 12 months, aim for 1 teaspoon daily



Salt is important for infants during rapid periods of growth. Your infant may need extra salt during hot weather or during periods of illness.

Signs that your baby may need more salt include:

- Concentrated or stong smelling urine.
- Salt crystals on the skin/hair line.
- Lethargy.
- Irritability.

Giving PERT with solids

If your baby requires pancreatic enzyme replacement therapy (PERT) for their bottle or breastfeeds, they will also need PERT to help them digest their food.

- The only foods that don't need PERT are plain fruits and vegetables.
- You must start dosing PERT when your baby starts to eat food that contain fat. These include meat, fish, egg, avocado, nut pastes and dairy.
- PERT should be given from a spoon, in breastmilk or in formula. It can also be mixed into an acidic food like apple or pear puree.
- PERT is most effective when given at the start of the meal.
- If your baby takes longer than 30 minutes to finish their meal, you will need to give another dose of PERT.
- 1 scoop of Creon Micro covers 3 – 5g of fat.
- To accurately measure how much fat is in the foods you are providing, you can;
 - Download an app such as CalorieKing or Easy Diet Dairy (or use the website <https://www.calorieking.com/au/en/>).
 - Talk to your dietitian about reading labels.
 - See over the page for dosing examples of common infant foods.



Fat Counter for Creon Dosing – Common Infant Foods

Vegetables	Quantity	Fat (g)
Mashed Pumpkin/ Carrot/ Sweet Potato	¼ cup	<0.5
Green Beans/ Broccoli Steamed	¼ cup	<0.5
Avocado	¼ avo	7
Meat/Alternatives	Quantity	Fat (g)
Chicken Puree	¼ cup	1.2
Beef Puree	¼ cup	6
Pork Puree	¼ cup	7
Mashed Tofu	¼ cup	3
Mashed Chickpeas	¼ cup	1
Baked Beans	130g can	0.5
Egg	1 egg	5
Tuna, canned in water	½ can (30g)	<0.5
Dairy	Quantity	Fat (g)
Yoghurt	140g pouch	3.5
Cheddar Cheese	1 sandwich slice	6
Grated Cheese	¼ cup	9
Babybel Mini	20g	5

Fruit	Quantity	Fat (g)
Stewed Apple/Pear	¼ cup	<0.5
Banana	½ banana	0
Watermelon	¼ cup	<0.5
Cereals	Quantity	Fat (g)
Baby Rice Cereal	15g + 60ml water	<0.5
	15g + 60ml formula/EBM	2.5
Oat Porridge	¼ cup on water	1
	¼ cup on milk	3
Bread	1 slice	1
Weetbix with milk	1 biscuit	2.2
Pasta, cooked	½ cup	0.6
Rice rusk	1 rusk	<0.5
Additions	Quantity	Fat (g)
Olive Oil	1 tsp	4.6
Hummus	1 tsp	1.1
Peanut Butter	1 tsp	3.1
Sour Cream	1 tsp	1.8
Butter	Thin spread	2

Pre-Made Foods	Quantity	Fat (g)
Heinz		
Apple/Pear	110g jar	<0.5
Vanilla Custard	120g pouch	2.3
Apple & Oatmeal	½ jar (85g)	0.6
Pumpkin, Potato & Beef	110g jar	1
Lamb, Pumpkin & Sweet Potato	½ jar (85g)	1.6
Creamy Mash with Salmon	120g pouch	2.6
Rafferty's Garden		
Sweet Potato, Carrot & Apple	120g pouch	<0.5
Pumpkin, Apple & Sweetcorn	120g pouch	0.7
Rice Cereal, Pear, Banana & Milk	120g pouch	0.6
Blueberry, Banana and Pear Yoghurt Brekkie	120g pouch	1.1
Beef, Sweet Potato & Parsnip	120g pouch	0.7
Chicken, Vegetables & Rice	120g pouch	1.6
Tuna & Garden Vegetables	120g pouch	3.4