

Modulator therapy food guide

Information for patients
& carers



Modulator therapy medications, for example Symkevi or Trikafta, need to be taken twice daily 12 hours apart, and need to be taken with fat-containing foods. This food guide provides information on ensuring you take your medication with appropriate meals and snacks.

Why is fat needed when taking your medication?

It is important to take fat-containing foods at the same time as your medication as it is needed to help the body absorb the medicine into your bloodstream.

What amount of fat is needed for optimum absorption?

There is no specific guidance as to the amount of fat to be consumed with these tablets. There are different types of fat which are suitable for you to take with your medications.

Please discuss with your CF dietitian if you would like advice on choosing healthier fat-containing food options.

Understanding different types of fats

Fat is an essential nutrient and is important in the cystic fibrosis diet. There are 2 different types of fats.

Saturated fats:

Most come from animal sources such as meat and dairy products:

- Fatty meats and meat products: (sausages, bacon, salami etc.)
- Dairy products: cheese, milk, yoghurt, eggs, mayonnaise and butter
- Products made from the above fats: cakes, pastries, chocolate and biscuits
- Plant foods which contain saturated fats include palm oil and coconut oil

Unsaturated fats:

- These fats are mainly found in plant based products such as:
- Seeds and nuts
- Nut butter: peanut butter and almond butter
- Avocado
- Oils: olive, rapeseed and sunflower
- Oily fish: salmon, mackerel, fresh tuna, sardines

Suggestions for fat containing foods

HOSPITAL SNACK MENU

- ½ pint of whole milk
- Thick & creamy yoghurt
- Mars bar (51g) or Crunchie (40g) plus small snack (e.g. glass of milk)
- Small KitKat bar or Jaffa cake bar plus another snack (e.g. 1/2 pint full fat milk/crisps)
- Aero or Yorkie
- Giant chocolate macaroon (70g) or Giant cookie
- Packet crisps or mini cheddars (32g)
- Victoria loaf slice
- ½ butter flapjack
- Bakewell slice
- Cheddar/ Edam cheese and crackers
- Egg mayo/Tuna mayo/cheese Sandwich
- Mini sausage roll or Cocktail pork pie x5

Helpful Tips

If you are taking your medication with a meal, include one or more fat containing foods from the above list or a similar alternative.

If you tube feed, you will need additional fat containing food or nutritional supplement with your medication.

If you are prescribed pancreatic enzymes (eg Creon), remember to take these with fat-containing foods and your medication.

Suggestions for fat containing foods

PRACTICAL IDEAS FOR HOME

- ½ pint of whole milk or whole milk dairy products e.g. yoghurt (125g) & cheese (30g)
- 2 eggs
- ½ avocado
- 3 tablespoons Houmous
- Food prepared with butter or oils (1 tablespoon)
- Meat (not including reduced fat options e.g. 5% fat) and oily fish (1 fillet)
- 2 tablespoons oil/mayonnaise based salad dressings e.g. French or vinaigrette dressing
- 30g (about a handful) of nuts (e.g. peanuts/ walnuts/ almonds)
- 2 teaspoons peanut butter or chocolate spread
- Pastries e.g. croissant/ pain au chocolat/ apple turnover
- Medium milk chocolate bar
- Packet of crisps
- Oral nutritional supplement drink if they are prescribed for you (milk based)

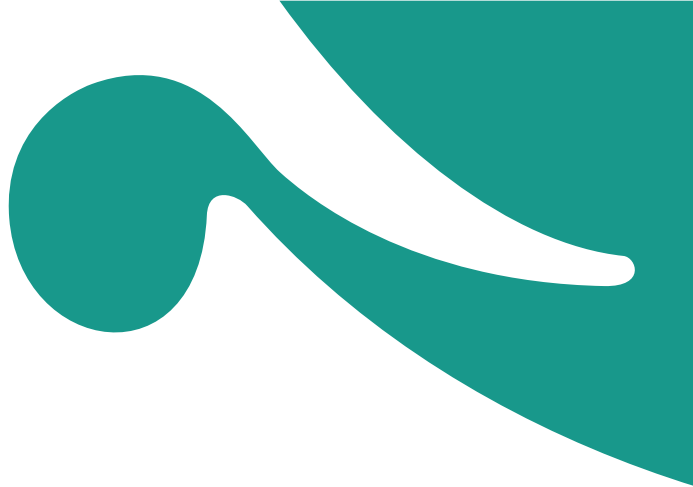
What to avoid

Grapefruit and Seville oranges (marmalade oranges) may increase the side effects of gene modulators therefore you should avoid these foods and drinks.

For more information on your modulator therapy, please refer to the booklet provided by your CF pharmacist

Notes

A series of horizontal dotted lines for writing notes.



If you have any queries please contact:

**Adult CF
Dietitian**

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If you have any further suggestions or comments regarding this leaflet please let your Adult CF Dietitian know.

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