

Modulator therapy food guide

Information for patients
& carers



Modulator therapy medications, e.g. Kaftrio or Symkevi, should be taken twice daily, 12 hours apart and with fat-containing foods/drinks. This guide provides information to help ensure you take your modulator therapy with appropriate meals and snacks.

Why is fat needed when taking your modulator therapy?

Fat is needed to make sure the modulator therapy medication can be absorbed and used by your body.

How to take your modulator therapy:

- There is no exact guidance as to the amount of fat needed. However, it is suggested to take with approximately 10g of fat (*see breakfast and snack suggestion tables on pages 4 and 5 for examples of food and drinks that contain this amount of fat*).
- If feeling sick, it is still important to continue taking your modulator therapy with approximately 10g fat.
- If you need to be on a clear fluid diet, your modulator therapy can be taken with 10ml of olive oil.

Types of fats

Fat is an essential nutrient and is important in the cystic fibrosis diet. There are two different types of fats (saturated and unsaturated).

Unsaturated fats are mostly found in plant-based products and are healthier fats.

Saturated fats mainly come from animal sources such as meat and dairy products. Eating too much saturated fat can raise your cholesterol levels and increase the risk of heart disease and stroke.

Unsaturated fats - these are healthier fat options to take with your modulator:

- Seeds and nuts
- Nut butter: peanut butter, almond butter
- Avocado
- Oils: olive, rapeseed and sunflower
- Oily fish: salmon, mackerel, fresh tuna and sardines

Saturated fats:

- Higher fat meats and meat products: (sausages, bacon, salami)
- 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, such as, palm oil and coconut oil

It is recommended to take your modulator therapy with breakfast and evening meal. Most evening meals contain enough fat to ensure your modulator therapy is absorbed. However, if your evening meal is not approximately 12 hours from breakfast then you may need to consider a snack alternative.

The following breakfast and snack suggestions contain sufficient amount of fat:

Breakfast suggestions

- Two slices of toast with butter or nut butter
- One tablespoon or 1/3 of an avocado on toast
- Two eggs (if poached or boiled)
- One egg (if fried or scrambled)
- Porridge/cereal with full fat milk (or plant-based milk e.g. soya/almond/oat/coconut) and nuts/seeds
- 125g pot of full fat Greek yoghurt with berries
- One bagel with cream cheese
- Meat e.g. one thick sausage/two bacon rashers
- 250ml of whole milk
- 500ml of plant based milk or semi-skimmed milk

Snack suggestions

- Small pot of Greek style yogurt (125g)
- Small pot of full-fat yogurt (150g)
- Two individually wrapped snack portions of cheese e.g. Babybels, Dairylea triangles
- Approximately four tablespoons of houmous
- Approximately 20-25g of nuts e.g. almonds/cashews
- One pepperoni/salami stick
- One packet of crisps/baked cheese biscuits
- A medium chocolate bar (milk chocolate)

Additional information

- **Avoid** grapefruit and Seville oranges (marmalade oranges) because these foods may increase the side effects of your modulator therapy.
- If you are prescribed pancreatic enzymes (e.g. Creon), remember to take these with fat-containing foods **and** your modulator therapy.
- If you have diabetes or are concerned about weight gain try to choose low sugar food/drink options to take with your modulator therapy that still contain up to 10g of fat.
- If you have nutrition through a feeding tube, you will need additional fat-containing food or nutritional supplements to take with your modulator therapy.

Useful websites for recipe ideas

(ensure to check the serving size and fat content if using to take with your modulator therapy)

Recipes & Cooking Tips | Everyday CF

Website: www.everyday-cf.com

Budget-friendly recipes for people with cystic fibrosis

Website: www.cysticfibrosis.org.uk

Cystic Fibrosis - CF Kitchen - Recipes

Website: www.cfsource.co.uk



If you have any queries please contact:

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