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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

CALCIUM

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Tasty tips

Have breakfast every morning;

Cereal with milk, cereal bar or Biscuit and a glass of milk.

You don't have to have cereal for breakfast, use it as a snack anytime.

Have a yoghurt each day after a meal or as snack;

Choose thick and creamy, Greek style custard style or fruit corner for more calorie.

Use cheese as a topping ;

On soups, in mashed potatoes, on jacket potatoes, on burgers and pasta dishes.

Make your drink out of milk;

Milky coffee, hot chocolate, Ovaltine, Horlicks, milkshake.

Add milk meals;

Cheese sauce with macaroni, parsley sauce on fish, lasagne, angle delight, custard, milk jelly, dairy ice cream.

If you don't like milk, choose these foods more often;

Baked beans, white bread or Naan, tinned salmon, sardines or pilchards with bones.

If you have a takeaway, have a milkshake with your meal instead of coke.