



Enzyme dosing in Cystic Fibrosis

How many enzymes?

- Everybody needs a different amount of enzymes depending on how much food is eaten and how much fat, protein and carbohydrate is in the food
- High fat meals, such as those containing cheese or fried foods, need more enzymes.
- High fat snacks may need as many enzymes as a meal

Which foods do not need enzymes?

- A few foods do not need enzymes. These are mainly sugary foods containing very little fat or protein:

fruit	jelly
fruit juice and squash	boiled or chewy sweets
jam	ice lollies
fizzy drinks	most vegetables

Handy tips...

- Enzymes are best swallowed whole
- Do not chew or crunch enzymes as this stops them working properly
- Store enzymes in a cool dry place, away from heat and sunlight
- Keep a pot of enzymes with you (in your lunchbox, on the kitchen table) to remind you to take them



Looking at labels to work out enzyme doses

- Food labels contain nutrition information. Looking at the amount of fat per serving or portion tells us how many enzymes are needed

NUTRITION INFORMATION		
Typical values	per 100g	per 35g serving
Energy	2091kj	732kj
Energy	500kcal	175kcal
Protein	8.2g	2.9g
Carbohydrate	57.1g	20g
of which sugars	2.8g	1g
Fat	26.5g	9.3g
of which saturates	3g	1.1g
of which mono-unsaturates	19.6g	6.9g
of which polyunsaturates	2.9g	1g
Fibre	3g	1.1g
Sodium	0.72g	0.25g

- On some packets fat is given per serving, sometimes it is given per 100g of food



- To work out how much fat is in a portion: Look at the amount of fat per 100g, divide this figure by 100, then multiply by the portion size

$$\frac{\text{Fat per 100g} \times \text{portion size}}{100} = \text{fat per portion}$$

Food	Portion	Fat per portion	Number of enzymes
Crisps	35g	10g	

Example: 35g packet of crisps contains 30g fat per 100g

$$\frac{30}{100} \times 35g = 10g \text{ fat per portion}$$

- As a guide give _____ for every _____ g fat eaten

Notes

Dietetic Department

Great Ormond Street Hospital for Children NHS Foundation Trust
Great Ormond Street, London WC1N 3JH

Dietitian: _____

Date given: _____

The dietitian can be contacted on 020 7405 9200, ext _____. If the dietitian is not available please leave a message. Your enquiry will be followed up as soon as possible (within 5 working days).