

Recommendations for Nutrition Guidelines			
	Children birth to < 2 years	Children 2 to 20 years	Adults > 20 years
Evidence-based recommendations			
Routine energy intake as indicated for age and sex	Not reviewed ^a	110% to 200% standards for healthy population	110% to 200% standards for healthy population
Combined behavioral and nutrition intervention indicated for weight gain	Recommended for children aged 1 to 2 years	Recommended for age 2 to 12 y; insufficient evidence for age 13 to 20 years ^a	Insufficient evidence for adults ^a
Nutritional supplementation (oral and enteral) intervention indicated for weight gain	Not reviewed ^a	Recommended	Recommended
Optimal ranges of weight-for-age and stature-for-age for children and weight-for-height for adults are indicated to support better FEV ₁ ^b and survival	Not reviewed ^a	Recommended	Recommended
Nongeneric, proprietary pancreatic enzyme preparations are required to ensure efficacy in treating cystic fibrosis-related pancreatic insufficiency ^c	Recommended	Recommended	Recommended
Registry data-based recommendations			
Discontinue use of percent ideal body weight method and incorporate age-appropriate method of assessment of weight-for-stature	Weight-for-length percentile recommended	BMI ^d percentiles recommended	BMI recommended
Maintain growth status for children and weight-for-height status for adults within recommended ranges to support better FEV ₁ status	Weight-for-length ≥50th percentile recommended	BMI ≥50th percentile recommended	Women: BMI ≥ 22 Men: BMI ≥ 23
Avoid unintentional weight loss to support better FEV ₁ status in adults	—	—	Recommended
After early diagnosis, establish a weight-for-length status of ≥ 50th percentile by age 2 year to support better FEV ₁ status during childhood	Recommended	—	—

^a If a topic was not reviewed or was reviewed and found to have insufficient evidence to make a recommendation, then previous recommendations for children and adults are used for clinical care.

^b FEV₁ – forced expiratory volume in 1 second.

^c Current recommendations for dose of pancreatic enzymes are 500 to 2,500 units lipase per kilogram body weight per meal, <10,000 units lipase per kilogram body weight per day, or <4,000 units lipase per gram of dietary fat per day.

^d BMI – body mass index.