

## Salt Replacement

Infants and children with Cystic Fibrosis must have salt added to their diets to keep body fluids in balance. Just as too much salt is unhealthy for most people without CF, too little salt is unhealthy for individuals with CF. This is because people with CF lose extra salt in their sweat.

People with CF do not sweat more than anyone else. On a hot and humid day, during periods of high activity, or when there is a fever, extra salt is given because these conditions cause the body to sweat more. With CF, more sweat means more salt is lost.

Salt is added to infant formula and baby foods in small amounts every day. Salt packages from fast food places contain about 1/8<sup>th</sup> a teaspoon of salt and are convenient to use.

Table salt is made up of two essential nutrients, sodium and chloride. Essential nutrients are those required by the body but not made by the body. Essential nutrients are needed in the right amounts to help the body function in a healthy way.

Low levels of these essential nutrients may cause one or more of the following symptoms:

- Stomach aches
- Headaches
- Nausea
- Weakness
- Poor growth

Infants from birth to 6 months of age should have 1/8<sup>th</sup> teaspoon salt added to their daily supply of formula. Breast fed babies need the same amount of salt. Salt can be added to a bottle of breast milk, or a bottle of supplemental formula.

For babies 6 months of age and older, it may be more convenient to add 1/8-1/4 teaspoon of salt to baby foods instead of baby's milk.

**It is very important to remember to add the recommended amount of salt to foods and offer salty foods to your child's diet every day.**