*primary studies - published, non RCT*

# Energy and respiratory metabolism in cystic fibrosis: the influence of carbohydrate content of nutritional supplements.

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### Participants

10 malnourished CF patients with moderate to severe lung disease. Their BEE before ingesting the supplements was 120% of that predicted by the Harris-Benedict equation.

### Interventions

low carbohydrate (Pulmocare) and higher carbohydrate (Instant Breakfast) nutritional supplements

### Outcome measures

VCO2, respiratory quotient (RQ), minute ventilation (VE), metabolic expenditure

### Main results

Their VCO2 increased 9-19% for the 3h after ingesting 500 kcal/M2 of Pulmocare, and 25-30% after ingesting Instant Breakfast (p less than 0.05). The respiratory quotient (RQ) was significantly greater for Instant Breakfast than Pulmocare. The minute ventilation (VE) rose 10-13% for the 3h after ingesting Pulmocare, versus 27-31% after ingesting Instant Breakfast, but the difference was not significant. The metabolic expenditure rose 13-16% for the 3h after ingesting both formulas.

### Authors' conclusions

CF patients have increasing difficulty maintaining their nutrition as their pulmonary disease progresses

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/114/CN-00208114/frame.html

### See also

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### Keywords

Carbohydrates; non pharmacological intervention - diet; Supplementation; Malnutrition; Nutrition Disorders;