

Dietary Instructions for Pancreatitis



Dietetics and Nutrition Department

@ hdietetics@hamad.qa

40253295

Patient and Family Education

@ patienteducation@hamad.qa

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22-0009



قسم التغذية العلاجية
Dietetics and Nutrition Department

The pancreas is an organ that has an important role in food digestion and regulation of blood sugar.

Pancreatitis is the inflammation of the pancreas which affects the release of digestive enzymes and hormones.

Common causes & Risk Factors of pancreatitis:

- Alcohol abuse.
- High triglycerides, high cholesterol, elevated calcium levels in the blood.
- Gallstones.
- Biliary tract diseases.
- Certain drugs.
- Some viral infections.
- Surgery or injury to the abdomen.
- Obesity.
- Genetic factors (Heredity).
- Smoking.



Common signs & symptoms of Pancreatitis:

- Upper abdominal pain radiating to the back.
- Nausea, vomiting and loss of appetite.
- Diarrhea with fatty stools.
- Weight loss.
- Fever.
- Difficulty in breathing.
- Hypotension and decreased urine output in severe form.
- Yellowing of the skin and whites of the eyes (jaundice)–a less common symptom.

Goals of nutrition management:

Paying close attention to your diet can help to:

- Relieve abdominal pain.
- Prevent malnutrition and nutritional deficiencies.
- Maintain normal blood sugar levels (avoid both hypoglycemia and hyperglycemia).
- Prevent or optimally manage diabetes and other conditions associated with chronic pancreatitis.
- Avoid recurrent episodes of pancreatitis.

General dietary tips:

- You may not be able to eat or drink fluids at the first 2-3 days, this will allow your pancreas to rest and heal. Clear liquids can be started after this period such as water, fresh strained juices, strained low fat soup, strained chicken or meat broth without fat, jelly, mint/green tea and strained herbal drinks.
- As pain decreases and digestion improves a low-fat diet will be started with adequate calories and proteins based on your tolerance.
- Gas-forming foods such as cabbage, cauliflower, broccoli, garlic, onion and pulses may be omitted in case of abdominal distension and to avoid bloating.
- Small frequent meals per day instead of large meals are highly recommended.
- Avoid alcohol from the typical diet.

Dietary management of Pancreatitis:

Making changes to your diet and lifestyle can reduce the risk of pancreatitis:

- Follow a low-fat diet, which can range between 30-50 grams of healthy fats depending on tolerance:
 - Spread out your fat intake throughout the day.
 - Use vegetable oils sparingly. (Refer to the sample menu attached below).
 - Boil, steam, bake, grill or roast your food. Do not fry.
- Eat 5-6 small meals and snacks throughout the day.
- Include different colors of fruits and vegetables.
- Include protein in each meal and snack (lean meat, skinless chicken, white fishes, low fat/non-fat dairy products, egg-whites and beans if tolerated).
- Include more complex carbohydrates (such as whole grains, beans, lentils, vegetables, fruits etc.).
- To prevent nausea and vomiting:
 - Take dry foods like cereals, toast and rusk.
 - Cut down on greasy, spicy, and fried or fatty foods.
 - Avoid food with strong odors and excessive sweetness.
 - Eat small frequent meals and snacks.
 - Drink liquids between meals, sipping on cool or room temperature in small amounts.
- Avoiding alcohol and smoking can lower your risk of developing pancreatitis and pancreatic cancer.
- Take adequate calories as recommended by your dietitian to maintain a healthy bodyweight.
- Be active and enjoy moderate physical activity (30-45 minutes most days of the week)

List of recommended and not recommended foods:

Type of food	Not Recommended	Recommended	Notes
Bread and grains	- Rice, pasta and noodles cooked with creamy sauce or bechamel or full fat cheese - Pastries such as doughnuts - Pizza and Pies - Croissant, Puffs, samosa, Paratha - Fatty and creamy Biscuits	All types of bread preferably whole grain (brown Chapati) - Rice, pasta and - Bran, Burghul, Quinoa, Millet - Oats	Choose whole grains (such as whole wheat, brown or wild rice, oats) for at least half of your daily grains. Choices should be with low fat preparation
Milk and dairy products	- Full fat milk and dairy products - Condensed milk - Flavored milk and full fat milk shakes - Full fat milk powder - Ice-cream - Cream caramel - Full fat, creamy and processed cheese	- Low fat or skimmed milk - Low fat dairy products like: (Cheese, yoghurt, Laban and Labneh) - Mhalabia, rice pudding	Prepared with low fat& sugar milk
Oil and fats	- Butter - Ghee - Margarine - palm oil - hydrogenated oil - trans-fat	- Vegetable oil such as olive oil - corn oil - sunflower oil - canola oil	4 teaspoons for food preparation

Type of food	Not Recommended	Recommended	Notes
Meat, poultry, fish and alternatives	- High fat meat - Fried chicken, fish and meat	- Fish - Skinless chicken - Lean meat	All preparations should be with minimum allowed oils - Avoid frying - Foods may be baked, grilled, roasted, boiled, or steamed. - Trim all visible fat from meat and remove skin from poultry.
Eggs	Processed meat such as, mortadella and sausages.	Shellfish occasionally and in small quantities like shrimp, crabs, oysters and lobsters	
Legumes/pulses (Lentils, kidney beans, chickpeas, fava beans...)	- Burger and nuggets - Organs Meat such as heart, kidney, liver, and brain, spleen - Fried egg - Fatty preparation	- Egg white 1 whole egg boiled, poached or scrambled no more than 2-3 per week - All Legumes/pulses (Lentils, kidney beans, chickpeas, fava beans...)	
Fruits	- Canned fruits in sugar syrup - Fried fruits such as banana chips - Creamy fruit salad	- All types of fresh and dried fruits - Fresh fruit juice(in moderation)	Don't add sugar to fresh fruit juice or to the fruit salad
Vegetables	- High fat preparation Vegetables - Fried vegetable - French fries,	- All types of fresh and frozen vegetables - Dried vegetables without salt - Low fat preparation like:	- All preparations should be with minimum recommended oils - All preparation should be with less fat
Potatoes	- Chips, potatoes waffles, - croquette, - crisps, - potato salad made with mayonnaise	Oven chips no oil, grilled potato, mashed potato, boiled potato	



Type of food	Not Recommended	Recommended	Notes
Beverages	- All juices with added sugar. - Soft drinks and energy drinks - Sweetened hot beverages - Cold and hot drinks with added full fat milk or cream such as karak tea, hot chocolate drink. - Coffee creamer	- Fresh fruit juices (in moderation). - Unsweetened /fresh fruit &vegetable juice. - Low sugar preparation tea, coffee, and herbal drinks (in moderation). - Hot drinks (low sugar low fat preparation) - Black Coffee	Use artificial sweetener in small amount if you need sweet taste
Miscellaneous	- Instant soups - Canned soups - Stock cubes - Any type of chocolate - Biscuits and wafers. - Mayonnaise, cream and salad dressings - All sweet & desserts.	- Mild spices and condiments - Vinegar - Unsalted nuts and seeds consume with careful portion control. - Homemade with low fat preparation soups. - Natural Honey (in moderation)	Spicy foods as tolerated. Occasionally small amount of dark chocolate (70% of Cocoa or above).
Traditional food	High fat preparation.	Traditional dishes prepared using healthy cooking methods that are low in fat and salt	all traditional dishes cooked with low fat preparation.
Ready-made meals, Fast foods	- Such as (lasagna, pizza, pies, Fried foods and samosa). - Such as (Shawarma, falafel and hamburger)	Lean Cuisine meals, supermarket brand low-fat ready meals.	Choose meals with healthy cooking methods such as grilling boiling and steaming.

Low Fat Sample Menu:

Meal	Food Choices
Breakfast	2 egg whites or 1 whole egg or 40 grams of low-fat labneh, or 30 grams low-fat cheese, or 50 grams cottage cheese. 100 grams beans or lentils without oil. 3 slices of brown toast. - Fresh mixed vegetables. ½ cup Skimmed milk. ½ cup of fresh juice or 1 fruit
Snack	1 Fruit except avocado.
Lunch	1 cup rice, pasta or bulgur. 1 cup salad. 90 grams chicken without skin or meat or fish. 1 cup cooked vegetables 1 cup vegetable soup. 1 skimmed yogurt.
Snack	1 small low-fat cheese sandwich. 1 fruit.
Dinner	90 grams grilled fish or meat or chicken. 1 cup rice or 1 ½small Arabic bread. 1 cup cooked vegetables. 1 cup of soup. 1 cup Salad.
Snack	1 cup oats pudding prepared with skimmed milk.



Dietary Instructions for Pancreatitis

Read food labels:

Nutritional labels help you to choose foods that are low in saturated fats, hydrogenated fats, cholesterol, calories, and zero trans-fat.

The below table shows some phrases that can be used as a guide for your shopping:

Labeling terms	Definition for this term
Fat-free	less than 0.5 gram per serving
Low saturated fat	1 gram or less of saturated fat per serving
Low fat	3 grams fat or less per serving
Reduced fat	At least 25 % less fat per serving compared with original product
Light (in fat)	contains half the quantity of fat than the original product
Low cholesterol	20 mg or less per 50 g of food
Cholesterol free	Less than 2 mg per labeled serving
0 grams trans fat	Contains 0g to less than 0.5 g of trans fat per serving

FDA/U.S Food &Drug Administration

