

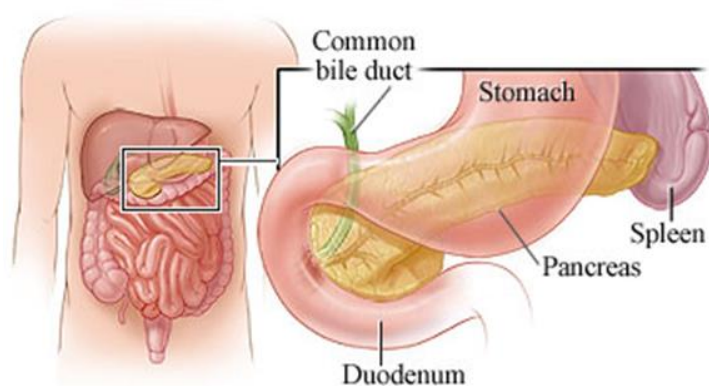
Eating guidelines to help manage pancreatitis

What is pancreatitis?

The pancreas is an organ behind the stomach that makes enzymes to help your body digest food, and hormones like insulin to help control blood sugar.

Sometimes the pancreas becomes swollen and painful. This is called **pancreatitis**. If the pancreatitis lasts a long time, it may be called “chronic” and may lead to symptoms such as poor fat absorption, greasy stools, and fat-soluble vitamin deficiencies (vitamins A, D, E, and K).

There may be many reasons for pancreatitis, and your doctor can help you pinpoint a cause for it so that it can be prevented from happening again.



© Healthwise, Incorporated

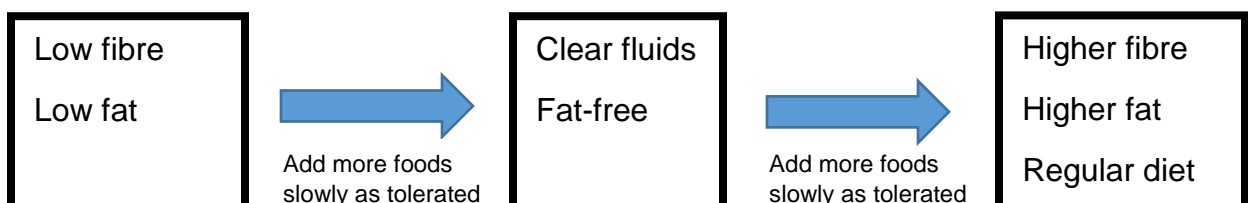
Healthwise, Inc. www.healthwise.org

Image used with permission. This information does not replace the advice of a doctor.

Healthwise disclaims any warranty or liability for your use of this information.

How can I manage symptoms of pancreatitis?

The type of diet recommended to manage pancreatitis will depend on how severe your symptoms are.



You may begin with a clear fluid diet, progressing to a low-fibre, low-fat diet, and then gradually to a regular diet as it is tolerated.

Sometimes, pancreatic enzymes may be prescribed with your meals and snacks to help you digest your food with less pain.

Eating tips while recovering from pancreatitis (lower-fat diet)

- Eat 5-6 smaller meals throughout the day
- Spread out your fat intake throughout the day
- Use unsaturated fats (plant oils, nuts, fish, non-hydrogenated margarine) in place of saturated fats (cream, cheese, butter, lard, fatty meat and poultry with skin) more often
- Eat lower-fat dairy products (1% milk fat or less)
- Bake, grill, roast, or steam foods, rather than frying
- Use lean protein foods at each meal (lean beef, chicken without skin, fish, egg whites, beans, soy, etc.)
- Include fruits, vegetables, whole grains, low-fat dairy or dairy alternatives and lean proteins at each meal
- Try to cook at home as much as possible and avoid processed foods with added fats (frozen fries, chicken nuggets, etc.)
- Avoid all alcohol and foods made with alcohol

The chart on the next page can help you choose foods from each food group.

A registered dietitian can help you choose the best foods to help with your recovery from pancreatitis.

Additional Resources

Dietitians of Canada – Find a Dietitian

https://members.dietitians.ca/DCMember/s/find-dietitian?language=en_US

Unlock Food – Healthy Eating website

<https://www.unlockfood.ca/en>

<u>Food Groups</u>	<u>Foods to Choose</u>	<u>Foods to Limit</u>
Vegetables	Fresh, frozen, steamed, baked vegetables	Fried or stir-fried vegetables
Fruits	Fresh, frozen, and canned fruits	Avocado, fried fruits
Grains	Breads, bagels, cereals, couscous, low-fat crackers, noodles, pasta, popcorn, English muffins, rice, tortillas, waffles, pancakes, homemade low-fat muffins	Fried grains, biscuits, croissants, French fries, fried chips, granola, fried rice, sweet rolls, bakery muffins
Proteins	Baked, broiled, grilled or steamed lean meats, poultry without skin and fish, canned tuna, egg whites, fat-free deli meats, beans, lentils, soybeans, tofu	Fried, fatty, or marbled meats, organ meats (liver), poultry with skin, fried eggs, bacon, tuna canned in oil, refried beans, full fat processed meats and hot dogs, salami, sausages, etc.
Dairy and Alternatives	Low-fat or non-fat dairy products (under 1% milk fat), cheeses, milk, yogurts, cottage cheese, frozen yogurt, enriched almond or rice milk	Creamy or cheesy sauces, cream, full-fat dairy products, ice cream, milkshakes, coconut milk, nuts, seeds, nut and seed butters
Beverages	Fruit and vegetable juices, hot chocolate (made with water or fat-free milk), sports drinks, tea, coffee	Drinks with cream or full-fat milk, eggnog, alcohol
Seasonings, condiments	Herbs and spices, jam, small amounts of cooking oils and non-hydrogenated margarine, broth, honey (for children over 1 year old), low-fat salad dressings, maple syrup, fat-free mayonnaise, mustard, salt, sugar, fat-free non-dairy creamers	Butter, oil, lard, shortening, meat drippings, regular mayonnaise, olives, seeds, regular salad dressings, tahini paste, hydrogenated margarine
Desserts	Applesauce, fat-free pudding, angel food cake, gelatin desserts (Jell-O®), sorbet, popsicles, freezies	Fried desserts, brownies, cakes, chocolate, coconut, custard, donuts, pastries, pie crusts, ice cream