



## **Pancreatitis Nutrition Therapy**

- The fat in food is especially hard for your body to digest and may cause pain.
- The pancreas is an organ that helps your body digest and absorb nutrients in food.
- When you have pancreatitis, your body may not be able to digest food well.
- Nutrition therapy limits the fat in your diet while providing nutrients you need.

### **Tips for Healthy Eating for Children with Pancreatitis**

- Eat nonfat or low-fat foods that meet the US Dietary Guidelines (see Recommended Foods). For most children goals should be:
  - **Grains:** At least 6-1 ounce (oz) servings each day (1 oz = 1 slice bread, 1 cup breakfast cereal, or ½ cup cooked pasta or rice)
  - **Vegetables:** 2-3 cups each day
  - **Fruits:** 1½-2 cups each day
  - **Meats and beans:** 3-5 oz each day (1 egg or ¼ cup beans count as 1 oz)
  - **Milk and dairy foods:** 2-3 cups (1 ½ oz cheese counts as 1 cup milk)
- Avoid high fat foods.
- Talk with a registered dietitian about which foods are best for you.

#### **Notes:**

## Recommended Foods

Food Group	Recommended Foods	Notes
<b>Milk and Milk Products</b>	Skim or reduced-fat (1%) milk Skim and reduced-fat cheeses Nonfat yogurt	
<b>Meat and beans</b>	Very lean cuts of meat Skinless poultry, except duck Eggs Beans	<ul style="list-style-type: none"> <li>• Prepare without added fat. Avoid fried foods.</li> <li>• Foods may be baked, grilled, roasted, broiled, or steamed.</li> <li>• Trim all visible fat from meat. Remove skin from poultry.</li> </ul>
<b>Grains</b>	Whole wheat and enriched bread Tortillas Low-fat crackers Brown and wild rice Pasta and couscous Ready-to-eat and hot breakfast cereals	<ul style="list-style-type: none"> <li>• Choices should be prepared without added fat.</li> <li>• Choose whole grains (such as whole wheat, brown or wild rice, oats) for at least half of your daily grains.</li> </ul>
<b>Vegetables</b>	All	<ul style="list-style-type: none"> <li>• Prepare without added fat.</li> <li>• Avoid fried or breaded vegetables.</li> <li>• Eat vegetables of different colors: green, orange, red, etc.</li> </ul>
<b>Fruits</b>	All fruits except avocado All juices	<ul style="list-style-type: none"> <li>• Prepare without added fat.</li> </ul>
<b>Fats and oils</b>	Limit fats and oils to less than 4 teaspoons per day.	<ul style="list-style-type: none"> <li>• Fats and oils include vegetable oils, margarine, butter, lard, shortening, mayonnaise, salad dressings, and sour cream.</li> <li>• Reduced-fat and fat-free products will allow more choices.</li> </ul>

## Foods Not Recommended

Food Group	Foods Not Recommended
<b>Milk and Milk Products</b>	Whole or low-fat (2%) milk Cream; half-and half Regular (not reduced-fat) cheese Dairy products made with whole milk or cream
<b>Meat and beans</b>	Fatty cuts of beef, pork, and lamb. Regular (75% to 85% lean) ground beef Regular sausages, hot dogs, and bacon; high-fat luncheon meats High-fat types of poultry, such as duck; poultry with skin Nuts and seeds
<b>Grains</b>	Products made with added fat (such as biscuits, waffles, and regular crackers)
<b>Vegetables</b>	Breaded or fried vegetables Vegetables with cheese, cream, butter, or oil-based sauces
<b>Fruits</b>	Avocado Fruit dishes prepared with added fat
<b>Fats and oils</b>	Limit fats and oils to less than 4 teaspoons per day
<b>Desserts</b>	Desserts, pies, and cookies made with whole milk, eggs, and added fat

## Sample 1-Day Menu

<b>Breakfast</b>	4 oz apple juice 4-inch bagel with 1 Tablespoon fat-free cream cheese 1 scrambled egg 8 oz skim milk
<b>Lunch</b>	Turkey sandwich: 2 oz lean turkey, small whole wheat pita, lettuce, tomato, 2 teaspoons fat-free mayonnaise 1 cup carrots ½ cup pineapple chunks 8 oz skim milk
<b>Dinner</b>	4 oz baked chicken breast (no skin) 1 cup plain pasta ½ cup green beans Mixed green salad with fat-free salad dressing 1 slice whole wheat bread or dinner roll 1 teaspoon reduced-fat margarine Cooked apple with cinnamon and sugar Water or 8 oz skim milk
<b>Snack ideas</b>	Animal crackers, graham crackers, pretzels, toast with jelly, rice cakes, fresh fruits, raw vegetables, fat free/non fat yogurt

## Label Reading Tips

Food labels provide information that can help you stick to a low-fat meal plan. Your registered dietitian can help you learn your goals for specific nutrients.

Nutrition Facts	
Serving Size 1 cup (200g)	
Amount Per Serving	
Calories 260	
	% Daily Value
<b>Fat 13g</b>	20%
Saturated Fat 3g + Trans Fat 2g	25%
Cholesterol 30mg	10%
Sodium 660 mg	28%
Carbohydrate 31g	10%
Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%

- Check the Nutrition Facts label to find out how much fat is in one serving of a food. Look for Total Fat in grams. The grams of fat listed on the label are for one standard serving. Check the label for the serving size and compare it to the amount you eat. If you eat two servings, you will get twice as many grams of fat. If you eat half a serving, you will get half the grams of fat.
- Foods that are labeled “low fat” have no more than 3 grams of fat per serving.
- Fat-free foods have less than 0.5 grams of fat per serving.

**Additional Information:**

**If you have questions, call:** \_\_\_\_\_, *Registered Dietitian*

**Phone:** (717) 531- \_\_\_\_\_ or (717) 531-8406

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