



Dietary Guidelines Following a Central Pancreatectomy

A central pancreatectomy is surgery done to remove a tumor in the body of the pancreas while keeping its healthy head and tail sections. This means there is less risk of developing diabetes and malabsorption but there can still be nutritional challenges. Your Registered Dietitian (RD) can work with you to design a diet to meet your specific needs.

Below is a list of general nutrition guidelines to follow.

- ▶ Eat 5-6 small meals throughout the day to prevent feeling full. Space meals 2-3 hours apart. Try to eat your first meal within one hour of waking.
- ▶ Eat egg, cheese, yogurt, chicken, fish and creamy peanut butter and other high protein foods first in case you get full quickly. Protein is very important in the healing process.
- ▶ Chew foods thoroughly and eat slowly.
- ▶ Avoid high fiber foods such as raw fruits and vegetables, whole grain items, and dried beans. Banana and seedless melon are allowed.

If you would like to see a Registered Dietitian once you leave the hospital, ask your physician for a referral and contact the Nutrition Wellness Practice at Columbia (646-317-4811) or Cornell (212-746-0838) to schedule an appointment.

For additional information, please visit the Pancreatic Cancer Action Network at www.pancan.org

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.