Dietary Guidelines Following a Total Pancreatectomy

A total pancreatectomy removes the entire pancreas.
- Pancreatic enzyme supplements need to be taken with meals to digest food properly
- Insulin is needed to control your blood sugar

Symptoms after surgery may include:
- Nausea and vomiting
- Diarrhea
- Abdominal pain
- Feeling full quickly

Speak with a Registered Dietitian (RD) for a diet plan that meets your needs and symptoms. Below is a list of general nutrition guidelines to follow.

- Consume 5-6 small meals throughout the day to prevent feeling full and aide in digestion. Consider spacing meals 2-3 hours apart
- Avoid greasy, or fried foods
- Avoid foods high in fiber to ease digestion (i.e. raw fruits and vegetables, whole grain items, dried beans). Bananas and seedless melon are allowed.
- Chew foods thoroughly and eat slowly to ease digestion
- 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.
- Drink fluids between meals, 30-60 minutes before or after eating. Drinking too much fluid at meals may leave you quickly feeling full, nauseous, and have abdominal cramping.
- Avoid eating sugar to prevent Dumping Syndrome. This usually occurs within two hours after eating and includes symptoms such as flushed skin, dizziness/ lightheadedness, weakness, abdominal pain, nausea, vomiting, and/or diarrhea. It is also important to limit sugar to prevent high blood sugar levels from occurring.

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](http://www.pancan.org)

The following page is a list of foods that are easy to digest.
## Foods Easy to Digest:

<table>
<thead>
<tr>
<th>Types</th>
<th>Food and Drink</th>
<th>Suggestions</th>
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</thead>
<tbody>
<tr>
<td><strong>Grains</strong></td>
<td>Refined white flour products</td>
<td>Eat dry toast or crackers before getting out of bed if you have nausea in the morning.</td>
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<td></td>
<td>Refined cold cereals (such as corn flakes, Rice Krispies, Rice Chex, and Corn Chex)</td>
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<td></td>
<td>Refined hot cereals (such as Cream of Wheat, Grits, Farina (fine-ground), White bread, toast, pasta, and rice</td>
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<td><strong>Vegetables</strong></td>
<td>Well-cooked or canned vegetables</td>
<td>Avoid cooked greens or spinach</td>
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<td>Vegetables without skins or seeds</td>
<td>Avoid high fiber vegetables such as peas and corn</td>
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<td></td>
<td>Potatoes, without skins (boiled or baked)</td>
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<tr>
<td><strong>Fruits</strong></td>
<td>Soft, well-cooked, or canned fruits, such as applesauce, peaches, and pears, bananas, avocado</td>
<td>Avoid dried fruit and fruit skin.</td>
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<tr>
<td><strong>Milk and Milk Products</strong></td>
<td>Milk, Lactose-free, soy, hemp, oat or almond</td>
<td>If you have food allergies or lactose intolerance, read labels carefully</td>
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<tr>
<td></td>
<td>Yogurt or soy yogurt (plain or vanilla)</td>
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<td>Cheese, hard: (mild types, such as American Cheese, soft or semi-soft (such as cottage cheese, ricotta or cream cheese)</td>
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<tr>
<td><strong>Meat and Other Proteins</strong></td>
<td>Tender well-cooked beef, pork, poultry, or fish</td>
<td>Cook thoroughly and to proper temperature. Use a food thermometer to check when foods are safely cooked. Use cooking methods that include a liquid such as braising to maintain tenderness</td>
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<td><strong>Fats and Oils</strong></td>
<td>Choose healthy, such as canola and olive oils.</td>
<td>Use in moderation.</td>
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<td>Cream cheese, avocado, mayonnaise</td>
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<td><strong>Drinks</strong></td>
<td>Water</td>
<td>Avoid beverages containing sugar.</td>
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<td>Clear carbonated drinks that have lost their fizz</td>
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<tr>
<td></td>
<td>Vegetable juice</td>
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<td></td>
<td>Fruit juice without pulp (such as cranberry or grape)</td>
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<td></td>
<td>Tea</td>
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<td>Sports drinks</td>
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<td><strong>Other</strong></td>
<td>Soups: Low fiber (strained or puree, if needed)</td>
<td>Avoid soup made with foods that cause gas, such as dried beans and peas, broccoli, or cabbage</td>
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<td>Clear broth (such as chicken, vegetable, or beef)</td>
<td>Limit the portion sizes of high sugar desserts and snacks</td>
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<td>Dessert and snacks: Custard, gelatin, frozen yogurt, ice cream, lemon drop candy, popsicles, pudding, sherbet, sorbet</td>
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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.

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