

Post-Pancreatitis Diet Advancement

This is a guide to help you start eating again. When you have tolerated a phase for 2-4 days, you may go to the next phase. If you experience vomiting, nausea, or worse abdominal pain, contact your physician's nurse and **do not** continue advancing your diet.

NOTE: If you have diabetes or problems with your blood sugars, keep juices, sugary drinks, and desserts to a minimum.

Phase 1: Easily digested foods, 6-8 small portions (1/2 cup) per day:

- Crackers (saltines, melba toast, oyster crackers, soda crackers, pretzels, breadsticks, animal crackers, graham crackers)
- Plain toasted bread/English muffin/plain roll
- Banana
- Plain rice, pasta, potato
- Canned fruit (applesauce, peaches, pears, apricots, mandarin oranges)
- Cream of rice/cream of wheat/oatmeal
- Liquids (juices, sports drinks, coffee/tea, broth)
- Popsicles/Italian ice/sherbet

Phase 2: 6-8 small portions per day. Continue Phase 1 & begin adding other foods, such as:

- Milk (choose skim, 1%, or 2%, not whole)
- Soups (ex. chicken noodle, vegetable, tomato)
- Baked/grilled *lean* meats (such as chicken, turkey, fish, pork)
- Pasta or rice with a small amount of olive oil and seasoning
- Toast with small amount peanut butter or cream cheese
- Yogurt/pudding/cottage cheese
- Cereal
- Eggs (not prepared with cream or fried)

Phase 3: If you have no problems, begin adding new foods daily and advance to your usual diet; avoid fried and greasy foods.

Note: This handout is meant only as a general guide. The information found here should not replace any directions or instructions provided by your doctor. If you have further questions, please contact your physician or Registered Dietitian.