

Whipple and diabetes with insulin dependence: dietary advice following discharge

patient information

A balanced and varied diet is usually sufficient after a Whipple operation. Given the diabetes diagnosis, it is important to limit the amount of fast sugars in your diet. Because part of your digestive tract has been removed, you may experience difficulties after eating highly sweetened or fatty foods.

We recommend having small meals frequently to avoid bloating and to give your body time to digest the food. In addition, make sure your diet contains sufficient energy and protein to prevent weight loss.

PLEASE NOTE

- Balanced and varied diet
- Frequent meals: 6-8 small meals at 2-3 hour intervals
- Small portions
- Sufficient energy and protein
- Eat slowly and chew thoroughly
- As a diabetic, it is important to avoid snacks that are high in carbohydrates. As a guideline, we recommend a snack with a maximum of 7 g carbohydrates per serving. Examples of this include:

Savoury snacks	1 rusk (square or round), 1 cracker, 1 rice cracker, 1 wheat crisp, 1 slice of crispbread (with spread if desired)
Dairy	1 serving of unsweetened plain or fruit yoghurt, 1 plain soy drink, 1 plain soy yoghurt, 1 cup of milk, 1 cup of buttermilk, 1 serving of unsweetened quark, or a block of cheese.

Raw vegetables	Gherkin, cauliflower, cherry tomatoes, cucumber, paprika, radish, carrot
Fruit	100 g strawberries, 1 apricot, 100 g mixed berries, 100 g blackberries, 1 clementine, 100 g cranberries, 100 g raspberries, 50 g cherries, 4 lychees, 1 mandarin, 50 g Charentais melon, 100 g watermelon, 100 g Galia melon, 1 nectarine, 3 passion fruits, 1 peach, 1 plum
Seeds, kernels and nuts	Almonds, hazelnuts, coconut, pecans, pine nuts, peanuts, pistachios, walnuts (50 g portion)
Other	Olives
Drinks	Water, tea or coffee (with sweetener if desired), zero/light soft drink, flavoured water

SAMPLE POST-DISCHARGE DIET PLAN

- X Breakfast:** 2-3 slices of bread with margarine and an unsweetened or savoury spread
- X Mid-morning:** a bowl of soup
- X Noon:** small portion of a hot meal
- X Mid-afternoon:** snack, e.g. unsweetened dairy product, small piece of fruit, etc. (see above table)
- X Evening:** 2-3 slices of bread with margarine and an unsweetened or savoury spread
- X Late evening:** snack, e.g. unsweetened product, small piece of fruit, etc. (see above table)

If you have any questions or problems, please feel free to contact us:
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