

# Whipple: dietary advice following discharge

## patient information

A balanced and varied diet is usually sufficient after a Whipple operation. 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

## SAMPLE POST-DISCHARGE DIET PLAN

- X **Breakfast:** 2-3 slices of bread with margarine and a sweet or savoury spread
- X **Mid-morning:** a bowl of soup
- X **Noon:** small serving of a hot meal
- X **Mid-afternoon:** snack, e.g. dairy product, piece of fruit, biscuit, etc.
- X **Evening:** 2-3 slices of bread with margarine and a sweet or savoury spread
- X **Late evening:** snack, e.g. dairy product, piece of fruit, biscuit, etc.

If you have any questions or problems,  
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