

Whipple and diabetes with insulin dependence: dietary information during admission

patient information

DAY 1 – DAY 2: SOFT DIET | DIABETES

- **Breakfast:** 1-2 dairy products + drink
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener if desired
- **Mid-morning:** 1 dairy product
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener if desired
- **Noon:** 1-2 dairy products + drink
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener if desired
- **Mid-afternoon:** 1 dairy product
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener if desired
- **Evening:** 1-2 dairy products + drink
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener if desired
- **Late evening:** 1 dairy product
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener if desired

Day 1: 1 x DB nutrition supplement, spread throughout the day

Day 2: 2 x DB nutrition supplement, spread throughout the day

DAY 3: POST-OP | DIABETES

- **Breakfast:** 2 rusks with margarine and artificially sweetened spread or cream cheese + drink
- **Mid-morning:** broth
- **Noon:** 2 rusks with margarine and artificially sweetened spread or cream cheese + drink
- **Mid-afternoon:** 1 dairy product
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener if desired
- **Evening:** 2 rusks with margarine and artificially sweetened spread or cream cheese + drink
- **Late evening:** 1 dairy product or biscuit
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener and/
or dry biscuit

2 x DB nutrition supplement, spread throughout the day

DAY 4: POST-OP 2 DIABETES – DAY 5: POST-OP 3 DIABETES

- **Breakfast:** 2 x toast/2 slices of white bread with margarine and artificially sweetened or savoury spread + drink
- **Mid-morning:** sieved/mixed vegetable soup
- **Afternoon:** half portion of a hot meal + drink
- **Mid-afternoon:** 1 dairy product
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener and/or artificially sweetened fruit yoghurt
- **Evening:** 2 x toast/2 slices of white bread with margarine and artificially sweetened or savoury spread + drink
- **Late evening:** 1 dairy product or biscuit
artificially sweetened vanilla pudding and/or unsweetened plain yoghurt with an artificial sweetener and/or dry biscuit

TIP: You can also select half portions on the OctopUZ screen.