

Whipple: dietary advice during admission

patient information

DAY 1 – DAY 2: SOFT DIET I

- **Breakfast:** 1-2 dairy products + drink vanilla pudding and/or plain yoghurt (sweetened to taste)
- **Mid-morning:** 1 dairy product vanilla pudding or plain yoghurt (sweetened to taste) vanilla pudding and/or plain yoghurt (sweetened to taste) vanilla pudding or plain yoghurt (sweetened to taste)
- **Noon:** 1-2 dairy products + drink vanilla pudding, plain yoghurt (sweetened to taste), or vanilla milkshake
- **Mid-afternoon:** 1 dairy product
- **Evening:** 1-2 dairy products + drink

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

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

DAY 3: POST-OP I

- **Breakfast:** 2 rusks with margarine and sweet spread or cream cheese + drink
- **Mid-morning:** broth
- **Noon:** 2 rusks with margarine and sweet spread or cream cheese + drink
- **Mid-afternoon:** 1 dairy product vanilla pudding or plain yoghurt (sweetened to taste)
- **Evening:** 2 rusks with margarine and sweet spread or cream cheese + drink
- **Late evening:** 1 dairy product or biscuit vanilla pudding, plain yoghurt (sweetened to taste) or biscuit

2 x Jucy nutrition supplement, spread throughout the day

DAY 4: POST-OP 2 – DAY 5: POST-OP 3

- **Breakfast:** 2 x toast/2 slices of white bread with margarine and sweet or savoury spread + drink
- **Mid-morning:** sieved/mixed vegetable soup
- **Afternoon:** half portion of a hot meal + drink
- **Mid-afternoon:** 1 dairy product vanilla pudding or plain/fruit yoghurt (sweetened to taste)
- **Evening:** 2 x toast/2 slices of white bread with margarine and sweet or savoury spread + drink
- **Late evening:** 1 dairy product or biscuit vanilla pudding, plain/fruit yoghurt (sweetened to taste) or biscuit

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