

Whipple and diabetes without 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 that you make the right choices for dairy products, fruit and biscuits. Your dietician can help you.

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 (with a rusk if desired)
- X **Noon:** small portion of a hot meal
- X **Mid-afternoon:** snack, e.g. unsweetened dairy product, piece of fruit, dry biscuit, etc.
- X **Evening:** 2-3 slices of bread with margarine and an unsweetened or savoury spread
- X **Late evening:** snack, e.g. unsweetened dairy product, piece of fruit, dry biscuit, etc.

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

Tel. +32 16 34 10 90

Email gastrodieet@uzleuven.be