

DIET GOALS

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

Low fat (to protect pancreas)

Moderate protein (easy to digest)

- Low calcium load
- Small, frequent meals
- No alcohol, no junk, no excess supplements

FOODS TO EAT (DO's)

- Carbohydrates (main energy source)
- Soft plain rice, rice kanji
- Phulka / chapati (no ghee/butter)
- Oats (plain), daliya
- Boiled potato, sweet potato (small portions)

Vegetables (well cooked, low fiber initially)

- Lauki (bottle gourd)
- Tori (ridge gourd)
- Tinda
- Pumpkin
- Carrot (cooked)
- French beans

Use pressure-cooked / soft sabzi, minimal oil

PROTEIN (MODERATE & GENTLE)

- Moong dal (yellow, well cooked, thin)
- Masoor dal (small quantity)
- Soy chunks – only after full recovery & in small amounts
- Sprouted moong – lightly steamed

Fruits (low sugar, non-acidic)

- Papaya
- Apple (stewed if needed)
- Pear
- Pomegranate (small bowl)
- Banana (½ small, not daily)

FLUIDS (VERY IMPORTANT)

- Warm water
- Coconut water (1 glass/day)
- Jeera water
- Barley water
- ORS if weak

FOODS TO AVOID (DON'Ts)

Absolutely avoid

- Alcohol (very important)
- Fried food, pakora, samosa
- Bakery items, cream, pastries
- Cheese, paneer, butter, ghee
- Whole milk, curd, lassi
- Calcium & vitamin D supplements (unless prescribed)

Avoid for hypercalcemia

- Excess milk & milk products
- Ragi
- Sesame seeds (til)
- Almonds in excess
- Calcium-fortified foods

Avoid for pancreas

- Spicy gravies
- Heavy dals (chana, rajma, chole initially)
- Raw salads early phase
- Carbonated drinks
- Fast food / junk food

SAMPLE ONE-DAY INDIAN VEGETARIAN DIET PLAN

Early Morning

- Warm water + soaked 5–6 raisins

OR

- Jeera water

Breakfast

- Oats porridge (water based)

OR

- 2 plain phulka + lauki sabzi

Mid-Morning

* Papaya / apple bowl / Coconut water

Lunch

- Plain rice
- Moong dal (thin)
- Boiled lauki / pumpkin sabzi
- No curd

Evening

- Roasted makhana (small bowl, dry roasted)
- Herbal tea (no milk)

Dinner (light & early)

- 2 phulka
- Vegetable soup

OR

- Soft khichdi (rice + moong dal, very little oil)

Bedtime

- Warm water

IMPORTANT MEDICAL DIET TIPS

- Eat every 2.5–3 hours, small portions
- Use only 2–3 tsp oil/day (preferably rice bran or mustard oil)
- Avoid long fasting

Monitor:

- Serum calcium
- Amylase/lipase
- Vitamin D levels
- Weight gain should be **slow & controlled**

WHEN TO SEEK HELP

- Recurrent abdominal pain
- Nausea, vomiting
- Constipation or weakness
- Rise in calcium levels again

Lemon is allowed – but with conditions.

Lemon after acute pancreatitis + hypercalcemia

WHEN it's OK

Few drops of lemon juice in:

- Warm water
- Dal
- Vegetable sabzi
- Once a day only

Always **diluted**, never concentrated

Best taken **with food**, not on an empty stomach

WHEN to AVOID

- Lemon water ***early morning empty stomach***
- Strong nimbu pani
- Lemon juice for “**detox**” or weight loss

If it causes:

- Acidity
- Upper abdominal pain
- Nausea or burning