

HYPERPARATHYROIDISM WITH PANCREATITIS DIET PLAN

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

Hyperparathyroidism with Pancreatitis

PHASE 1: During Acute Pancreatitis (Hospital / Early Recovery)

Follow doctor advice strictly.

Usually: Liquid diet initially, Then soft, low-fat diet

Allowed

Rice water, Thin dal, Vegetable soup, Khichdi (very soft), Boiled vegetables, Toast (dry)

Strictly Avoid

Ghee, Butter, Fried food, Cream, Paneer (initially), Heavy protein meals

PHASE 2: After Recovery (Maintenance Diet)

Low-Fat Diet (Very Important)

Fat should be <20–25% of total calories.

Avoid: Fried snacks, Paratha, Fast food, Full-fat dairy

Use: 1 tsp oil per meal max, Steamed / boiled / grilled food

Moderate Calcium Intake

Don't eliminate calcium completely.

Small bowl curd, Limited paneer, No calcium supplements unless prescribed

Hydration (Critical)

3–3.5 liters water daily

Add: Lemon water, Coconut water (if allowed)

Easy-to-Digest Protein

Too much protein stresses the pancreas.

Choose: Moong dal, Masoor dal, Egg white, Soft chicken (boiled)

Avoid: Red meat, Very high-protein diets

Vegetables

Best options: Lauki, Tori, Pumpkin, Beans, Carrot | (Avoid heavy masala & excess oil.)

Strictly Avoid

Alcohol (very important), Smoking, Excess salt, Excess tea/coffee, Very spicy food

Lifestyle Recommendations

Small frequent meals (every 3 hours), Light walking daily, Avoid heavy gym initially, Regular calcium & PTH monitoring, Maintain healthy weight

Sample One-Day Diet Plan (Maintenance)

Morning Breakfast Mid-morning Lunch

Warm water Vegetable daliya (low oil) Apple / Papaya Soft rice + moong dal + lauki sabzi

Evening Dinner

Roasted makhana Khichdi + boiled vegetables