EATING HEALTHY WHEN DINING OUT

When most people eat at restaurants, they tend to consume more saturated fat and calories, fewer nutrients, and less fiber than when they eat at home. But you can avoid that mistake. Here are some simple ways to stay on track while dining out.

• Watch your portion sizes. Share a large entree. Or order the appetizer size of a dish and pair it with a salad.
• Choose whole-grain bread. Select the whole-grain option in a bread basket. Order sandwiches made on whole-grain bread or wraps.
• Include leafy greens and vegetables. Try to make them a big part of every meal. Instead of fries or chips on the side, order steamed vegetables or a mixed green salad.
• Ask for salad dressing on the side. Exercise and sleep are vital for your well-being. However, pain can sometimes get in the way of staying active and sleeping well. Other possible obstacles include coexisting health conditions, physical limitations, and fatigue. When you hit a roadblock, small but targeted actions can often help you get around it.

To ease into physical activity, begin by trying:
• Short walks
• Chair routines
• Virtual classes
• Stretching

To promote better sleep, ask your healthcare provider about:
• Sleep aids or melatonin
• Lifestyle changes
• Medical marijuana

Try Other Wellness Approaches

Various other activities and practices may also be part of a well-rounded wellness regimen. Here are a few you might want to consider:

• Essential oils
• Journaling
• Meditation
• Spiritual beliefs and prayer
• Supplements
• Support groups
• Yoga

While these practices may prove helpful, they are not intended to replace medical advice. Nor do they work for everyone. They are merely suggestions based on what others have found helpful.

MAKING OVERALL WELLNESS A PRIORITY

A balanced, nutritious diet is highly important. But other things also affect your well-being and quality of life. For the best results, a proper diet needs to be combined with an overall healthy lifestyle and good medical care.

Get Enough Exercise and Sleep

Exercise and sleep are vital for your well-being. However, pain can sometimes get in the way of staying active and sleeping well. Other possible obstacles include coexisting health conditions, physical limitations, and fatigue. When you hit a roadblock, small but targeted actions can often help you get around it.

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Other wellness approaches include:
• Medical marijuana
• Yoga
• Support groups
• Supplements
• Spiritual beliefs and prayer
• Meditation
• Journaling
• Essential oils
• Medical marijuana
• Pain medications
• Lifestyle changes
• Sleep aids or melatonin

EAT HEALTHY, LIVE BETTER

A guide for those with pancreatitis and pancreatic cancer

https://pancreasfoundation.org/patient-information/nutrition-advice-recipes

The National Pancreas Foundation provides hope for those suffering from pancreatitis and pancreatic cancer through funding cutting-edge research, advocating for new and better therapies, and providing support and education for patients, caregivers, and healthcare professionals. Visit our website at www.pancreasfoundation.org for additional information and volunteer opportunities.

SEEKING SUPPORT FROM OTHERS

Coping with pancreatic disease and making lifestyle changes can be difficult at times. It can sometimes give rise to feelings of isolation, anxiety, and hopelessness. But you don’t have to do it alone. There is an entire pancreas warrior community behind you.

If you’re feeling down, reach out to family and friends. Sometimes, simply picking up the phone and calling someone can make a big difference in your day.

In addition, joining a patient support group lets you connect with others who share similar experiences and challenges. The National Pancreas Foundation offers:

• An online Pancreatitis Support Community. Learn more at www.pancreasfoundation.org/pancreatitis-community.
• In-person support groups run by some state chapters. Find your local chapter at www.pancreasfoundation.org/state-chapters.

If your feelings become overwhelming or start interfering with your daily life, reach out to your healthcare provider or a mental health professional.

FINDING TREATMENT

The National Pancreas Foundation Centers are at premier healthcare facilities that focus on multidisciplinary treatment of pancreas disease, treating the “whole patient” with a focus on the best possible outcomes and an improved quality of life. Learn more at pancreasfoundation.org/mpf-centers-info.

THE BOTTOM LINE

If you’re concerned about pancreatitis or pancreatic cancer, keep these points in mind:

• Aim for a low-fat diet rich in fruits and veggies, whole grains, and healthy sources of protein and fat.
• Work with your healthcare provider to address dietary triggers for pain or other symptoms.
• Make addressing self-care and overall wellness an essential part of your plan.

In addition to being the best approach when you have pancreatic disease, the advice here is great for your whole family. If you have children, teach them to make smart food and lifestyle choices and start them down the road to a long, healthy life.

Your Menu of Options

<table>
<thead>
<tr>
<th>Order This</th>
<th>Not That</th>
</tr>
</thead>
<tbody>
<tr>
<td>COOKING METHOD</td>
<td></td>
</tr>
<tr>
<td>Baked, broiled, steamed, garden fresh, au jus, roasted, poached</td>
<td></td>
</tr>
<tr>
<td>Sautéed, cheese sauce, au gratin, buttered, au beurre, Alfredo sauce, cream sauce, fried, candied, glazed, balsamic sauce, hollandaise</td>
<td></td>
</tr>
<tr>
<td>Mustard, lemon juice, chutney, salsa, cocktail sauce, ketchup (in moderation), vinegar, hors d’oeuvres, soy sauce (warning: it’s high in sodium)</td>
<td></td>
</tr>
<tr>
<td>Butter, clarified butter, margarine, cheese, bacon bits, salad dressing, cream, sour cream, whipped cream, pesto</td>
<td></td>
</tr>
</tbody>
</table>

The National Pancreas Foundation

A guide for those with pancreatitis and pancreatic cancer

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Supported by a grant from AbbVie
EATING WISELY WITH PANCREATITIS

When you have pancreatitis, what you eat may affect your symptoms. Understanding the connection can help you better manage your condition.

Limit Your Fat Intake

Eating high-fat foods can sometimes trigger bouts of pancreatitis pain. For this reason, most experts on pancreatic disease stress the importance of maintaining a low-fat diet.

Many people with chronic pancreatitis should restrict the amount of fat they eat to no more than 50 grams per day. Others may need to stay between 30 and 50 grams. This limit is affected by your height, weight, and personal tolerance. If you have chronic pancreatitis, ask your healthcare provider what’s right for you.

Tip: The fats that you can choose to cut include:

- Sugary baked goods
- Whipped cream
- Full-fat cheese and cream cheese
- Whole eggs
- Solid fats such as butter, cream, and lard
- Fats such as coconut and palm

Keep in mind that some fats are essential for health. You can cut back on these fats without giving up all of your favorite foods.

Avoid Nutrient Deficiencies

Pancreatitis may lead to low levels of vitamins A, B12, C, D, E, and K. It may also lead to low levels of minerals, including zinc, copper, and selenium. Taking a daily multivitamin may help you get enough nutrients. Your provider should also check your nutrient levels at least yearly to identify and treat deficiencies if needed.

Replace Pancreatic Enzymes if Needed

Exocrine pancreatic insufficiency occurs when the pancreas doesn’t make enough enzymes to digest food properly. If that’s the case for you, you may need pancreatic enzyme replacement therapy (PERT). This involves taking pills containing digestive enzymes to help break down food.

The enzyme capsules need to travel through the intestine with the food so that they can assist with the timely breakdown of the food and help you absorb both nutrients more easily. You’ll take the first capsule of pancreatic enzymes with the first bite of each meal and then additional capsules during the meal so as to accompany the food during digestion. Exact dosing should be discussed with a pancreatic specialist.

Control Diabetes

Diabetes can result from loss of the pancreas’ ability to make insulin. If you have diabetes, an eating plan can help manage your blood sugar. Seek professional guidance on making healthy choices as soon as possible after diagnosis. Be sure to take any insulin, enzymes, or other medications as prescribed.