

PANCREATITIS DISEASE



PATIENT DIET

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▶ DIET MANAGEMENT TIPS FOR PANCREATITIS

The pancreas plays an instrumental role in regulating your body's sugar metabolism and secretes enzymes to aid in food digestion. If inflammation occurs in your pancreas, it is referred to as pancreatitis.

The pancreas is an essential part of the digestive process, which means what you eat can have an impact on it. In cases of acute pancreatitis, gallstones are often the cause of the inflammation. Chronic pancreatitis is marked by long-term inflammation that doesn't go away, and this can cause digestion difficulties by preventing your body from absorbing nutrients.

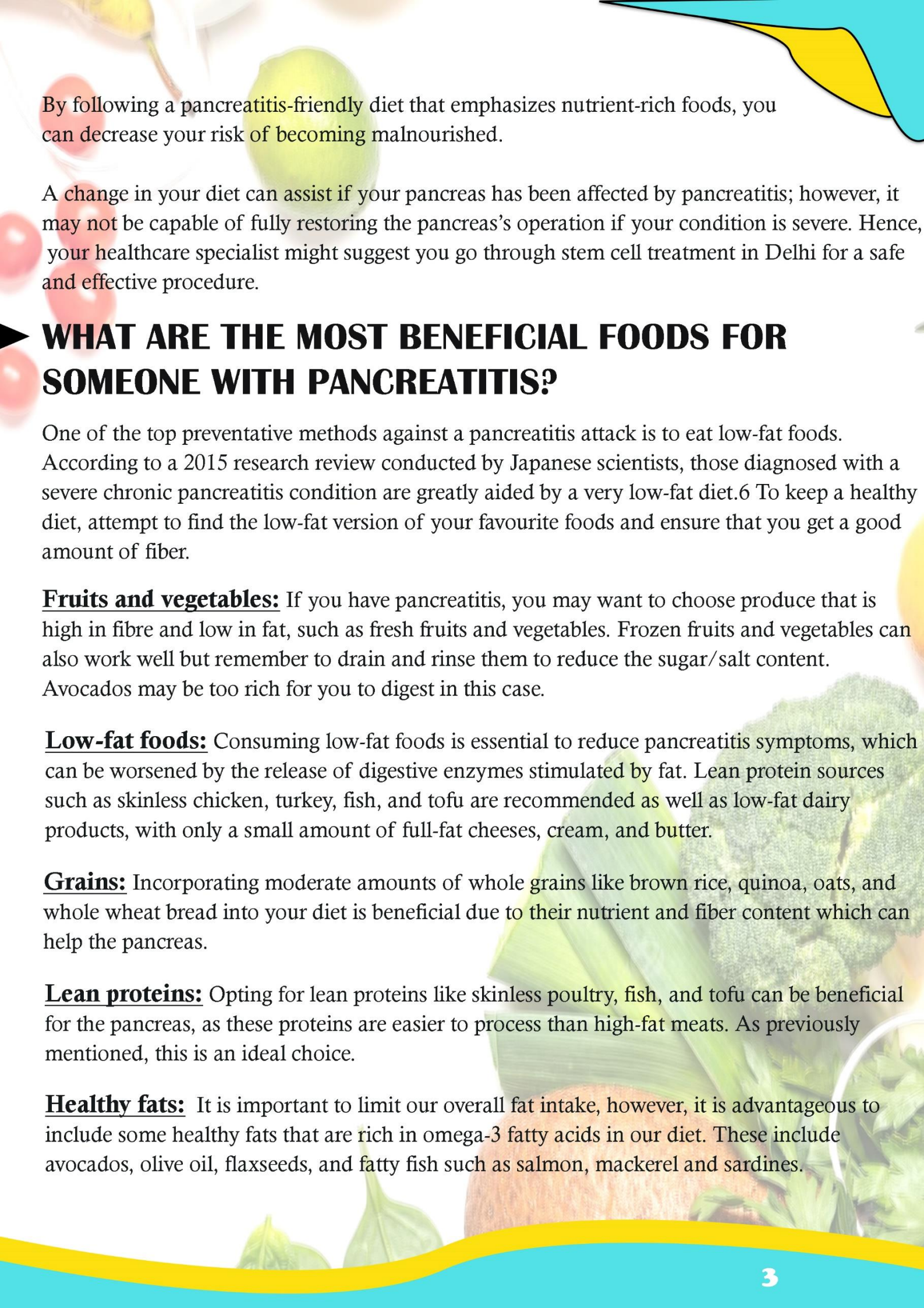
According to pancreas specialist Prabhleen Chahal, MD, by paying attention to what you eat, it can help to relieve abdominal discomfort associated with this condition. Selecting your food carefully gives your pancreas the opportunity to rest and repair itself.

But, ever thought about how a well-balanced diet can help you to manage your symptoms of Pancreatitis? Then keep on reading to know about it.

▶ THE ADVANTAGES OF FOLLOWING A DIET FOR PANCREATITIS

The main purpose of consuming a well-balanced diet might include the following:

- Prevents pancreatitis attacks
- Prevent or manage some associated conditions, such as diabetes and kidney issues
- Maintains healthy blood sugar levels
- Prevent nutritional complications



By following a pancreatitis-friendly diet that emphasizes nutrient-rich foods, you can decrease your risk of becoming malnourished.

A change in your diet can assist if your pancreas has been affected by pancreatitis; however, it may not be capable of fully restoring the pancreas's operation if your condition is severe. Hence, your healthcare specialist might suggest you go through stem cell treatment in Delhi for a safe and effective procedure.

▶ **WHAT ARE THE MOST BENEFICIAL FOODS FOR SOMEONE WITH PANCREATITIS?**

One of the top preventative methods against a pancreatitis attack is to eat low-fat foods. According to a 2015 research review conducted by Japanese scientists, those diagnosed with a severe chronic pancreatitis condition are greatly aided by a very low-fat diet.⁶ To keep a healthy diet, attempt to find the low-fat version of your favourite foods and ensure that you get a good amount of fiber.

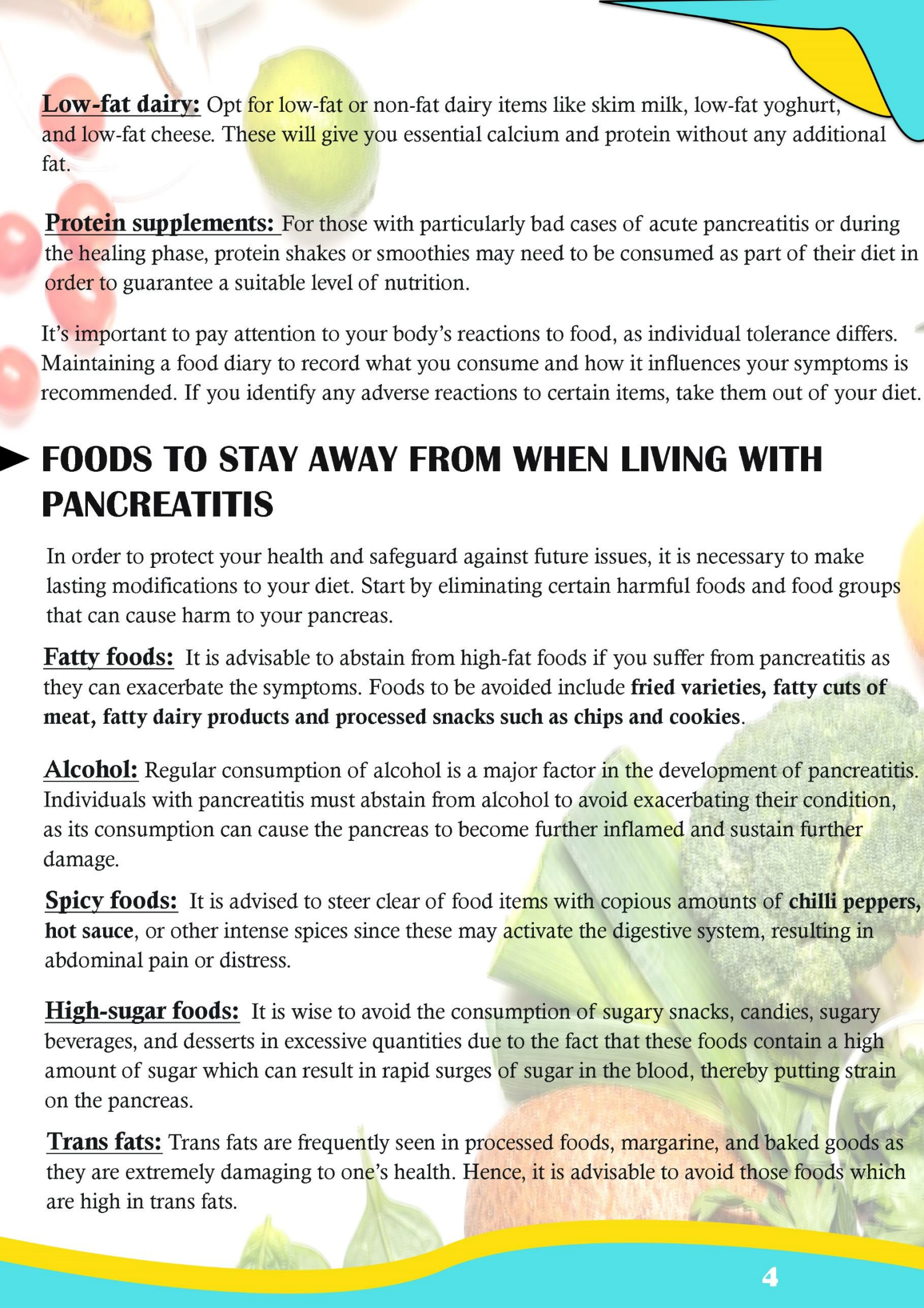
Fruits and vegetables: If you have pancreatitis, you may want to choose produce that is high in fibre and low in fat, such as fresh fruits and vegetables. Frozen fruits and vegetables can also work well but remember to drain and rinse them to reduce the sugar/salt content. Avocados may be too rich for you to digest in this case.

Low-fat foods: Consuming low-fat foods is essential to reduce pancreatitis symptoms, which can be worsened by the release of digestive enzymes stimulated by fat. Lean protein sources such as skinless chicken, turkey, fish, and tofu are recommended as well as low-fat dairy products, with only a small amount of full-fat cheeses, cream, and butter.

Grains: Incorporating moderate amounts of whole grains like brown rice, quinoa, oats, and whole wheat bread into your diet is beneficial due to their nutrient and fiber content which can help the pancreas.

Lean proteins: Opting for lean proteins like skinless poultry, fish, and tofu can be beneficial for the pancreas, as these proteins are easier to process than high-fat meats. As previously mentioned, this is an ideal choice.

Healthy fats: It is important to limit our overall fat intake, however, it is advantageous to include some healthy fats that are rich in omega-3 fatty acids in our diet. These include avocados, olive oil, flaxseeds, and fatty fish such as salmon, mackerel and sardines.



Low-fat dairy: Opt for low-fat or non-fat dairy items like skim milk, low-fat yoghurt, and low-fat cheese. These will give you essential calcium and protein without any additional fat.

Protein supplements: For those with particularly bad cases of acute pancreatitis or during the healing phase, protein shakes or smoothies may need to be consumed as part of their diet in order to guarantee a suitable level of nutrition.

It's important to pay attention to your body's reactions to food, as individual tolerance differs. Maintaining a food diary to record what you consume and how it influences your symptoms is recommended. If you identify any adverse reactions to certain items, take them out of your diet.

▶ **FOODS TO STAY AWAY FROM WHEN LIVING WITH PANCREATITIS**

In order to protect your health and safeguard against future issues, it is necessary to make lasting modifications to your diet. Start by eliminating certain harmful foods and food groups that can cause harm to your pancreas.


Fatty foods: It is advisable to abstain from high-fat foods if you suffer from pancreatitis as they can exacerbate the symptoms. Foods to be avoided include **fried varieties, fatty cuts of meat, fatty dairy products and processed snacks such as chips and cookies.**

Alcohol: Regular consumption of alcohol is a major factor in the development of pancreatitis. Individuals with pancreatitis must abstain from alcohol to avoid exacerbating their condition, as its consumption can cause the pancreas to become further inflamed and sustain further damage.

Spicy foods: It is advised to steer clear of food items with copious amounts of **chilli peppers, hot sauce,** or other intense spices since these may activate the digestive system, resulting in abdominal pain or distress.

High-sugar foods: It is wise to avoid the consumption of sugary snacks, candies, sugary beverages, and desserts in excessive quantities due to the fact that these foods contain a high amount of sugar which can result in rapid surges of sugar in the blood, thereby putting strain on the pancreas.

Trans fats: Trans fats are frequently seen in processed foods, margarine, and baked goods as they are extremely damaging to one's health. Hence, it is advisable to avoid those foods which are high in trans fats.



Caffeine: It is recommended to limit or avoid coffee, tea, and other caffeinated beverages since caffeine can stimulate the production of stomach acid, potentially worsening pancreatitis symptoms.

Protein supplements: For those with particularly bad cases of acute pancreatitis or during the healing phase, protein shakes or smoothies may need to be consumed as part of their diet in order to guarantee a suitable level of nutrition.

If you have pancreatitis, following a pancreatitis diet may help reduce your risk of a future attack, as diet can contribute to the development of gallstones and higher lipid levels which can trigger the condition.

Although no one diet plan is suitable for everyone with pancreatitis, making changes to your diet can make a significant impact on how you feel. It may take time and effort to discover the right diet for you, but by working closely with your healthcare provider, dietitian, and/or nutritionist, you can create an effective pancreatitis diet plan. However, if your condition is severe and you are looking for a non-surgical intervention then you can consider **stem cell treatment** for pancreatitis from a reputed **stem cell clinic in Delhi**.



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