



Nutrition in Pancreatic Cancer

Tuesday 20th February 2018

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Frequently asked questions

- How much Creon shall I take with...?
- What is a snack?
- Can I eat chocolate/crisps/nuts...?

- Am I having too much Creon?

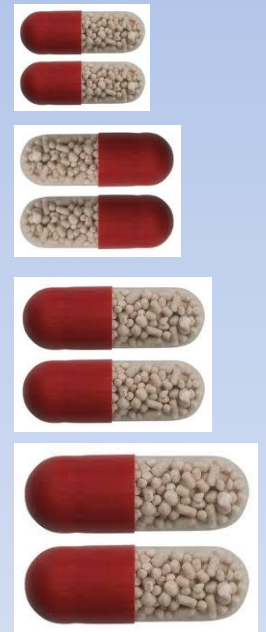
- Can I sprinkle the enzymes on my food?
- Can Creon make me constipated?
- How do I reduce the amount of wind I have?

Recommendations

The pancreas secretes digestive enzymes to breakdown carbohydrates, proteins and fats.

480,000 - 960,000 units lipase per meal

	Lipase	Protease	Amylase
Creon 10,000	10,000	600	8,000
Creon 25,000	25,000	1,000	18,000
Creon 40,000	40,000	1,600	25,000
Creon Micro (0.1 gram)	5,000	200	3,600
Nutrizyme 22	22,000	1,100	19,800
Pancrex granules (5 grams)	25,000	1,500	20,000
Pancrex powder (1 gram)	25,000	1,400	30,000
Pancrex V capsules	8,000	430	9,000
Pancrex V tablets	1,900	110	1,700
Pancrex V Forte (tablets)	5,600	330	5,000
Pancrease HL	25,000	1,250	22,500

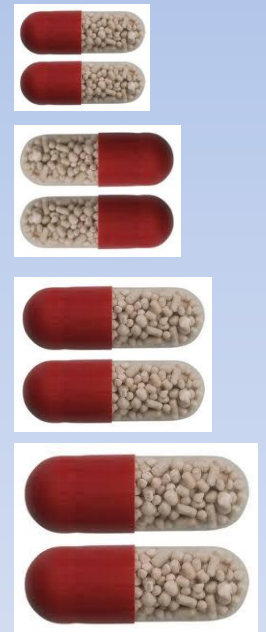


Recommendations

Starter dose

- 75,000-100,000 units with meals
- 25,000-50,000 units with snacks

EVERYONE IS DIFFERENT!!



BREAD

Bread is a staple of many people's diets. It is an excellent source of carbohydrate and the wholegrain varieties are rich in dietary fibre. Depending on the ingredients used to make bread, it can contain a range of vitamins and minerals, such as B-vitamins, calcium and iron.

Bagel



Ciabatta



Granary Bread



Naan



Pitta Bread



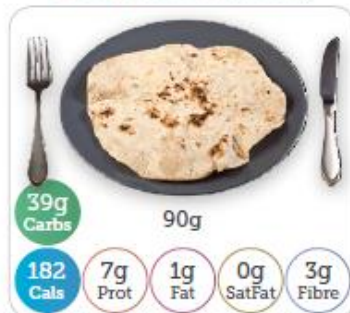
White Bread



Wholemeal Bap



Chapatti (without fat)

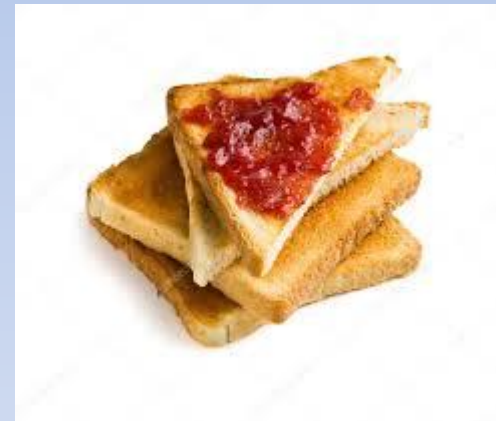


Baguette



Toast with...

Type	Fat content (g)
Butter	4
Margarine	4
Olive based spread	3
Jam	0
Marmalade	0
Peanut butter	15



Cereals

Type	Fat content (g)
Cornflakes	0
Weetabix	0
Malted wheat	1
Fruit and fibre	2
Porridge	5
Granola	12
Skimmed milk	0
Semi-skimmed milk	2
Full fat milk	4



EGGS

Eggs are an excellent source of protein and provide vitamins D and B12, so they're handy as an alternative to meat. One egg typically contains about 80 calories without added fat. Their high protein content means they will help keep you feeling satisfied and their versatile nature means there are many ways to include them in your diet.

Boiled Egg



Poached Egg



Scrambled Egg (with milk)



Egg & Spinach on Rye



Fried Egg



Omelette (plain)



Omelette (cheese)



Eggs Florentine



Spanish Frittata



DRINKS

It's important to stay well hydrated, which means drinking about 1.5 - 2 litres a day, or more in hot weather or when you're exercising. Many drinks can contribute to a nutritious diet, for example milk is an excellent source of calcium and fruit juice provides vitamin C. Tea and coffee count towards our fluid intake too, and drinking about 3 or 4 cups a day is considered healthy for most people. The calorie and carbohydrate content of drinks other than water can vary considerably.

Orange Juice



Tomato Juice



Smoothie (strawberry & banana)



Squash



Cola



Milk (semi-skimmed)



Cup of Coffee (with milk)



Cup of Tea (with milk)



Latte (whole milk)



JUICE

Drinking juice is an easy way of adding extra fruit and vegetables to your diet. Just like fruit and veg, juice is packed with vitamins and minerals, which protect against infection, heart disease and some cancers. One glass (150ml) of 100% unsweetened fruit or veg juice counts as 1 of your 5-a-day. Further juice glasses do not count towards your 5-a-day, as whole fruit and veg contain more dietary fibre than juice.

Apple Juice



Cranberry Juice



Grapefruit Juice



Orange Juice



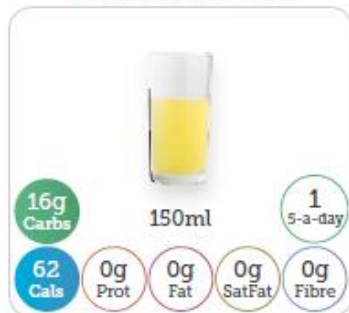
Smoothie (strawberry & banana)



Tomato Juice



Pineapple Juice



Prune Juice

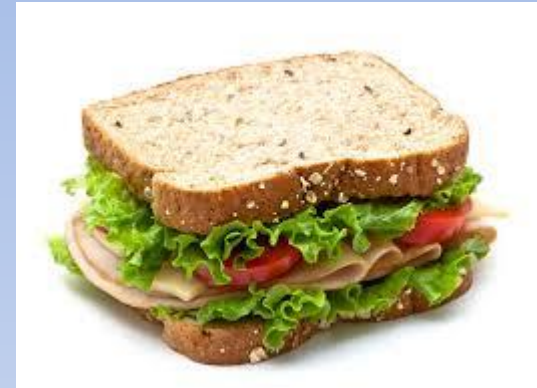


Vegetable Juice



Sandwiches

Type	Fat content (g)
Ham salad	7
Chicken salad	9
Egg mayo	13
Tuna mayo and sweetcorn	17
Prawn mayo	18
BLT	20
Coronation chicken	22
Grilled cheese	22
Cheese and pickle	23



Soups

Type	Fat content (g)
Chicken noodle	1
Chunky vegetable	2
Tomato (cream of)	5
Onion	6
Mushroom	8
Broccoli and stilton	8



SNACKS

A snack is anything we choose to eat between meals. We may snack because we are hungry, out of habit or it can be related to emotions such as stress or boredom, so it's worth thinking about why you're snacking and whether you're truly hungry. Some snacks are high in fat and calories, but there are many nutritious snacks that can complement a healthy balanced diet.

Milk Chocolate



Tortilla Chips



Popcorn (sweet)



Cashews



Seafood Sticks



Fruit Yogurt (fat free)



Apricots (dried)



Oat Biscuits



Malt Loaf



NUTS & SEEDS

Nuts and seeds are great sources of protein and unsaturated fat. They are rich in vitamins and minerals, such as calcium in almonds and sesame seeds, selenium in Brazil nuts and omega-3 fatty acids in linseeds.

Almonds



Brazil Nuts



Cashew Nuts



Peanuts (roasted)



Walnuts



Linseeds / Flaxseeds



Pumpkin Seeds



Sesame Seeds



Sunflower Seeds



Snacks

Type	Fat content (g)
Chocolate (milk, 3 cubes)	5
Cereal bar	5
Victoria sponge	8
Chocolate cake	10
Carrot cake	10
Pain au raisin	16
Chocolate éclair	16
Blueberry muffin	20
Chocolate muffin	27



MEAT

Meat is an excellent source of protein, zinc, iron and B vitamins. As protein is filling, you may find it helpful to include meat in your diet if you are trying to lose weight. This will help you meet your protein requirements and keep you feeling full for longer. Choose lean and unprocessed meat to keep the calories to a minimum.

Chicken Breast (grilled without skin)



Roast Chicken (with skin)



Turkey Breast (grilled)



Roast Pork



Beef Slice



Roast Beef



Roast Lamb



Chicken Kiev



Back Bacon (grilled)



VEGETABLES & PULSES

Vegetables and pulses are generally low in calories, high in fibre and filling. Pulses are also a good source of protein and iron. Include plenty of vegetables and pulses where possible. If you are trying to lose weight, this will help you to feel full with fewer calories (especially on fast days if you are following the 5:2 diet).

Mangetout



Peppers (raw)



Rocket (raw)



Chick Peas (tinned)



Butter Beans



Broad Beans (boiled)



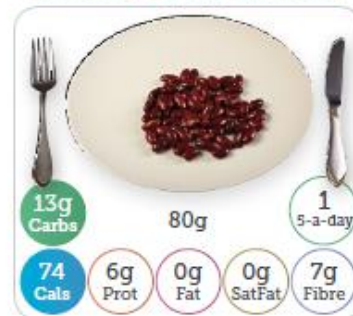
Asparagus (boiled)



Carrots (boiled)



Kidney Beans (tinned)



TAKEAWAYS

Many takeaway foods are high in fat and can be lacking in vegetables, so if you are trying to make healthier choices, choose dishes containing vegetables and those which haven't been fried. The portion size served for takeaways is usually much larger than we would serve at home, which makes them suited to sharing.

Chicken Burger



Fried Chicken (battered)



French Fries



Chips



Fish



Margherita Pizza (large, deep pan)



Chicken Curry



Chicken Tikka Masala



Bombay Potatoes



Lasagne



25g Carbs

165g

1/2 5-a-day

297 Cals

16g Prot

16g Fat

7g SatFat

2g Fibre

Veggie Lasagne



15g Carbs

110g

129 Cals

5g Prot

6g Fat

2g SatFat

1g Fibre



50g Carbs

330g

1 5-a-day

594 Cals

32g Prot

32g Fat

14g SatFat

3g Fibre



29g Carbs

220g

1/2 5-a-day

257 Cals

11g Prot

12g Fat

4g SatFat

3g Fibre



76g Carbs

500g

1 1/2 5-a-day

900 Cals

48g Prot

48g Fat

21g SatFat

5g Fibre



46g Carbs

340g

1 5-a-day

398 Cals

16g Prot

18g Fat

6g SatFat

4g Fibre

Chicken Green Curry



3g
Carbs

195g

232
Cals

17g
Prot

17g
Fat

10g
SatFat

5g
Fibre



6g
Carbs

390g

464
Cals

34g
Prot

34g
Fat

21g
SatFat

10g
Fibre

Beef Massaman Curry



14g
Carbs

200g

338
Cals

21g
Prot

21g
Fat

11g
SatFat

6g
Fibre



27g
Carbs

400g

676
Cals

43g
Prot

42g
Fat

22g
SatFat

12g
Fibre

Prawn Pad Thai



48g
Carbs

225g

345
Cals

16g
Prot

10g
Fat

1g
SatFat

5g
Fibre



95g
Carbs

450g

690
Cals

33g
Prot

19g
Fat

3g
SatFat

10g
Fibre

Supplements

Type	Fat content (g)
Fortijuce	0
Fortisip Compact	12
Forticreme	6
Complan (made with water)	8
Scandishake (made with full fat milk)	30
Calogen (90ml)	45
Calogen Extra (120ml)	48



Recommendations

Starter dose

- 75,000-100,000 units with meals
- 25,000-50,000 units with snacks

DON'T RESTRICT FAT

DO adjust dose of enzymes

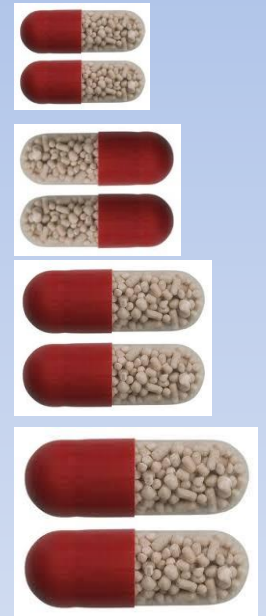
Maximum dose

10,000 units per kg of your weight

(e.g. If you are 63.5kg (10stone) your maximum dose would be 635,000 units per day

17 x 40,000 unit capsules/day

63 x 10,000 unit capsules/day



Frequently asked questions

- How much Creon shall I take with...?
- What is a snack?
- Can I eat chocolate/crisps/nuts...?

- Am I having too much Creon?

- Can I sprinkle the enzymes on my food?
- Can Creon make me constipated?
- How do I reduce the amount of wind I have?

Can I open the capsules?



Hold the capsule upright so that you can read the word CREON on the capsule.



Carefully twist off the top portion of the capsule over the food you plan to eat.

Can I open the capsules?



Sprinkle the contents of the capsule on a small amount of room temperature acidic food such as applesauce. Ask your doctor about other foods you can mix with CREON. Do not crush the contents of the capsules.



Swallow the CREON-soft food mixture right away without chewing and drink enough water or juice to make sure the contents of the capsules are swallowed completely. Do not store CREON that is mixed with food.

Can I open the capsules?

<u>Food type</u>	<u>pH</u>
Cranberry juice	2.0
Lemonade (still, M&S)	2.5
Elderflower cordial	3.0
Jam (strawberry)	3.0
Fortijuce apple	3.0
Apple juice	3.5
Orange Juice (Juiceworks)	3.5
Squash, strong (apple and blackcurrant)	3.5
Brown sauce	3.5
Tomato sauce	3.5
Tartare Sauce	3.5
Orangina	4.0
Muller light (strawberry)	4.0
Squash, weak (apple and blackcurrant)	4.0
Sainsbury's low fat yoghurt (raspberry)	4.0
Koko coconut yoghurt (lemon)	4.0
Salad cream	4.0
Mayonnaise	4.0
Alpro soya yoghurt (black cherry)	4.3
Chopped tomatoes (Sainsbury's basics)	4.3
Muller thick & creamy yoghurt (strawberry)	4.5
Yeo Valley (greek style with honey)	4.5
Alpro soya yoghurt (blueberry)	4.5
Coleslaw cream	4.5
Houmous	4.5
Ubley low fat yoghurt	4.5
Fortisip Yoghurt raspberry	4.5

Can it make you constipated?

The most common causes of constipation include:

- not eating enough fibre – such as fruit, vegetables and cereals
- not drinking enough fluids
- not exercising or being less active
- often ignoring the urge to go to the toilet
- changing your diet or daily routine
- stress, anxiety or depression
- **a side effect of medication**
 - Opioid pain relievers like Morphine, Codeine etc.
 - Calcium supplements
 - Iron supplements
 - Pain relievers or NSAIDs (Non steroidal anti-inflammatory drugs) like ibuprofen, aspirin etc.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1049kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

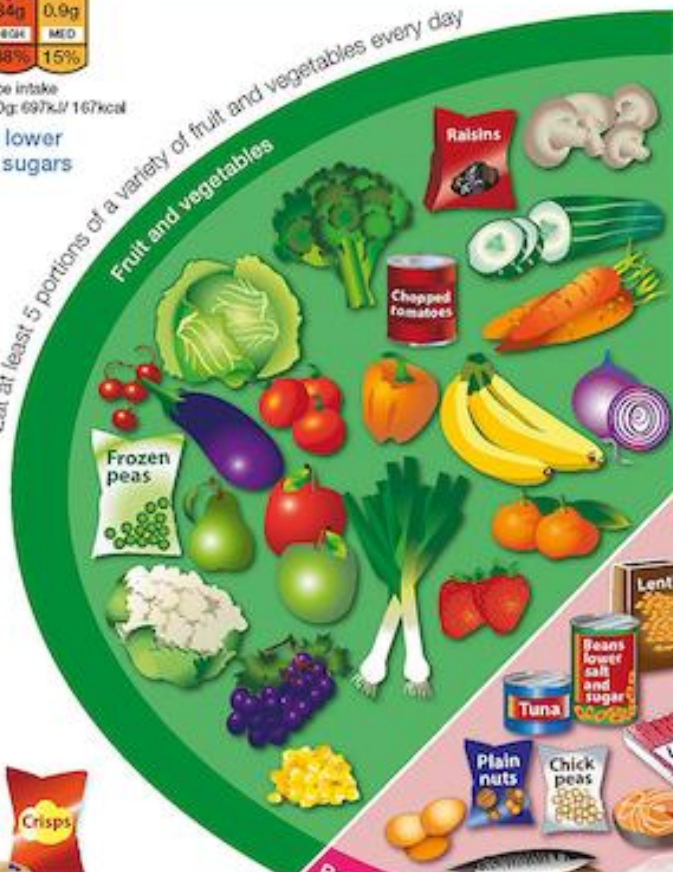
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

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