

## Worksheet 18-2: Diet Prescription—Low-Fat Diet for Pancreatitis

J.L. has been readmitted to the hospital for acute pancreatitis as a result of ongoing alcohol abuse. After 7 days, his diet is finally being advanced to a low-fat diet. Modify his menu selections for tomorrow to fit within a low-fat diet.

### J.L.'s Menu Selections

### Menu Suggestions from Registered Dietitian

#### **Breakfast**

1 cup cream of wheat  
8 ounces orange juice  
1 fried egg  
Blueberry muffin  
8 ounces whole milk → 8oz SKIM milk  
Coffee  
Sugar

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#### **Lunch**

3 ounces fried chicken breast → not fried chicken breast  
½ cup mashed potatoes  
½ cup green beans  
1 dinner roll  
1 tsp butter → margarine  
Iced tea  
Sugar  
½ cup ice cream

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#### **Dinner**

3 ounces roast beef  
½ cup rice pilaf  
½ cup carrots  
1 cup chicken noodle soup  
1 cup peach cobbler  
8 ounces whole milk → SKIM milk  
Iced tea  
Sugar