

Item	Foods to Enjoy	Foods to Avoid
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Fresh, canned and frozen fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Fresh, canned, and frozen vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Fried vegetables (French fries, onion rings)</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>• All salads prepared with low fat ingredients and low fat salad dressings</li> </ul>	<ul style="list-style-type: none"> <li>• Salads prepared with high fat ingredients (bacon, cheese,) or full fat dressings</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>• Whole grain breads and cereals</li> <li>• Low fat granola</li> <li>• Low fat muffins</li> <li>• Pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Croissants</li> <li>• Regular granola</li> <li>• Pastries/Danish/doughnut/muffins</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>• Skim, 1%, or 2% milk</li> <li>• Low fat yogurt (0% or 1% MF)</li> <li>• Low fat cheese (less than 20% MF)</li> <li>• Soy milk</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Cream</li> <li>• Regular cheese (more than 20% milk fat)</li> <li>• Regular yogurt (more than 1% MF)</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>• Skinless poultry</li> <li>• Lean meat, fish, or poultry, prepared without added fat</li> <li>• Eggs</li> <li>• Tofu</li> <li>• Peanut/nut butters</li> <li>• Dried or canned legumes such as lentils, kidney, black, white, chickpea &amp; black-eyed peas, dried peas</li> </ul>	<ul style="list-style-type: none"> <li>• Breaded or deep fried meats, poultry or fish</li> <li>• High fat processed meats such as bologna, wieners, sausage, bacon, salami</li> <li>• Coconut</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>• Soups made with allowed ingredients</li> <li>• Broth based soups or cream based soups made with low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• High fat cream based soups</li> <li>• Soups with large amounts of added cheese</li> </ul>
<b>Oils &amp; Fats (In moderate amounts )</b>	<ul style="list-style-type: none"> <li>• Canola oil</li> <li>• Non-hydrogenated margarine</li> <li>• Low- Fat Salad Dressings</li> <li>• Low-Fat Mayonnaise</li> <li>• Low-Fat Gravy</li> </ul>	<ul style="list-style-type: none"> <li>• Regular gravy</li> <li>• Cheese sauce</li> <li>• Regular mayonnaise, sour cream, and cream cheese</li> <li>• Alfredo Sauce</li> </ul>

Item	Foods to Enjoy	Foods to Avoid
	<ul style="list-style-type: none"> <li>• Light Sour Cream</li> <li>• Light Cream Cheese</li> </ul>	
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>• Plain cookies</li> <li>• Jello</li> <li>• Angelfood cake</li> <li>• Pudding made with low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• High fat cookies, cakes, and desserts</li> <li>• Whip cream/ whip topping</li> <li>• Puddings made with whole milk</li> <li>• Pie</li> <li>• Ice cream</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Almond or rice milk</li> </ul>	<ul style="list-style-type: none"> <li>• Milkshakes</li> <li>• Coconut milk</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Boost</li> <li>• Boost fruit beverage</li> <li>• Boost pudding</li> <li>• Beneprotein</li> </ul>	<ul style="list-style-type: none"> <li>• Resource 2.0</li> <li>• Boost plus</li> </ul>

**Reference(s):**

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN): Eating Guidelines for Pancreatitis, 2013