# Whipple: Dietary Advice During Admission

## Patient Information

### Day 1 – Day 2: Soft Diet 1

- **Breakfast:** 1-2 dairy products + drink or vanilla pudding and/or plain yoghurt (sweetened to taste)
- **Mid-morning:** 1 dairy product or vanilla pudding or plain yoghurt (sweetened to taste)
- **Noon:** 1-2 dairy products + drink or vanilla pudding and/or plain yoghurt (sweetened to taste)
- **Mid-afternoon:** 1 dairy product or vanilla pudding or plain yoghurt (sweetened to taste)
- **Evening:** 1-2 dairy products + drink or vanilla pudding, plain yoghurt (sweetened to taste), or vanilla milkshake

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### Day 1
1 x Jucy nutrition supplement, spread throughout the day

### Day 2
2 x Jucy nutrition supplement, spread throughout the day

### Day 3: Post-op 1

- **Breakfast:** 2 rusks with margarine and sweet spread or cream cheese + drink
- **Mid-morning:** broth
- **Noon:** 2 rusks with margarine and sweet spread or cream cheese + drink
- **Mid-afternoon:** 1 dairy product or vanilla pudding or plain yoghurt (sweetened to taste)
- **Evening:** 2 rusks with margarine and sweet spread or cream cheese + drink
- **Late evening:** 1 dairy product or biscuit or vanilla pudding, plain yoghurt (sweetened to taste), or vanilla milkshake

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2 x Jucy nutrition supplement, spread throughout the day

### Day 4: Post-op 2 – Day 5: Post-op 3

- **Breakfast:** 2 x toast/2 slices of white bread with margarine and sweet or savoury spread + drink
- **Mid-morning:** sieved/mixed vegetable soup
- **Afternoon:** half portion of a hot meal + drink
- **Mid-afternoon:** 1 dairy product or vanilla pudding or plain/fruit yoghurt (sweetened to taste)
- **Evening:** 2 x toast/2 slices of white bread with margarine and sweet or savoury spread + drink
- **Late evening:** 1 dairy product or biscuit or vanilla pudding, plain/fruit yoghurt (sweetened to taste), or biscuit

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TIP: You can also select half portions on the OctoPuz screen.