## Pancreatic Diet Food List

| Lean Meats | Plant-based Meat Alternatives |
| :---: | :---: |
| Skinless chicken breast | Tofu |
| Turkey | Tempeh |
| Lean cuts of pork (trimmed) | Seitan |
| Lean beef (such as sirloin) | Lentils |
| Fish (salmon, trout, tilapia) | Chickpeas |
| Shellfish (shrimp, crab, lobster) | Edamame |
| Lean ground meat (at least 90\% lean) | Black beans |
| Venison | Quinoa |
| Rabbit | Textured vegetable protein (TVP) |
| Lean cuts of lamb | Green peas |
| Low-Fat Dairy | Low-Fat Dairy Alternatives |
| Skim milk | Almond milk (unsweetened) |
| Low-fat yogurt | Soy milk (unsweetened) |
| Cottage cheese (low-fat) | Rice milk (unsweetened) |
| Skimmed buttermilk | Oat milk (unsweetened) |
| Low-fat cheese (moderation) | Coconut milk (light) |
| Greek yogurt (low-fat) | Cashew milk (unsweetened) |
| Ricotta cheese (part-skim) | Hemp milk (unsweetened) |
| Sour cream (low-fat) | Flax milk (unsweetened) |
| Kefir (low-fat) | Sunflower seed milk (unsweetened) |
|  | Coconut yogurt (unsweetened) |
| Fruits | Vegetables |
| Berries (strawberries, blueberries, raspberries) | Spinach |
| Avocado (in moderation) | Kale |
| Watermelon | Broccoli |
| Papaya | Carrots |
| Peaches | Zucchini |
| Cranberries (unsweetened) | Sweet potatoes |
| Cantaloupe | Bell peppers |
| Guava | Cucumbers |
| Apricots | Tomatoes (in moderation) |
| Kiwi | Green beans |
| Whole Grains | Legumes and Beans |
| Quinoa | Lentils |
| Brown rice | Chickpeas |
| Oats (steel-cut or rolled) | Black beans |
| Barley | Kidney beans |
| Bulgur | Cannellini beans |
| Whole wheat pasta | Navy beans |
| Farro | Pinto beans |
| Millet | Edamame |
| Buckwheat | Mung beans |
| Whole grain bread (in moderation) | Split peas |

Herbs and Spices
Basil
Oregano
Parsley
Thyme
Cilantro
Dill
Rosemary
Turmeric
Ginger
Mint

Drinks
Water
Herbal teas (non-caffeinated)
Coconut water
Diluted fruit juices (without added sugar)
Vegetable juices (low-sodium)
Ginger tea
Green tea (decaffeinated)
Clear broth (vegetable or chicken)
Almond milk (unsweetened)
Electrolyte drinks (low-sugar)

## Miscellaneous

Unsweetened applesauce
Nut butters (almond or peanut butter)
Hummus
Plain popcorn (air-popped)
Rice cakes
Whole grain crackers
Olive oil (in moderation)
Dark chocolate (in moderation)
Honey (in moderation)
Unsweetened coconut flakes

## What to Avoid

High-fat meats (bacon, sausage, fatty cuts of beef)
Full-fat dairy products
Fried foods
Processed foods with trans fats
Spicy foods
High-sugar foods and beverages
Alcohol
Caffeine (in excess)
High-fat desserts (cakes, pastries)
Fatty snacks (potato chips, fried snacks)

