

Diet diary

Pancreatic cancer can cause problems with digestion. Pancreatic enzyme replacement therapy (PERT) can help you manage this.

Use this diary to record what you eat, the PERT you take, and any changes to your digestion symptoms. You might find this useful when you first start taking PERT, to help work out how many capsules you need with different foods.

Meal	What I ate	How much PERT I took	Any issues, including symptoms that got better or worse	Things to think about and note down
Example	2 poached eggs on toast and butter Tea with a dash of milk Milk based nutritional supplement	2 Creon 25,000 0 1 Creon 25,000	Some bloating and increased wind Not feeling too bad Some discomfort - try 2 capsules tomorrow	Include: <ul style="list-style-type: none"> Any changes to PERT and the difference this made Things to discuss with the dietitian or nurse Advice from the dietitian or nurse
Breakfast				
Snack				

Meal	What I ate	How much PERT I took	Any issues, including symptoms that got better or worse	Things to think about and note down
Lunch				
Snack				
Dinner				
Snack				

We have more information about PERT at: pancreaticcancer.org.uk/diet

Contact our specialist nurses on our free Support Line with questions about diet and PERT. Call them on: **0808 801 0707** Email: nurse@pancreaticcancer.org.uk