

Matching Pancreatic Enzymes with Food

Pancreatic enzymes are needed to help digest foods containing fats, proteins and starches (complex carbohydrates).

Pancreatic enzymes need to be taken right before eating most foods. Your health care provider will discuss with you:

- The number of enzymes to give your child before each meal and snack.
- The total number of enzymes that is safe to take in one day.

How are enzymes dosed?

- Enzymes are dosed based on your child's weight.
- Enzymes are dosed based on the amount of fat eaten at meals and snacks.
- Do not exceed the total number of enzymes that is safe to take in one day.
- When needed; match dose to the fat content of certain foods. This is helpful when your child:
 - wants a snack outside of his usual routine
 - changes his meal patterns
 - changes his food choices
 - wants a food item that is very high in fat, such as
 - cream filled donut
 - fried chicken
 - cheesesteak
 - pizza
 - ice cream

Speak with your dietitian or healthcare provider about adjusting pancreatic enzymes.

What foods do NOT need pancreatic enzymes?

The list below contains simple carbohydrates. These items do not require pancreatic enzymes:

- Dry cereal, low fat – ¼ cup or small handful (no added milk)
- Fruit (fresh, canned, dried)
- Fruit juices, fruit drinks
- Fruit snacks, jelly beans
- Gelatin (Jell-O)
- Graham crackers, 1-2 pieces
- Gum
- Jelly, jam, sugar, honey
- Marshmallows
- Plain sugar candy, lollipop
- Popsicles, freezer pops, flavored ice
- Plain pretzels, 4-5 small pieces
- Saltine crackers, 3-4 small pieces
- Soda, sports drinks
- Tea, coffee (without cream)

Note:

- Fruits provide many nutrients!
- Many food items listed above are low in nutrient value: avoid large amounts.
- Speak with your dietitian about planning healthy snacks.

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How do I know if a food contains fat?

The Nutrition Facts label is a useful tool to determine if an item contains fat.

Nutrition Facts	
Serving Size	1 7/10 oz (48g)
Servings Per Container	1
Amount Per Serving	
Calories	290
Calories from Fat	140
% Daily Value*	
Total Fat	16g 24%
Saturated Fat	8g 42%
Trans Fat	0g
Cholesterol	35mg 12%
Sodium	160mg 7%
Total Carbohydrate	34g 11%
Dietary Fiber	0g 0%
Sugars	13g
Protein	3g

Step 1
Identify the serving size.

Step 2
Find the grams of total fat for each serving.

Step 3
If your child's serving contains 2 grams of fat or more, give enzymes.

Look for key words like:

- Aioli
- Country-style
- Oil
- Alfredo
- Creamed/Creamy
- Smothered
- Au gratin
- Crispy
- Tempura
- Battered
- Fried/deep fried
- Whole milk
- Buttered
- Loaded

Key points to remember:

- Certain foods are naturally high in fat, including avocado, coconut, nuts, olives, and seeds.
- Adding certain items to foods will increase fat content. Examples include bacon, butter, cream, margarine, cream cheese, mayonnaise, oil, salad dressing, and sour cream.
- Low fat or fat-free foods rich in starch or protein will require enzymes.
- Contact your registered dietitian or health care provider with questions about matching pancreatic enzymes with foods, snacks, or meals.