

# SUGGESTED DIET FOR PANCREATIC, LIVER & OTHER DIGESTIVE ILLNESSES

**\*\*\* Please eat simple ORGANIC Carbohydrates & Vegetables, & butcher meats ONLY! \*\*\***

Why? Complex proteins cause liver stress while simple foods allow the liver to calm down and heal

**\*\*\*\* NO PROCESSED OR PRESERVED FOODS OF ANY KIND \*\*\*\***

**White Rice**

**Yams, White, or Sweet Potatoes**

**Good Quality Pasta**

**Oatmeal or Farina** (not instant or already flavored)

**Pancakes or Waffles** (you can add maple syrup, brown sugar, pure cane sugar, honey, butter)

**Homemade** (from scratch or quality Independent bakery made items like those in 1900's) :

**\*\*\* Be Careful, NO processed/preserved nuts, dates, chocolate chips, butterscotch chips**

If you can find natural non-preserved nuts or natural chocolate, that is good **\*\*\***

**Cookies/Muffins** – sugar, oatmeal, vanilla wafers, bran, plain, maple

**Cake** – vanilla, brown sugar, maple, pound cake is easiest on liver, nothing high protein.

**Some Chocolate is actually good, milk chocolate is better, Bitter chocolate is a recent fad.**

**Breads** – (Homemade or quality independent bakery products - not grocery)

Potato bread, rye, pumpernickel, oatmeal, rolls, croissants, French or seedless Italian

**\*\*\*\*** (potato bread is the easiest on the liver and good nutrition)

**\*\*\*\* DO NOT EAT:** processed multi grain breads, or quick breads, be careful with nuts or dates

**Cook with - Olive Oil & Organic Butter**

Season with **Fresh Organic Herbs** - rosemary, oregano, basil, parsley, thyme, pepper

(no processed, prepared, or bottled herbs – manufacturers frequently put MSG & sodium in processed, prepared, and bottled seasonings, they hide MSG by stating “Spices” or “sodium”)

**Bananas and non-acidic fruits.** Get organic, not hydroponic, Acidic fruits aggravate the liver.

**Organic: Whole milk, yogurt, butter, cream cheese, homemade ice cream or pudding**

**Black Tea or Green Tea** , caffeine is not the problem, the amino acids in coffee is the problem

**Tap Water** (Tap water has trace minerals needed by the body.\*\*\*Water filters remove important minerals. Bottled water typically has 70% tap water. Some areas (like Florida) have too much sulfur in their water, bottled and/or a filter is needed in those type areas.

**Meat: Nothing from a super market because they are required to preserve all meats. Single owned butchers have the best meats.** Lamb is the best of all meats, chicken is the least nutrition of all. Medium /rare is most healthy. The body does not require a lot of meat, usually 3 – 6 oz weekly is fine. Eat carbohydrates first to allow minimal acids to help break it down.

**PLEASE UNDERSTAND:** The body needs time to heal and requires the simplest form of food to use as fuel. When the liver and pancreas have to make strong acids and enzymes and chemistries to break down complex foods, that process can cause pain.

**To neutralize acidity/uncomfortable feeling in the stomach:** Mix 1 teaspoon of baking soda into 3 ounces of water. Drink it 15-20 minutes before eating and/or before taking supplement.

## **FOODS TO AVOID**

### **NO PRESERVED OR PROCESSED FOODS OF ANY KIND**

**ABSOLUTELY NO MSG** (See separate list of various ingredients that contain MSG)

**NO SODIUM** in canned or processed foods, as it is most often MSG. Table or sea salt is fine.

### **FAST FOOD OR JUNK FOOD**

**Be careful with Meat or Proteins** (any kind including eggs and seafood) they can cause pain if not good quality or if too much.

**Nuts** - Natural, non-processed, and non-salted are OK - be careful - including all nut butters

**Soy** - (including tofu, soy milk, soy sauce, Uname, edamame, all products that contain soy) MSG is a natural ingredient in soy

**Most Beans** – bean structures have complex amino acids, which stresses liver (especially **coffee**)

**Alcohol, Wine or Beer – no exceptions**

**ACIDIC Fruit AND ALL Fruit Juices** \*note: all citrus fruits (orange, grapefruit, lemons and coconuts) can cause a lot of pain! Fruit juices have chemical preservatives. Good fruits to eat include bananas, apples, grapes, melons, anything that is not acidic. Be sure they are organic.

**Acidic Vegetables & ALL Vegetables Juices - Juices have preservatives. Avoid Rice Milk, Almond milk, Skim milk, low fat milk, 1% milk, 2% milk** (they are all highly processed)

**Canned or boxed Broths, bouillon and soups** (vegetable, chicken, beef, pork) because of MSG/preservative. Home made/properly made with no MSG or preservatives is good and very healthy

**High Fructose Corn Syrup – no exceptions.**

**No spices** of any kind.

**Cooking oils** (canola, coconut, corn, palm, Crisco, Wesson, Puritan)

**Cheese from supermarket. Properly made cheese with no MSG or chemicals is fine & healthy.**

**NO canned or preserved/prepared: Sauces, Gravies, Tomato Sauce, Mayonnaise, Mustard, Ketchup, bottled spices & herbs. Home made with no chemicals are fine. Use sugar in tomato sauce to reduce the acid. Also, put carrots in a net, while making tomato sauce to absorb the acid. When finished throw out the carrots because of all of the acid that they have absorbed.**

**\*\*PLEASE RESEARCH** all the medications you take – look them up on the website [www.rxlist.com](http://www.rxlist.com) to understand the possible side effects and warnings. Many medications can possibly cause acidic distress to your digestive system, which may result in pain, bloating or ascites.

**NOTE:** Antibiotics and pain medications may cause stress to the liver which may possibly result in jaundice and/or ascites.