Pancreatic Cancer

Food and enzymes diary

You can use this diary to record what you eat, the enzymes you take, and any changes to your digestion symptoms. You might find this useful when you first start taking pancreatic enzymes, to help you work out how many you need to take with different foods. We have more information about food and enzymes at: pancreaticcancer.org.uk/diet

Meal	What I ate	Amount of enzymes 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 drink	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: • Any changes to enzymes 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	Amount of enzymes I took	Any issues, including symptoms that got better or worse	Things to think about and note down
Lunch				
Snack				
Dinner				
Snack				