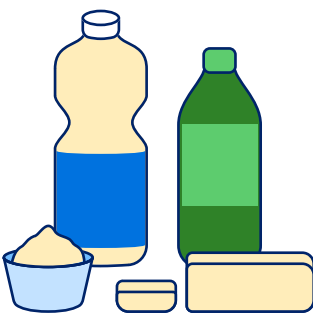


How to take PERT with food



Did you add these?

Any oils, butter or margarine, dressings or sauces, mayo, cheese, or whipped cream.

No PERT



Fat-free yogurt, fat-free milk, fat-free cottage cheese



Coffee and tea with **less** than 1 tsp of milk or cream



Hard candy, marshmallows, honey



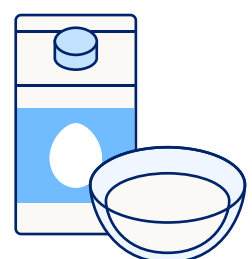
Protein powders and drinks labeled fat-free



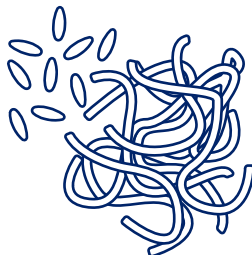
Soda, fruit juice, water



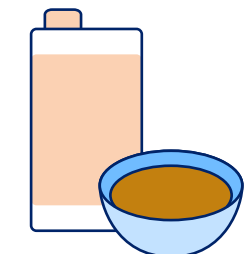
Raw fruits, veggies, herbs, and spices



Egg whites (no yolk, boiled or poached)



White rice and rice noodles

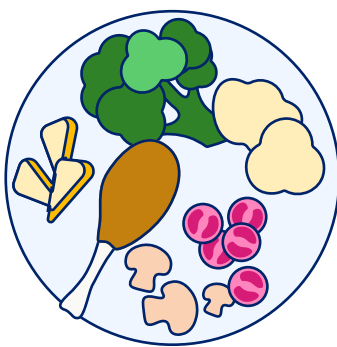


Fat-free broths

Added fat? Add PERT.

Fat

Low-to-average in fat



Small-to-average sized portions

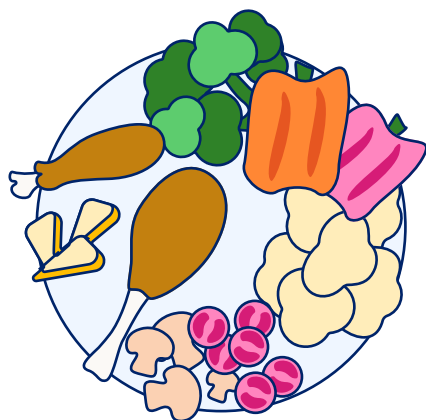


Regular snack

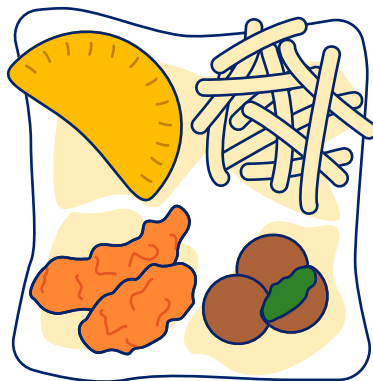
Fat

High in fat

Fat



Larger portions



Fried foods

Take a regular PERT dose

Minimum _____ 00000

Recommended _____ 00000

Maximum _____ 00000

Notes

Take a higher PERT dose

Minimum _____ 00000

Recommended _____ 00000

Maximum _____ 00000

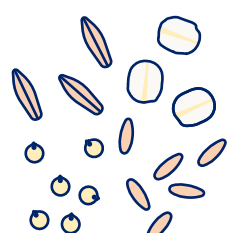
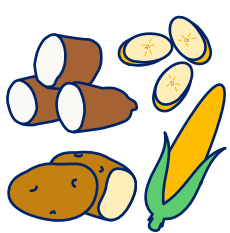
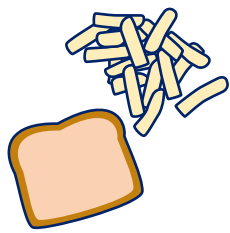
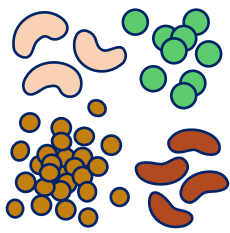
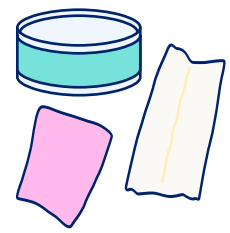
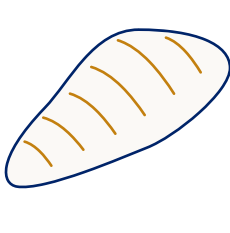
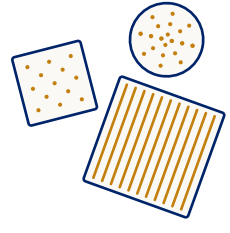
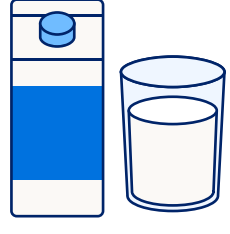
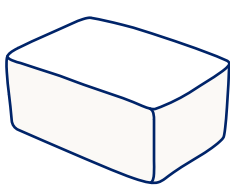
Notes

Tip: If you're not sure about the level of fats or proteins in your meal, it's okay to take a slightly higher dose. It's hard to overdose on PERT. However, to keep your prescription costs down, we recommend you try to only take the amount you need.

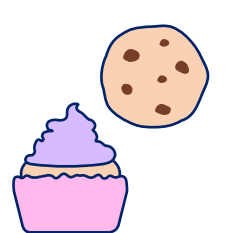
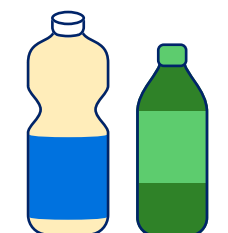
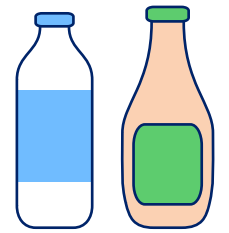
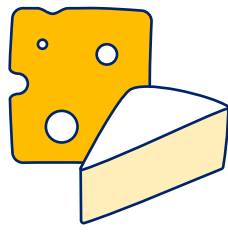
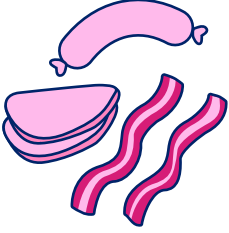
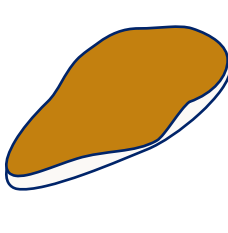
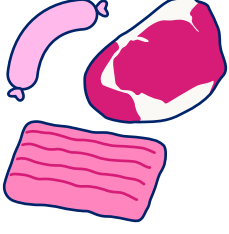
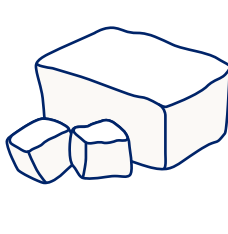
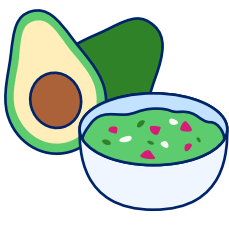
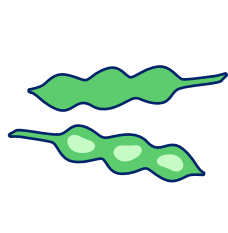
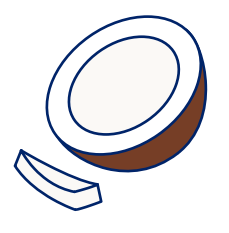
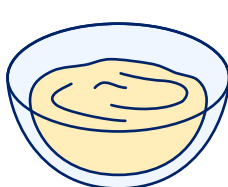
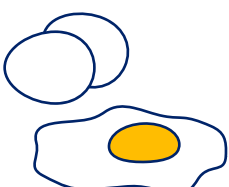
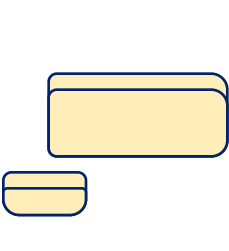
Tube feeding: If you are getting tube feedings, talk with your dietitian or treatment team about taking PERT.

Nutrition services Call 212-639-7312 Monday through Friday, 8 a.m. to 5 p.m. (Eastern time)

Low Fat Foods

-  Grains (brown rice, oats, farro, bran, millet, quinoa, buckwheat)
-  Potato, corn, plantain, and yucca (cooked without fats and oils)
-  Shellfish (crab, clams, lobster, scallops, shrimp, octopus, squid)
-  Pasta and bread (wheat-based and gluten free)
-  Beans, lentils, peas, chickpeas, shelled edamame
-  Fish (cod, haddock, mahi-mahi, pollock, tuna)
-  White meat chicken or turkey without skin
-  Crackers (saltines, water crackers, matzos)
-  1% milk
-  Most oat milks
-  Low-fat yogurt
-  Silken tofu

High Fat Foods

-  Shakes, smoothies, and protein powders and bars (unless labeled “fat-free”)
-  Fish (herring, mackerel, sardines, salmon, swordfish, bluefish, catfish)
-  Baked goods (doughnuts, pies, cookies, brownies, pastries)
-  Nuts (almonds, walnuts, pistachios, cashews, peanuts, brazil, pine)
-  Oils (olive, peanut, canola, avocado, safflower, sesame)
-  Nut butter (peanut, almond, cashew, sunflower)
-  Milk (2% and whole), heavy cream, half-and-half
-  Seeds (pumpkin, sunflower, chia, flaxseeds, hemp)
-  Dark meat chicken or turkey (with or without skin)
-  Salad dressings (unless labeled “fat-free”)
-  Chocolate and chocolate-based candy
-  Meal replacement and nutrition drinks
-  Cheese (unless labeled “fat-free”)
-  Pork (including cured ham, sausage)
-  Chicken or turkey with skin
-  Soy and coconut milks
-  Yogurt (2% and whole)
-  Beef (including lean, 93%)
-  Tofu (firm and extra firm)
-  Avocado and guacamole
-  Edamame (soybeans)
-  Coconut meat
-  Hummus
-  Whole eggs
-  Ice cream
-  Butter

Nutrition services

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