

*Dietary
Recommendations
RPLND
(Retroperitoneal Lymph
Node Dissection)*



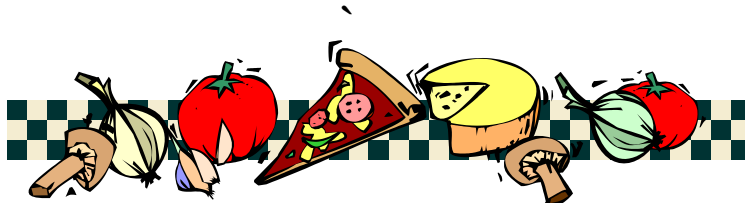
Dietary recommendations following RPLND

Diet is designed to limit fat and to prevent absorption of fat in the lymphatic system and prevent chylothorax leaks. Diet will provide adequate calories and nutrients to promote tissue healing and minimize weight loss after surgery.

MCT oil will be recommended for extra calories as it goes direct to the liver without going into the lymphatic system. (take out)

Diet progression is from Clear to Full Liquids, then on to Soft or Solid foods.

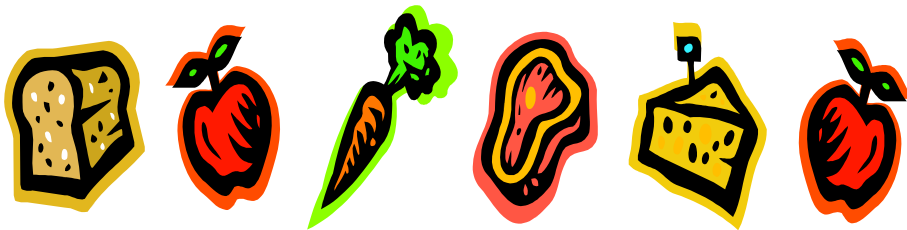
While on liquid diet, patient will be provided with low fat foods including low fat supplements to provide adequate calories and nutrients to promote wound healing,



General Guidelines

- **First week - limit fat to 10 grams per day. Without complications and chylothorax leak, diet will advance to 20 grams fat per day.**
- **Without complications and chylothorax leak with the following week, diet may be advanced to 40 grams fat per day or to a regular diet as approved by the physician.**
- **Diet maybe advanced much faster upon physician's discretion.**
- **If chylothorax leak is present, diet will be placed back to a much lower fat content such as 10 grams per day.**

- **Dietitian will see patient upon admission to unit to do screening and assessment as well as start diet counseling on a low fat nutrition therapy. (take out)**
- **Patient will be followed by a Dietitian while on the unit for diet adjustment, supplements and other nutritional needs. (take out)**
- Eat and drink only fat free or very low fat foods and beverages. The small amount of fat allowed in your diet should not be eaten in one serving. Try to spread the little fat in your diet out over the day.
- MCT (medium chain triglyceride) oil or powder is a special kind of fat that your body can absorb by bypassing the lymphatic system. MCT is safe to eat on a very low fat diet because it will not cause chyle to build up in the body. This oil or powder is expensive and some people do not like the taste so this can be an option to your diet. It may be found in health food stores or ordered online.



Typical serving sizes and fat content of commonly consumed foods

Note serving of foods listed below will approximately provide you with 5 grams of fat:

1 tsp oil, margarine or butter

1 tsp gravy or sauce

1 tbsp sour cream

1 tsp salad dressing

1 strip crisp bacon

1 tsp peanut butter

6-10 nuts (almond, pecan, mixed nuts, pistachio, walnut, cashew, peanuts)

1 ounce of meat, fish or poultry or 1 egg (not fried)

8 ounces of 2% milk (take out)

Avoid these foods:



Whole milk, ice cream, full fat cheeses, cottage cheese, sour cream & cream cheese & cream based soups

Ramen noodles , pasta with Alfredo sauce or cheese sauce, granola

Pork spareribs, breaded fish, whole eggs, chorizo sausage, frozen dinners with more than 3 grams of fat per serving, bologna, salami, liverwurst, bacon, regular ground beef, oil-packed tuna

Butter, mayonnaise, salad dressings, shortening, lard & guacamole (take out)

Tips on reading the food label:

Food labels can provide information that can help you stick to a low fat meal plan. Your dietitian can help you to learn your goals for specific nutrients.

Check the nutrition facts to find out how much fat is in one serving of a food. Look for the total fat in grams. The grams of fat listed on the label are for one standard serving. Check the label for the serving size and compare it to the amount you eat. If you eat two servings, you will get twice as many grams of fat. If you eat half a serving, you will get half the grams of fat.

Foods labeled “fat free” will have 0 to 0.5 grams of fat per serving. Foods labeled “low fat” will have no more than 3 grams of fat per serving.

What to Eat on a Low-Fat Diet

Food Group	What to Eat	What to Avoid
Dairy	<ul style="list-style-type: none"> • Skim milk • Fat-free yogurt • Fat-free cheese • Fat-free sour cream • Fat-free cottage cheese • Fat-free cream cheese • Fat-free ice cream • Fat-free Carnation Instant Breakfast mixed with skim milk 	<ul style="list-style-type: none"> • Low-fat or whole-fat milk, yogurt, cheese, sour cream, cottage cheese, cream cheese, pudding, or dairy creamers
Meat and Meat Substitutes	<ul style="list-style-type: none"> • Fat-free egg substitutes, egg whites, or Egg Beaters, • White poultry meat without the skin and trimmed of any fat, lean fish such as cod, perch and halibut. Fat free lunch meat, fat free hot dogs • Fat-free veggie burgers • Beans made without added fat 	<ul style="list-style-type: none"> • Egg yolks • Fatty cuts of meat, dark poultry meat and fatty fish like salmon. Avoid any meats that are fried or cooked in any type of fat. • Nuts/seeds, such as peanuts, peanut butter or other nut butters
Fruits	<ul style="list-style-type: none"> • Fresh, frozen, canned, jarred, jellie/jams, juices, raisins, or other fat-free dried fruits 	<ul style="list-style-type: none"> • Coconut, avocados, canned fruit pie filling

Vegetables	<ul style="list-style-type: none"> • Fresh, frozen, canned, jarred, juiced, vegetable juice, tomato juice, fat-free tomato sauce or paste 	<ul style="list-style-type: none"> • Olives, fried vegetables, vegetables canned in oil, any vegetables with butter, cream sauce, cheese sauce or other sauce or toppings that have fat in them
Bread, Cereals, Grains	<ul style="list-style-type: none"> • Fat free breads, crackers, rice cakes, muffins and pasta • Hot or cold cereals • Angel food cake • Plain popcorn • White potatoes, yams or sweet potatoes without added fat 	<ul style="list-style-type: none"> • All breads and crackers that contain fat or nuts or are topped with butter • Cereals that contain fat or nuts • Microwave popcorn • Donuts, croissants, pastries, pies, biscuits
Soups	<ul style="list-style-type: none"> • Fat free broths, consommés, bouillon, soups made with fat free broth, skim milk or evaporated skim milk 	<ul style="list-style-type: none"> • Soups with cream, milk with fat, cream, butter, oils or cheeses
Beverages	<ul style="list-style-type: none"> • Coffee, tea, water, carbonated beverages, lemonade, fruit juice, sport drinks • Ensure Clear, Resource Breeze 	<ul style="list-style-type: none"> • Drinks with dairy products that have fat. Use nonfat creamer for coffee or tea; Avoid coffee specialty drinks • Supplements that have fat in them such as Boost, Chocolate Carnation Instant

		Breakfast, Ensure or Glucerna
Condiments	<ul style="list-style-type: none"> • Ketchup, fat-free mustard, fat-free mayonnaise, fat-free salsa, hot sauce, soy sauce, vinegar, pickles, relish, plain horseradish, sauerkraut, fat-free salad dressings • Herbs, spices, honey, maple syrup, sugar 	<ul style="list-style-type: none"> • Regular or low-fat mayonnaise, nuts, seeds, olives, peanut butter, sandwich spreads, cream sauces, and gravy • All vegetable oils, butter, margarine, lard, cream • All condiments from restaurants unless you know for certain they are fat free.
Desserts	<ul style="list-style-type: none"> • Fat free pudding, whipped cream, popsicles, nonfat frozen yogurt, fat free sherbet, fat free ice cream, fruit ices, and desserts and cookies that are fat free • Fruits • Gelatin desserts • Hard candy, jelly beans or gumdrops 	<ul style="list-style-type: none"> • Pastries, cakes, ice cream with fat, doughnuts, pudding made with whole milk, and chocolate

Healthy Snack Ideas



Applesauce

Bread products (ie. graham crackers)



Cereal (dry or cooked)

Hard or semi-soft cheese

Milk (fat-free)



Dried fruits such as raisins, prunes, or apricots

Canned fruit (in light syrup or natural juice)

Gelatin



Juices (limit to 4 oz per serving)

Nutritional supplements (i.e. Ensure Clear, Resource Breeze, or Carnation Instant Breakfast® made with fat-free milk)

½ Sandwich

Cooked vegetables

Regular yogurt or Greek yogurt (higher protein)

SAMPLE MENU(40 grams Fat)



BREAKFAST:



½ banana
½ cup oatmeal
1 slice of toast
1 tsp margarine
½ cup fat-free milk

SNACK:

1 oz cheese
4 crackers



LUNCH:



2 oz turkey
2 slices whole wheat bread
½ cup cooked vegetables or vegetable juice
½ cup canned fruit in light syrup/natural juice
½ cup fat-free milk

SNACK:

½ cup sliced peaches
3 graham crackers

DINNER:

2-3 oz baked/broiled chicken breast, without skin
½ cup rice, pasta or baked/mashed potatoes
½ cup cooked green beans
1 tsp margarine
½ cup unsweetened applesauce
½ cup low-fat milk



SNACK:



3 graham crackers
½ cup orange juice