

Pancreatitis Diets

Cottage Cheese and Rice – low fat, low protein

½ cup **cottage cheese**, 1% fat (113 grams)
2 cups **rice**, long-grain, cooked (320 grams)
1 **egg yolk**, chicken, large, cooked
1/3 teaspoon **seaweed calcium supplement powder** (2 grams)
¼ teaspoon **NoSalt** (salt substitute: potassium chloride)
1/5 capsule **Essential Nutrients**

Provides 551 kcalories, 25.4 g protein, 7.2 g fat. Supports caloric needs of 16 pound dog. Choline content is higher than with vegetable oil.

Egg Whites and Rice – low fat, low protein

4 **egg whites**, chicken, large, cooked
2 cups **rice**, long-grain, cooked (320 grams)
1 **egg yolk**, chicken, large, cooked
1/3 teaspoon **seaweed calcium supplement powder** (2 grams)
¼ teaspoon **NoSalt** (salt substitute: potassium chloride)
1/5 capsule **Essential Nutrients**

Provides 537 kcalories, 25.4 g protein, 6.1 g fat. Supports caloric needs of 16 pound dog. Choline content is higher than with vegetable oil.

White Fish or Chicken and Rice – low fat, low protein

½ cup **wild white fish** or **chicken breast**, cooked (143 grams)
2 cups **rice**, long-grain, cooked (320 grams)
1 **egg yolk**, chicken, large, cooked
1/10 teaspoon table **salt**
1/3 teaspoon **seaweed calcium supplement powder** (2 grams)
¼ teaspoon **NoSalt** (salt substitute: potassium chloride)
1/5 capsule **Essential Nutrients**

Chicken version provides 577 kcalories, 31.8 g protein, 8.2 g fat. Supports caloric needs of 17 pound dog. Choline content is higher than with vegetable oil.

Commercial Low Fat Foods:

Honest Kitchen "Zeal" Fish 35.5:8.5 (4.2:1)
Primal Rabbit 17:5 (3.4:1)
Honest Kitchen "Brave" Fish & Coconut 34:14
(2.4:1)

Primal Turkey & Turkey 16:7 (2.29:1)
Darwin Turkey: 13:7 (1.9:1)
Darwin Beef: 15:8 (1.9:1)
Primal Pork 13:7 (1.9:1)