

## Patient information

### Dietary Management of Chyle Leak

Nutrition and Dietetics Department

#### What is a Chyle Leak?

When you eat fats, your body absorbs them into the system of the body known as the lymphatic system. Chyle is the milky fluid which carries these absorbed fats around your lymphatic system, eventually delivering them to your blood stream.

During its journey, chyle flows through a duct located around your chest and neck area. A chyle leak can occur when this duct is damaged by either injury or surgery to the abdomen, chest or neck.

#### The Role of the Diet In Chyle Leak

If you have been diagnosed with a chyle leak, the main aim of treatment is to reduce the amount of chyle you produce in order to allow the leak to heal. It is important at this time to restrict the amount of fats you eat as these can increase the amount of chyle you produce, which may prolong the problem.

A very low fat or fat-free diet is recommended for you to follow if you have a chyle leak. Though this diet may seem restrictive, you must remember that this is intended to be a short term treatment until your chyle leak resolves. Your chyle leak will be monitored daily by your Doctor and Dietitian and they will inform you when it is safe for you to return to your normal diet.

Food Group	Foods Allowed (low fat/fat free)	Foods to Avoid
<b>Cereals</b>	bread/toast, cornflakes, rice crispies, frosties, rye crispbread, boiled white rice boiled white rice noodles	pasta, cakes, egg noodles, pastry, pies, cereal bars, oat cakes, crackers, porridge other cereals not specified in 'allowed' section
<b>Dairy Product</b>	fat free yogurt, skimmed milk(no more than ¼ pint per day), skimmed milk powder, low fat/fat free cottage cheese, low fat/fat free fromage frais	Full fat/semi skimmed /1% fat milk, all cheeses beside ones specified in 'allowed' section, ice cream, full fat or reduced yogurts and fromage frais, condensed or evaporated milk, cream (single, whipped, double), butter.

<b>Food Group</b>	<b>Foods Allowed (low fat/fat free)</b>	<b>Foods to Avoid</b>
<b>Meat Fish and Eggs</b>	Plain, boiled or steamed cod, haddock or lemon sole (no breadcrumbs/batter), tuna canned in spring water, fresh boiled/steamed prawns, boiled egg whites. Lean chicken/turkey (no skin)	All red meats (e.g. beef, lamb, pork, ham) egg yolk, fish in bread crumbs/batter. Oily fish (e.g. salmon, mackerel, sardines)
<b>Potatoes and potato products</b>	Boiled/steamed potatoes, jacket potatoes, potato powder made with water.	Roast potatoes, chips (fried or oven chips) mashed potato, potato rosti, potato cakes, potato waffles, potato shapes, crisps.
<b>Fruit and Vegetables</b>	Fresh fruits (bananas, apples, pears, oranges, tangerines, cherries, strawberries, plums, grapes, raspberries),dried fruits (sultanas, cranberries, raisins) Fresh vegetables (broccoli, cabbage, carrots, mushrooms, onions, mushy peas, sauerkraut, boiled beansprouts, gherkins.	Figs, peaches, cauliflower, parsnip, sweetcorn, turnip, avocado, olives
<b>Beans, Legumes, Nuts and Pluses</b>	Red kidney beans, aduki beans,broad beans ,baked beans ,french beans green beans, plain lentils	Black eyed beans, soya beans, chick peas, tofu, hummus, nuts
<b>Sugar and Sweet preservatives</b>	Sugar, jam, jelly, treacle, syrup, marmalade, fruit gums, jellies, meringue, fruit sorbet, fruit juice, lollies.	Cakes, chocolate, biscuits, ready - made puddings, trifle, popcorn, pretzels
<b>Drinks and Beverages</b>	Black coffee or tea (or add skimmed milk from ¼ pint daily allowance), ginger ale, fizzy drinks such as cola, Lucozade, Tizer, lemonade, oraneade, cordial, water	Hot chocolate, Horlicks cappuccino, latte and other milky coffees, milkshakes
<b>Miscellaneous</b>	Brown sauce, barbeque sauce, tomato ketchup, herbs (dried or fresh), salt and pepper, vinegar	Salad dressing, gravy, curry sauce, ready-made meals, processed and tinned foods, packet sauces, margarines

## Food Labelling

Always check the label!

Look at the Nutritional Information

If you regularly check the nutritional information on food labels it can help you to choose very low fat/fat free options.

By looking at the 'per 100g/100ml' column you will be able to identify if the products is low fat if it is less than 3g per 100g/100ml, and fat free if it less than 0.5g fat per 100g/100ml. It is suggested that you do not exceed >10g/day of fat overall.

## Reduced Appetite and Nutritional Supplements

This leaflet recommends foods and drinks that are suitable for you to eat when you have a chyle leak. However, due to the restrictions, it is not always possible for you to get all the energy and nutrients that you need from diet alone and you may be suffering from a reduced appetite. It is likely that you will require specialist nutritional supplements during your treatment in order to prevent nutritional deficiencies that may affect your recovery. Your Dietitian will discuss the use of supplements with you.

## General tips

- Always boil or steam foods
- **Avoid** frying foods in fats or oils
- **Avoid** grilling or baking foods using dairy products, fats and oils.

## Meal Ideas

### Breakfast:

- Cornflakes with ¼ pint skimmed milk,
- 2 x rye crispbread with fat-free cottage cheese
- Chopped banana, apple, or orange with fat-free yogurt
- Toast with jam/honey (no butter/margarine).

### Other meals:

- Boiled/steamed cod with boiled potatoes, carrots and broccoli
- Jacket potato with tuna (no mayo or butter), flavoured with lemon juice and parsley
- Boiled potatoes or jacket potato (no butter) with baked beans
- Boiled/steamed prawn salad flavoured with lemon juice and herbs (no dressing)
- Steamed haddock with boiled rice and vegetables.

### Snacks:

- Jelly or fruit juice lolly
- Meringue, fat-free fromage frais and strawberries
- Rye crispbread and fat-free/low fat cottage cheese.

## Contact Details

Dietitian Name: \_\_\_\_\_ Telephone Number: (0151) 529 3473

## Feedback

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Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

**If you need any further information please contact the Department of Nutrition and Dietetics**

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**Review date: December 2025**

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