


Diet Guidelines for Immunosuppressed Patients


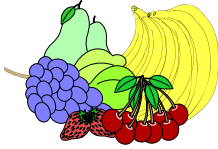
Persons with decreased immune function due to chemotherapy and radiation therapy are at increased risk of developing a food-related infection. The purpose of this diet is to help you avoid specific foods that are more likely to contain infection-causing organisms while allowing maximum healthy food choices. Choose foods from the “May Eat” column. Do not eat foods in the “Do Not Eat” column. You may want to discuss the safety of these or other foods with your dietitian.

This diet should be followed before and after all conditioning therapy (chemotherapy and/or radiation). Your physician and dietitian will let you know when the diet is no longer required. In general, we recommend the following:

- **For autologous transplant patients undergoing chemotherapy treatment only:** follow this diet during the first three months after chemotherapy or transplant.
- **For allogenic transplant patients:** follow the diet until you are off all immunosuppressive therapy such as cyclosporine, prednisone, FK-506 (Tacrolimus[®]) or MMF (CellCept[®]).

Prior to the end of these time periods, patients and their caregivers should talk to their physician and dietitian regarding whether or not to continue any part of the diet.




Food Groups	May Eat	Do Not Eat
<p>Dairy</p> 	<ul style="list-style-type: none"> • All <u>pasteurized</u>, grade “A” milk and milk products including eggnog, yogurt, ice cream, frozen yogurt, sherbet, ice cream bars, milkshakes, processed cheese slices and spreads, cream cheese, cottage cheese and ricotta cheese • Dry, refrigerated, or frozen <u>pasteurized</u> whipped topping • Commercially packaged hard and semi-soft cheeses such as cheddar, mozzarella, parmesan, Swiss, Monterey Jack, etc. • Cooked soft cheeses such as brie, camembert, feta, farmer’s cheese * • Commercially sterile ready-to-feed and liquid-concentrate infant formulas (avoid powdered infant formulas if a ready-to-feed or liquid concentrate alternative is available) <p><i>* Though not completely risk free, the risk of contracting food borne illness from COOKED soft cheeses is low.</i></p>	<ul style="list-style-type: none"> • Non-pasteurized or raw milk and milk products made from non-pasteurized or raw milk. • Cheeses from delicatessens • Cheese containing chili peppers or other uncooked vegetables • Cheeses with molds (such as blue, Stilton, Roquefort, gorgonzola) • Mexican-style soft cheese such as queso fresco, queso blanco

Food Groups	May Eat	Do Not Eat
<p>Meat and Meat Substitutes</p> 	<ul style="list-style-type: none"> • All meats <u>cooked to well done</u> (see temperature guide attached) or <u>canned</u> meats (beef, pork, lamb, poultry, fish, shellfish, game, ham, bacon, sausage, hot dogs) • Eggs <u>cooked until both white and yolk are firm</u> • <u>Pasteurized</u> eggs and egg substitutes (such as Egg Beaters[®]), and powdered egg white (all can be used uncooked) • <u>Commercially-packaged</u> salami, bologna, hot dogs, ham and other luncheon meats, <u>heated until steaming</u> • <u>Canned and shelf-stable</u>¹ smoked fish (refrigerate after opening) • <u>Pasteurized or cooked</u> tofu² • Refrigerated smoked seafood such as salmon or trout <u>if cooked to 160°F or contained in a cooked dish or casserole</u> 	<ul style="list-style-type: none"> • <u>Raw or undercooked</u> meat, poultry, fish, game, tofu¹ • <u>Raw or undercooked</u> eggs and non-pasteurized egg substitutes; no eggs over easy, soft-boiled eggs, or poached eggs. • Meats and cold cuts from delicatessens • Hard cured salami in natural wrap • Uncooked refrigerated smoked seafood such as salmon or trout labeled as “nova-style,” “lox,” “kippered,” “smoked” or “jerky” • Pickled fish • Tempe (tempeh) products
<p>Fruits and Nuts</p> 	<ul style="list-style-type: none"> • <u>Well washed</u>³ raw and frozen fruit; foods containing well washed raw fruits • <u>Cooked, canned and frozen</u> fruit • <u>Pasteurized</u> juices and frozen juice concentrates • <u>Dried</u> fruits • <u>Canned or bottled</u> roasted nuts • <u>Shelled, roasted</u> nuts and nuts <u>in baked products</u> • <u>Commercially-packaged</u> nut butters (such as peanut butter, almond butter, soybean butter) 	<ul style="list-style-type: none"> • <u>Unwashed</u> raw fruits • <u>Unroasted raw nuts</u> • Roasted nuts <u>in the shell</u> • <u>Non-pasteurized</u> fruit and vegetable juices • Fresh fruit salsa found in the grocery refrigerator case • <u>Non-pasteurized</u> items containing raw fruits found in the grocery refrigerator case
<p>Entrees, Soups</p>	<ul style="list-style-type: none"> • All <u>cooked</u> entrees and soups 	<ul style="list-style-type: none"> • <u>All miso products</u> (such as miso soup and miso paste)

¹ Shelf-stable refers to unopened canned, bottled, or packaged food products that can be stored before opening at room temperature; container may require refrigeration after opening

² Aseptically packaged, shelf-stable tofu and pasteurized tofu do not need to be boiled. Unpasteurized tofu must be cut into 1-inch cubes or smaller, and boiled a minimum of five minutes in water or broth before eating or using in recipes.




³ Rinse under clean, running water before use, including produce that is to be cooked or peeled (such as bananas, oranges and melon).

Food Groups	May Eat	Do Not Eat
<p>Vegetables</p> 	<ul style="list-style-type: none"> • <u>Well washed</u>³ raw and frozen vegetables • All <u>cooked</u> fresh, frozen or canned vegetables, including potatoes • <u>Shelf-stable</u>¹ bottled salsa (refrigerate after opening) • <u>Cooked</u> vegetable sprouts (such as mung bean sprouts) • Fresh, <u>well washed</u>³ herbs and dried herbs and spices (added to raw or cooked foods) 	<ul style="list-style-type: none"> • <u>Unwashed raw</u> vegetables or herbs • Fresh, <u>non-pasteurized</u> vegetable salsa found in the grocery refrigerator case • <u>Non-pasteurized</u> items containing raw vegetables found in the grocery refrigerator case • All <u>raw vegetable sprouts</u> (alfalfa sprouts, clover sprouts, mung bean sprouts, all others) • Salads <u>from delicatessens</u>
<p>Bread, Grain, and Cereal Products</p> 	<ul style="list-style-type: none"> • All breads, bagels, rolls, English muffins, muffins, pancakes, sweet rolls, waffles, French toast • Potato chips, corn chips, tortilla chips, pretzels, popcorn • Cooked grains and grain products, including pasta and rice • All cereals, cooked and ready-to-eat 	<ul style="list-style-type: none"> • Raw (not baked or cooked) grain products (such as raw oats)
<p>Beverages</p> 	<ul style="list-style-type: none"> • <u>Boiled</u> well water⁴ • Tap water and ice made from tap water⁵ • <u>Commercially-bottled</u> distilled, spring and natural waters⁶ • All <u>canned, bottled and powdered</u> beverages • Instant and brewed coffee and tea; cold brewed tea <u>made with boiling water</u> • Herbal teas brewed from <u>commercially-packaged</u> tea bags • <u>Commercial</u> nutritional supplements, both liquid and powdered • <u>Commercially sterile</u> ready-to-feed and liquid-concentrate infant formulas (avoid powdered infant formulas if a ready-to-feed or liquid concentrate alternative is available) 	<ul style="list-style-type: none"> • <u>Unboiled</u> well water • Cold-brewed tea <u>made with warm or cold water</u> • <u>Non-pasteurized</u> fruit and vegetable juices • Mate´ tea • Wine, <u>unpasteurized</u> beer (Note: <u>All</u> alcoholic beverages should only be consumed following physician approval.)

⁴ Bring tap water to a rolling boil and boil for 15-20minutes. Store boiled water in the refrigerator. Discard water not used within 48 hours (2 days).

⁵ Recommend using boiled or bottled water if using a water service other than city water service. Please see *Water Safety Guidelines* in “Food Safety Guidelines”.

⁶ See *Water Safety Guidelines* in “Food Safety Guidelines” for approved bottled water treatments.

Food Groups	May Eat	Do Not Eat
<p>Desserts</p> 	<ul style="list-style-type: none"> • <u>Refrigerated</u> commercial and homemade cakes, pies, pastries and pudding • <u>Refrigerated</u> cream-filled pastries • Cookies, both homemade and commercially prepared • <u>Shelf-stable</u>³ cream-filled cupcakes (such as Twinkies[®], Ding Dongs[®]) and fruit pies (such as Poptarts[®] and Hostess[®] fruit pies) • <u>Canned</u> and <u>refrigerated</u> puddings • Ices, popsicles and similar products • Candy, gum 	<ul style="list-style-type: none"> • <u>Unrefrigerated</u> cream-filled pastry products (not shelf-stable³)
<p>Fats</p> 	<ul style="list-style-type: none"> • Vegetable oils and shortening • <u>Refrigerated</u> lard, margarine, butter • <u>Commercial, shelf-stable</u>³ mayonnaise and salad dressings including Blue Cheese and other cheese-based salad dressings (refrigerate after opening) • <u>Cooked</u> gravy and sauces 	<ul style="list-style-type: none"> • <u>Fresh</u> salad dressings (stored in the grocer's refrigerated case) <u>containing raw eggs or cheeses</u> listed as "Do Not Eat" under "Dairy".
<p>Other</p> 	<ul style="list-style-type: none"> • <u>Commercial pasteurized</u> Grade A honey⁷ • Salt, granulated sugar, brown sugar • Jam, jelly, syrups (refrigerate after opening) • Catsup, mustard, BBQ sauce, soy sauce, other condiments (refrigerate after opening) • Pickles, pickle relish, olives (refrigerate after opening) • Vinegar 	<ul style="list-style-type: none"> • <u>Raw</u> honey; honey <u>in the comb</u> • Herbal and nutrient supplement preparations (refer to <u>Guidelines for Use of Herbal and Nutrient Supplements</u> in Patient & Caregiver Resource Manual) • Brewers yeast, if <u>uncooked</u>

⁷ Honey products are not allowed for any child less than one year of age and not allowed for children with SCIDS until 9 months posttransplant.