MICROWAVE COOKING:

- If there is no turntable in the microwave, rotate dish a quarter turn once or twice during cooking.
- Use a lid to ensure thorough heating and stir several times.

TAKE OUT FOODS:

- Avoid high risk food sources (salad bars, delicatessens, buffets, potlucks, and sidewalk vendors)
- Avoid self-serve bulk condiment containers, i.e., ketchup, mustard, etc.
- Avoid soft serve yogurt, ice cream and milk shake machines

If you would like to have a consult with a nutritionist, please speak with your healthcare provider.

FOOD GUIDELINES
100 DAYS AFTER STEM CELL TRANSPLANT

DANA-FARBER CANCER INSTITUTE
PATIENT FAMILY EDUCATION COUNCIL
Infection is a major concern in patients who have undergone marrow or stem cell transplant. In order to decrease risk of food borne illness the following guidelines are suggested:

**FOODS TO AVOID:**
- Any raw or undercooked meat, poultry, fish, shellfish, or tofu (sushi, sashimi, oysters, cold smoked lox, steak tartare).
- Raw eggs (unpasteurized egg nogs, homemade ice cream, Caesar salads, cake and cookie batters, or homemade mayonnaise)
- Miso Products
- Unpasteurized dairy products, juices or ciders
- Untested well water
- Deli meats or prepackaged cold cuts (unless heated until steaming hot)
- Cold brewed tea made with cold or warm water
- Blue-veined cheeses (blue, roquefort, gorgonzola), camembert, brie, feta and queso fresco.
- Alfalfa sprouts

**GROCERY SHOPPING:**
- Do not use any product after the “use by” date.
- Avoid products that have damaged packages/do not buy cans with dents or bulges.
- Avoid foods from self-select bulk containers.
- Avoid tasting samples of free food.
- Avoid cracked eggs.
- Avoid blemished fruits and vegetables.
- At the bakery, avoid un-refrigerated cream and custard containing desserts.
- Buy frozen or refrigerated food items last and take groceries directly home to refrigerate, freeze or cook.

**SAFE FOOD HANDLING:**
- Always wash hands with soap and warm running water prior to eating and before and after every step in food preparation.
- Use separate cutting boards, dishes and utensils for cooked foods and raw foods.
- Wash cutting boards after each use in hot, soapy water or in the dishwasher and weekly with 1 part bleach to 10 parts water.
- Wash top of canned foods before opening.
- Clean sponges daily with 1 tsp. bleach per quart of water or throw in laundry or dishwasher everyday. Replace sponges every 2 weeks.
- Use clean paper towels to wipe up raw juices from beef, poultry or other animal foods.
- During food preparation avoid tasting food with the same utensil used for stirring.
- Wash fruits and vegetables thoroughly under running water before peeling and cutting and cut away bruised areas.
- Cook eggs until whites are cooked and the yolk is firm.
- Cook food thoroughly. Use a meat thermometer and the chart below to ensure food has been cooked to a safe temperature. Insert the thermometer into the thickest part of the product.

<table>
<thead>
<tr>
<th>TYPE OF MEAT</th>
<th>TEMPERATURE (F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>165</td>
</tr>
<tr>
<td>Poultry</td>
<td>180</td>
</tr>
<tr>
<td>Pork</td>
<td>170</td>
</tr>
<tr>
<td>Ground Beef (cooked well done with no pink remaining)</td>
<td>170</td>
</tr>
</tbody>
</table>

- Foods that spoil easily should be kept very hot or very cold and should not be left out (at room temperature) for longer than 2 hours. (1 hour if made with egg, cream or mayonnaise.)
- Thaw all frozen foods in the refrigerator, under cool running water, or use the defrost setting of the microwave in a dish to catch drips.
- Marinate foods in the refrigerator.
- Do not refreeze defrosted foods.
- Distribute large quantities of food into small, shallow, pint size containers for refrigeration and refrigerate only what you will eat within 2-3 days and freeze the rest.
- Throw away entire food package if any mold is present, i.e, bread, cheese, etc.
- Place leftovers in airtight containers or cover with tightly wrapped plastic wrap and refrigerate or freeze immediately after use.
- Use the following chart for longest length of storage:

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>REFRIGERATOR</th>
<th>FREEZER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw beef, lamb or pork</td>
<td>3-5 days</td>
<td>4-12 months</td>
</tr>
<tr>
<td>Raw poultry</td>
<td>1-2 days</td>
<td>6-12 months</td>
</tr>
<tr>
<td>Raw Ground meat</td>
<td>1-2 days</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Raw fish</td>
<td>1-2 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Raw Eggs in shell</td>
<td>3-5 days</td>
<td>DO NOT FREEZE</td>
</tr>
<tr>
<td>Cooked beef, lamb or pork</td>
<td>3-4 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Cooked ground meat</td>
<td>3-4 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Cooked fish</td>
<td>3-4 days</td>
<td>4-6 months</td>
</tr>
<tr>
<td>Cooked poultry</td>
<td>3-4 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Cheese (hard)</td>
<td>6 months unopened</td>
<td>6 months</td>
</tr>
<tr>
<td></td>
<td>3-4 weeks opened</td>
<td></td>
</tr>
</tbody>
</table>