

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.

DANA-FARBER/BRIGHAM AND WOMEN'S



FOOD GUIDELINES 100 DAYS AFTER STEM CELL TRANSPLANT

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.

TYPE OF MEAT	TEMPERATURE (F)
Beef	165
Poultry	180
Pork	170
Ground Beef (cooked well done with no pink remaining)	170

- 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:

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