



NUTRITIONAL GUIDELINES AFTER YOUR BONE MARROW TRANSPLANT
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It is important to continue following a liberalized low bacteria diet until your immune function returns to normal. Certain foods or methods of preparation may pose a risk of infection and are outlined below. Please note that your diet will be further liberalized at day 100 of your BMT.

The following are general guidelines for food shopping and preparation:

- Check expiration dates on all products prior to purchasing.
- Wash tops of cans prior to opening.
- Wash counters, cutting boards, utensils, etc. with soap/cleanser and hot water prior to, and after contact with foods.
- Frequent handwashing by food preparers is recommended. Dry hands with paper towels.
- Wash dishes in hot soapy water or dishwasher. Air-dry dishes (do not use cloth towel).
- Replace dish towels and washcloths daily.
- Replace sponges every 2 weeks, disinfect with 1 tsp. Bleach per quart of water daily and throw in dishwasher or laundry every day or two to keep bacterial count down.
- Perishable food should be kept very hot or very cold. Avoid leaving perishable items out (at room temperature) for longer than 10-15 minutes at a time.
- All perishable foods should be cooked thoroughly
- Cook eggs until whites are cooked and the yolk begins to thicken
- During food preparation avoid tasting food with the same utensil used for stirring.
- Thaw frozen foods in the refrigerator overnight or quickly in the microwave. Do not thaw or marinate food on the counter.
- Do not refreeze defrosted foods.
- Use airtight containers to store leftovers. Refrigerate promptly.
- Leftovers may be used if stored properly and used within 24 hours.
- Grill only on gas grills with clean grills and test food temperatures (insert thermometer into thickest part)

Type of Meat Temperature (°F)

Beef	165
Poultry	180
Pork	170
Ground Beef	170 (cooked with no pink remaining)

- Avoid free food samples at food displays at restaurants.

Microwave Cooking

- ◆ Rotate dish a quarter turn once or twice during cooking if there is no turntable in the appliance.
- ◆ Use a lid to ensure thorough heating and stir several times.

FOOD CATEGORY	FOODS PERMITTED	FOODS NOT PERMITTED
Beverages	<ul style="list-style-type: none"> - All types of beverages except those not permitted - Boiled well water - Tap water - Distilled water, such as Aquafina or Dasani 	<ul style="list-style-type: none"> - Bottled spring water - Raw milk (unpasteurized) - Eggnog or milkshakes made with raw eggs - Fresh apple cider - Unpasteurized juices - Alcohol
Meat, Fish Eggs, Poultry	<ul style="list-style-type: none"> - Canned or shelf-stable smoked seafood, pate, and meat spreads - Well cooked meat, fish, eggs - Home prepared tuna & egg salad - Well-cooked shellfish - Factory-packaged sandwich meats, heated or steamed 	<ul style="list-style-type: none"> - Raw or rare meat, fish, eggs, and poultry - All cold cuts - Sushi - Any food from a deli including sandwich meats - Refrigerated smoked seafood, pate, and meat spread
Dairy Products	<ul style="list-style-type: none"> - Pasteurized milk/Lactaid milk - Yogurt - Prepackaged ice cream and frozen yogurt - Prepackaged hard cheeses: cheddar, colby, Monterrey jack, Swiss, American, mozzarella - Prepackaged soft cheeses: cottage cheese, cream cheese, ricotta 	<ul style="list-style-type: none"> - Soft Serve ice cream - Hand-packed ice cream or frozen yogurt - The following unpasteurized cheeses: Feta, brie, camembert, queso fresco, bleu cheese, gorgonzola, cheese sliced at a deli, imported cheeses
Breads, Cereals, Potatoes, Rice, and Pasta	<ul style="list-style-type: none"> - Prepackaged or homemade breads, muffins, bagels, cakes, rolls, donuts, cookies - Boxed hot or cold cereals (except those with dried fruit or nuts) - Cooked potatoes, rice, noodles - Packaged crackers and snack food 	<ul style="list-style-type: none"> - Any items from a bakery, including: bakery breads, cakes, muffins, donuts - Cream or custard filled cakes from the refrigerated section - Commercially prepared potato or macaroni salad - Popcorn (until able to floss teeth)
Vegetables	<ul style="list-style-type: none"> - Cooked vegetables (wash well and cook thoroughly) 	<ul style="list-style-type: none"> - Raw vegetables, salads
Fruit	<ul style="list-style-type: none"> - Cooked or canned fruit - Raw, thick-skinned, well-washed fruits, if unbruised: oranges, grapefruits, melons, bananas, tangerines, avocados 	<ul style="list-style-type: none"> - Uncooked thin-skinned fruits: apples, peaches, grapes, plums, nectarines, kiwi, strawberries, etc. - Dried fruits
Nuts	<ul style="list-style-type: none"> - Processed peanut butter - Packaged roasted nuts - Cooked nuts (in cookies & cakes, etc) 	<ul style="list-style-type: none"> - Raw, unprocessed nuts
Spices/Condiments	<ul style="list-style-type: none"> - Cooked fresh or canned spices (Add at least 5 minutes prior to the end of cooking) - Ketchup, mustard, pickles, mayonnaise, sugar, jelly 	<ul style="list-style-type: none"> - Uncooked spices - Uncooked black pepper - Raw honey
Miscellaneous	<ul style="list-style-type: none"> - Thoroughly cooked frozen dinners, frozen pizza and canned entrees 	
Restaurant Food	<ul style="list-style-type: none"> - No restaurant food - No takeout food - Avoid ALL salad bars and buffets for at least one year 	

OTHER NUTRITIONAL CONSIDERATIONS

It is very important to maintain your weight after you leave the hospital. If you have a scale, weigh yourself weekly. If you notice a weight loss of 5 pounds or greater, call your doctor. You may not be able to eat large amounts of food, therefore, you are advised to maximize the calorie value of the foods you eat by:

- Eating small, frequent meals/snacks.
- Adding margarine, butter, gravy, cheese, and non-fat milk powder to appropriate items.
- Consuming nutritional supplements like ice cream frappes, Carnation Instant Breakfast, Ensure, Boost, or other commercially prepared supplements. Making frappes with enriched milk.**
- Taking a daily multivitamin, folic acid.

**Enriched milk

Mix 1 quart of milk with 1 cup of dry milk powder, stir well and keep refrigerated. This will increase the calorie, protein, vitamin content of the milk.

You need to consume at least 2 liters (65 oz) of fluid per day to prevent dehydration and kidney damage. Some people may have trouble digesting milk products after a BMT. Watch for symptoms of bloating, gas, cramps, or diarrhea after consuming milk or milk products. You may want to switch to Lactaid Milk, or chew Lactaid tablets when eating dairy products. Discuss this with your dietitian or doctor.

BWH Inpatient Dietitian: _____ (617) 732-5577



Nutrition Services

Optimal nutrition is a very important part of cancer treatment and survivorship. Our DANA FARBER team of Registered Dietitians/Licensed Nutritionists lead educational programs and provide individual consultations for patients and families as needed.

Our registered dietitians specialize in cancer specific nutritional therapy. They individually tailor their recommendations to help manage nutrition issues during and after cancer treatment, including:

- ✧ Nausea
- ✧ Vomiting
- ✧ Taste changes
- ✧ Bowel irregularities
- ✧ Weight changes
- ✧ Malnutrition
- ✧ Tube feedings/Enteral Nutrition
- ✧ IV feedings/Parenteral Nutrition
- ✧ Questions about Anti-oxidants, Vitamins, Herbs and Dietary Supplements
- ✧ Physical Activity

The nutritionists at DANA FARBER have special training in integrative therapies and provide comprehensive nutritional therapy for treatment and beyond.

The seminar *Fighting Cancer with Your Fork: Separating Fact from Fiction* is offered (free!) every other month. Learn about the role of nutrition and a healthy lifestyle in cancer prevention and survivorship. Topics discussed include phytonutrients, whole grains, soy, healthful fats and vitamins in addition to a question and answer period.

- ✧ Healthy, light food is served.
- ✧ Pre-registration is required.
- ✧ For seminar dates and to register call: **(617) 632-1915**

Individual nutrition appointments may be scheduled by calling the nutrition scheduling coordinator at 617-632-3006.