



DIET FOR IMMUNOSUPPRESSED PATIENTS

(For use during chemotherapy and bone marrow transplant)

OBJECTIVE

To avoid specific foods more likely to contain infection-causing organisms while allowing the maximum healthy food choices.

NUTRITIONAL ADEQUACY

This is a regular diet, using low bacteria foods. It meets the U.S. recommended dietary allowance for all nutrients.

SPECIFICS OF THE DIET

FOOD GROUPS	FOODS ALLOWED	NOT ALLOWED
Dairy	<ul style="list-style-type: none"> • All pasteurized, grade "A" milk and milk products • Commercially packaged cheese and cheese products made with pasteurized milk (e.g., mild and medium cheddar, mozzarella, parmesan, Swiss, etc.) • Pasteurized yogurt • Dry, refrigerated, and frozen pasteurized whipped topping • Ice cream, frozen yogurt, sherbet, ice cream bars, homemade milkshakes • Commercial nutritional supplements, liquid and powdered 	<ul style="list-style-type: none"> • Unpasteurized or raw milk, cheese, yogurt, and other milk products • Cheeses from delicatessens • Cheeses containing chili peppers or other uncooked vegetables • Cheeses with molds (e.g., blue, Stilton, Roquefort, gorgonzola)

	<ul style="list-style-type: none"> Commercial eggnog 	<ul style="list-style-type: none"> Sharp cheddar, brie, camembert, feta cheese, farmer's cheese
Meat and Meat Substitutes	<p>All well-cooked or canned meats (beef, pork, lamb, poultry, fish, shellfish, game, ham, bacon, sausage, hot dogs)</p> <ul style="list-style-type: none"> Well cooked eggs (white cooked firm with thickened yolk is acceptable) Well cooked pasteurized egg substitutes Commercially-packaged salami, bologna, and other luncheon meats Canned and commercially-packaged hard smoked fish; refrigerated after opening Cooked tofu (must be cut into 1-inch cubes, or smaller, and boiled a minimum of 5 minutes in water or broth before eating or using in recipes) 	<p>Raw or undercooked meat, poultry, fish, game, tofu</p> <ul style="list-style-type: none"> Raw or undercooked eggs and egg substitutes Meats and cold cuts from delicatessens or grocery store deli Hard cured salami in natural wrap Cold smoked salmon (fish); lox Pickled fish Tempe (tempeh) products
Entrees, Soups	<ul style="list-style-type: none"> All cooked entrees and soups 	<ul style="list-style-type: none"> All miso products (e.g., miso soup)
Fruit and Nuts	<ul style="list-style-type: none"> Canned and frozen fruit and fruit juices Dried fruits Canned or bottled roasted nuts Nuts in baked products 	<ul style="list-style-type: none"> Unwashed raw fruits Unroasted raw nuts Roasted nuts in

	<ul style="list-style-type: none"> • Commercially packaged peanut butter 	<ul style="list-style-type: none"> • the shell • Unpasteurized fruit and vegetable juices
Vegetables	<ul style="list-style-type: none"> • All cooked frozen, canned, or fresh vegetables and potatoes • Well-washed raw vegetables • Fresh, well-washed herbs and dried herbs and spices (added to raw or cooked foods) 	<ul style="list-style-type: none"> • Unwashed raw vegetables or herbs • All raw vegetable sprouts (alfalfa, radish, broccoli, mung bean, all others) • Salads from delicatessens or salad bars • Commercial salsas stored in refrigerated case
Bread, Grain, and Cereal Products	<ul style="list-style-type: none"> • All breads, bagels, rolls, muffins, pancakes, sweet rolls, waffles, French toast (Patient themselves should not make (mix, knead) any bread product containing yeast) • Potato chips, corn chips, tortilla chips, pretzels, popcorn • Cooked pasta, rice, and other grains • All cereals, cooked and ready-to-eat 	<ul style="list-style-type: none"> • Raw grain products
Beverages	<ul style="list-style-type: none"> • Tap water and ice made from tap water (If using a water service other than city water service, we recommend using distilled or bottled water) 	<ul style="list-style-type: none"> • Well water (unless tested yearly and found to be free of coliforms)

	<ul style="list-style-type: none"> • Commercial bottled distilled, spring, and natural waters • All canned, bottled, powdered beverages • Instant and brewed coffee, tea; cold brewed tea made with boiling water • Brewed herbal teas using commercially-packaged tea bags • Commercial nutritional supplements, liquid and powdered 	<ul style="list-style-type: none"> • Cold-brewed tea made with warm or cold water • Non-pasteurized commercial fruit and vegetable juices • Mate tea
Desserts	<ul style="list-style-type: none"> • Refrigerated commercial and homemade cakes, pies, pastries, and pudding • Refrigerated, cream-filled pastries • Homemade and commercial cookies • Shelf-stable cream-filled cupcakes, fruit pies, and canned pudding (any items not eaten must be wrapped and refrigerated after opening) • Ices, Popsicle-like products 	<ul style="list-style-type: none"> • Unrefrigerated, cream-filled pastry products (not shelf-stable)
<p>NOTE: “Shelf-stable” refers to unopened canned, bottled, or packaged food products that can be stored before opening at room temperature.</p>		
Fats	<ul style="list-style-type: none"> • Oil, shortening • Refrigerated lard, margarine, butter • Commercial, shelf-stable mayonnaise and salad dressings (including cheese-based salad dressings; refrigerated after opening) 	<ul style="list-style-type: none"> • Fresh salad dressings containing aged cheese (e.g., blue, Roquefort) or raw eggs, stored in refrigerated

	<ul style="list-style-type: none"> • Cooked gravy and sauces 	case
Other	<ul style="list-style-type: none"> • Salt, granulated sugar, brown sugar • Jam, jelly, syrups; refrigerated after opening • Commercial (heat-treated) honey • Catsup, mustard, BBQ sauce, soy sauce, other condiments (refrigerated after opening) • Pickles, pickle relish, olives (refrigerated after opening) • Candy, gum 	<ul style="list-style-type: none"> • Raw or non-heat treated honey; honey in the comb • Herbal and nutrient supplement preparations • Brewers yeast, if eaten uncooked

DISCONTINUATION OF DIET

Autologous and chemotherapy patients may discontinue the guidelines three months after chemotherapy or transplant.

Allogeneic patients may discontinue guidelines when off all immunosuppressive therapy (cyclosporine, prednisone, methylprednisolone, FK506, etc.)

Prior to the end of these time periods, please discuss with your physician whether or not the diet, or parts of the diet, should be continued.

Adapted from Seattle Cancer Care Alliance, Fred Hutchinson Cancer Research Center.

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