

## Nutrition and Bone Marrow Transplant (BMT)

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Following bone marrow transplant it is important to follow a liberalized low bacteria diet until your immune function is restored. A neutropenic diet is usually prescribed until day 100 of your BMT to protect from bacteria and other harmful organisms found in food and drink. Once you have reached day 100, your diet will become more liberalized.

### Below are several guidelines to consider when shopping and preparing meals:

- Leftovers should be stored in airtight containers and refrigerated promptly
- If stored properly, leftovers can be consumed as long as within 24 hours
- Always check expiration dates on all of the products prior to purchasing
- Wash hands frequently when preparing food and dry with a paper towel
- Hot soapy water or a dishwasher should be used to wash dishes
- Avoid using a cloth towel to dry dishes; rather, let them air-dry
- Dish towels and wash cloths should be replaced daily
- Sponges should be replaced every two weeks. Disinfect sponges with 1 tsp bleach per quart of water every day and place in the dishwasher or laundry every day or two to keep bacteria low
- All perishables foods should be cooked thoroughly
- Perishable foods must be kept very cold or very hot. Do not leave perishable food items out at room temperature for more than 10 to 15 minutes at a time
- Do not thaw foods on the counter top. Thaw in the refrigerator overnight or in the microwave
- Most foods that are cooked or commercially processed are permitted.

FOOD CATEGORY	FOODS ALLOWED	FOODS NOT ALLOWED
Beverages	Coffee; tea; cocoa; pasteurized milk, frappes, and juices; carbonated beverages; canned nutritional supplements, tap water	-Raw milk (unpasteurized) -Eggnog, homemade mayonnaise, or milkshakes made with raw eggs -Fresh apple cider -Bottled spring water -Unpasteurized juices
Meat, Fish, Eggs, Poultry	-All well cooked meat, fish, shellfish, eggs, and poultry -Homemade tuna or egg salad	-Raw or rare meat, fish, shellfish, eggs, and poultry -Imported cold cuts -Sushi -Any food from a deli including sandwiches and meat
Dairy	-Pasteurized milk/ Lactaid -Sterile chocolate milk -Cream and non-dairy creamer	-Raw milk (unpasteurized) -Soft-serve and hand-packed ice cream or frozen yogurt

	<ul style="list-style-type: none"> <li>-Yogurt</li> <li>-Prepackaged ice cream and frozen yogurt</li> <li>-Prepackaged hard and soft cheeses: cheddar, colby, monterey jack, Swiss, American, mozzarella, cottage cheese, cream cheese, ricotta</li> </ul>	<ul style="list-style-type: none"> <li>-High bacteria cheeses: Feta, brie, camembert, queso fresco, blue cheese, gorgonzola, deli-sliced cheese, and imported cheese</li> </ul>
Breads, Cereals, Potatoes, Rice, and Pasta	<ul style="list-style-type: none"> <li>-Prepackaged or home prepared bagels, breads, cakes without frosting, cookies, doughnuts, pies</li> <li>-All boxed hot or cold cereals (except those with dried fruit or nuts)</li> <li>-All cooked potatoes, rice, noodles</li> <li>-Packaged crackers and snack foods</li> </ul>	<ul style="list-style-type: none"> <li>-Bakery breads, cakes, muffins, and doughnuts</li> <li>-Cream or custard filled pastry from the refrigerated section</li> <li>-Commercially prepared potato or macaroni salads</li> <li>-Popcorn (because of dental problems)</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>-All washed and thoroughly cooked vegetables</li> </ul>	<ul style="list-style-type: none"> <li>-Raw vegetables and salads</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>-All cooked or canned fruits</li> <li>-Bottled or canned fruit juice (pasteurized)</li> <li>-Raw, thick-skinned fruit that is not bruised: oranges, grapefruits, melons, bananas, tangerines, avocados</li> </ul>	<ul style="list-style-type: none"> <li>-Uncooked thin-skinned fruits: apples, peaches, grapes, plums, nectarines, kiwi, strawberries</li> <li>-Fruit garnishes</li> <li>-Dried fruits</li> </ul>
Nuts	<ul style="list-style-type: none"> <li>-Processed peanut butter</li> <li>-Packaged roasted nuts</li> <li>-Cooked nuts in foods (ie, cakes, cookies)</li> </ul>	<ul style="list-style-type: none"> <li>Raw, unprocessed nuts</li> </ul>
Spices and Condiments	<ul style="list-style-type: none"> <li>-Cooked fresh or canned spices added within the last 5 minutes of cooking</li> <li>-Ketchup, mustard, pickles, commercial mayonnaise, sugar, honey, jelly</li> </ul>	<ul style="list-style-type: none"> <li>-Uncooked spices and black pepper</li> <li>-Raw honey</li> </ul>
Other	<ul style="list-style-type: none"> <li>-Thoroughly cooked frozen dinners and pizzas, and canned entrees</li> </ul>	<ul style="list-style-type: none"> <li>-Restaurant food and takeout</li> </ul>

## **Additional Information**

Weight loss is common in BMT patients because of nausea, lack of appetite, and side effects from treatment. It is important to monitor for any weight loss of 5 pounds or greater following transplant, at which point you should consult your physician. Follow these strategies to ensure you are getting enough calories.

- Eat small frequent meals and snacks
- Smelling a lemon or having a couple potato chips or French fries may help with nausea
- Boost caloric content by adding margarine, butter, cheese, gravies, and non-fat milk powder to foods
- Consume energy and protein-rich ice cream frappes made with nutritional supplements and enriched milk such as Carnation Instant Breakfast, Boost, Ensure, and others.
- Keep enriched milk available at all times: Mix one quart of milk with 1 cup of dry milk powder and refrigerate.
- Take a daily multivitamin.