



Penn State Hershey Children's Hospital
Caring for your Child's Nutrition

Diet Guidelines for Immunosuppressed Patients

Persons with decreased immune function due to chemotherapy and radiation are at increased risk of developing a food-related infection. The purpose of this diet is to help you avoid specific foods that are more likely to contain infection-causing organisms while allowing maximum healthy food choices. Choose foods from the "Allowed" column. Do not eat foods in the "Not Allowed" column.

This diet should be followed before, during, and after all conditioning (chemotherapy and/or radiation) therapy. Your doctor and dietitian will provide guidelines as to when the diet is no longer required. In general, autologous transplant patients should follow the diet during the first three months after transplant. Allogeneic transplant patients should follow the diet until off all immunosuppressive therapy (cyclosporine, prednisone, tacrolimus, etc.).

Immunosuppressed Patient Diet

FOOD GROUPS	ALLOWED	NOT ALLOWED
Dairy	<p>All <u>pasteurized</u> grade "A" milk and milk products</p> <p>Commercially-packaged cheese and cheese products made with <u>pasteurized</u> milk (mild and medium cheddar, mozzarella, parmesan, Swiss etc.)</p> <p><u>Pasteurized</u> yogurt</p> <p>Dry, refrigerated, and frozen <u>pasteurized</u> whipped topping</p> <p>Ice cream, frozen yogurt, sherbet, ice cream bars, homemade milkshakes</p> <p>Commercial nutritional supplements and baby formulas, liquid and powdered</p> <p>Commercial <u>pasteurized</u> eggnog</p>	<p>Unpasteurized dairy products including raw milk, cheese, and yogurt</p> <p>Cheeses from the deli</p> <p>Cheese containing chili peppers or other uncooked vegetables (pepper jack cheese)</p> <p>Cheeses with molds (blue cheese, stilton, Roquefort, gorgonzola)</p> <p>Sharp cheddar, brie, camembert, feta cheese, farmer's cheese</p>

FOOD GROUPS	ALLOWED	NOT ALLOWED
Meat and Meat Substitutes	<p>All <u>well cooked</u> or canned meats (beef, pork, lamb, poultry, fish, shellfish, game, ham, bacon, sausage, hot dogs)</p> <p><u>Well cooked</u> eggs (white cooked firm with thickened yolk is acceptable)</p> <p><u>Well cooked</u> pasteurized egg substitutes (Egg Beaters®)</p> <p><u>Commercially-packaged</u> salami, bologna, and other luncheon meats</p> <p>Canned and commercially-packaged <u>hard smoked</u> fish; refrigerated after opening</p> <p>Cooked tofu¹</p>	<p><u>Raw or undercooked</u> meat, poultry, fish, game, tofu¹</p> <p><u>Raw or undercooked</u> eggs and egg substitutes</p> <p>Meats and cold cuts from the deli</p> <p>Hard cured salami in natural wrap</p> <p>Cold smoked salmon (fish); lox</p> <p>Pickled fish</p> <p>Tempe (tempeh) products</p>
Entrees, Soups	All cooked entrees and soups	All miso products (miso soup)
Fruits and Nuts	<p>Canned and frozen fruit and fruit juices</p> <p><u>Well washed</u> raw fruit; foods containing well washed raw fruit</p> <p>Dried fruits</p> <p>Canned or bottled roasted nuts</p> <p>Nuts in baked products</p> <p>Commercially-packaged peanut butter</p>	<p><u>Unwashed</u> raw fruits</p> <p>Unroasted raw nuts</p> <p>Roasted nuts in the shell</p> <p>Unpasteurized fruit and vegetable juices</p>

¹Tofu must be cut into 1-inch cubes or smaller and boiled a minimum of five minutes in water or broth before eating or using in recipes

FOOD GROUPS	ALLOWED	NOT ALLOWED
Vegetables	<p>All cooked frozen, canned, or fresh vegetables and potatoes</p> <p><u>Well washed</u> raw vegetables</p> <p>Fresh, <u>well washed</u> herbs and dried herbs and spices (added to raw or cooked foods)</p>	<p><u>Unwashed</u> raw vegetables or herbs</p> <p>All raw vegetable sprouts (alfalfa, radish, broccoli, mung bean, all others)</p> <p>Salads from deli's</p> <p>Commercial salsas stored in refrigerated cases</p>
Bread, Grain, and Cereal Products	<p>All breads², bagels, rolls, muffins, pancakes, sweet rolls, waffles, French toast</p> <p>Potato chips, corn chips, tortilla chips, pretzels, popcorn</p> <p>Cooked pasta, rice, and other grains</p> <p>All cereals, cooked and ready-to-eat</p>	<p>Raw cookie dough or cake batter</p>
Beverages	<p>Tap water³ and ice made from tap water</p> <p>Commercial bottled, distilled, spring, and natural waters</p> <p>All canned, bottled, and powdered beverages</p> <p>Instant and brewed coffee, tea; cold brewed tea made with boiling water</p> <p>Brewed herbal teas using commercially-packaged tea bags</p> <p>Commercial nutritional supplements, liquid and powdered</p>	<p>Well water(unless tested frequently and found to be free of coliform bacteria)</p> <p>Cold-brewed tea (Sun Tea)made with warm or cold water</p> <p>Non-pasteurized commercial fruit and vegetable juices</p> <p>Mate tea</p>

² Recommend patient themselves not make (mix, knead) any bread product containing yeast.

³ If using a water service other than city water service recommend using distilled or bottled water.

FOOD GROUPS	ALLOWED	NOT ALLOWED
Desserts	Refrigerated commercial and homemade cakes, pies, pastries, and pudding Refrigerated, cream-filled pastries Homemade and commercial cookies Shelf-stable ⁴ cream-filled cupcakes (Twinkies®, Ding Dongs®), fruit pies (Pop-Tarts®, Hostess fruit pies®) Ices, popsicle-like products	Unrefrigerated, cream-filled pastry products (not shelf stable)
Fats	Oil, shortening Refrigerated lard, margarine, butter Commercial, shelf-stable mayonnaise and salad dressings (refrigerate after opening) Cooked gravies and sauces	Fresh salad dressings containing aged cheese (blue, Roquefort) or raw eggs (Caesar), stored in refrigerated case
Other	Salt, Granulated sugar, brown sugar Jam, Jelly, syrups; refrigerate after opening Commercial (heat-treated and/or pasteurized) honey ⁵ Catsup, mustard, barbeque sauce, soy sauce, other condiments; refrigerate after opening Pickles, pickle relish, olives; refrigerate after opening Candy, gum	Raw or non-heat treated honey; honey in the comb Brewer's yeast, if eaten uncooked

⁴ "Shelf-stable" refers to unopened canned, bottled, or packaged food products that can be store before opening at room temperature; container may require refrigeration after opening.

⁵ No honey products allowed for children less than one year of age and all children with SCIDS until 9 months post transplant.

Additional Information:

If you have questions, call: _____, *Registered Dietitian*

Phone: (717) 531- _____ or (717) 531-8406

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