



THE NEUTROPENIC DIET

For use during chemotherapy and bone marrow transplant

PURPOSE: To avoid specific foods more likely to contain infection-causing organisms while allowing the maximum healthy food choices. Choose foods from the “Foods Allowed” column.

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

FOOD GROUPS	FOODS ALLOWED	FOODS 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, cream, Monterey Jack, etc.) • Pasteurized yogurt (including those with fruit and live cultures) • Dry, refrigerated, and frozen pasteurized whipped topping • Ice cream, frozen yogurt, sherbet, ice cream bars, homemade milkshakes • Commercial nutritional supplements (liquid and powdered) • Commercial eggnog • Sour cream 	<ul style="list-style-type: none"> • Unpasteurized or raw milk, cheese, yogurt, and other milk products • Cheese from delicatessens • Cheeses containing chili peppers or other uncooked vegetables • Cheeses with molds (e.g. blue, Stilton, Roquefort, gorgonzola) • Sharp cheddar, brie, camembert, feta cheese, farmer’s cheese
Meat and Meat Substitutes	<ul style="list-style-type: none"> • All thoroughly-cooked or canned meats (beef, pork, lamb, poultry, fish, shellfish, game, ham, bacon, sausage, hot dogs) • Thoroughly cooked eggs (white cooked firm with thickened yellow yolk acceptable) • Thoroughly 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) • Commercially packaged peanut butter 	<ul style="list-style-type: none"> • Raw or undercooked meat, poultry, fish, game, tofu • Raw or undercooked eggs and egg substitutes • Meats and cold cuts from delicatessens • 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 juices • Canned and stewed fruit • Thoroughly washed raw fruits (see instructions in the “Neutropenic Diet: Food Safety and Sanitation” handout for detailed cleaning instructions) • Dried fruits • Canned or bottled roasted nuts • Nuts in baked products • Commercially packaged peanut butter 	<ul style="list-style-type: none"> • Unwashed raw fruits • Unroasted raw nuts • Roasted nuts in the shell • Unpasteurized fruit and vegetable juices
Vegetables	<ul style="list-style-type: none"> • All cooked frozen, canned, or fresh vegetables and potatoes • Thoroughly washed raw vegetables (see instructions in the “Neutropenic Diet: Food Safety and Sanitation” handout for detailed cleaning instructions) • Fresh, thoroughly 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 • 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 • 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 • Commercially-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"> • Well water (unless tested yearly and found to be free of coliforms) • Cold-brewed tea made with warm or cold water • Unpasteurized 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 (e.g., Twinkies®, Ding Dongs®), fruit pies (e.g. Poptarts®, Hostess® fruit pies), and canned pudding • Ices, popsicle-like products 	<ul style="list-style-type: none"> • Unrefrigerated, cream-filled pastry products (not shelf-stable)

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) • Cooked gravy and sauces 	<ul style="list-style-type: none"> • Fresh salad dressings containing aged cheese (e.g. blue, Roquefort) or raw eggs, stored in refrigerated 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 uncooked

Duration of Diet

Allogeneic Transplant: Patients should follow the diet until off all immunosuppressive therapy (cyclosporine, prednisone, prograf, MMF, thalidomide, etc.)

Autologous Transplant: Patients should follow the diet during the first three months after transplant

Chemotherapy/Radiation: Patients should consult with their physician regarding when to discontinue the diet

Important Facts to Remember

1. Tofu must be cut into 1-inc cubes, or smaller, and boiled a minimum of five minutes in water or broth before eating or using in recipes.
2. Patients themselves should not make (mix or knead) any bread product containing yeast.
3. Use distilled or bottled water if using water service other than city water service.
4. Shelf-stable refers to unopened canned, bottled, or packaged food products that can stored before opening at room temperature; container may require refrigeration after opening.
5. Patients may not consume foods or beverages from restaurants while following the Neutropenic Diet.
6. Wash fruits and vegetables thoroughly under cold running water before peeling and/or cutting. (It is NOT recommended for patients to peel or cut fruits or vegetables.)
7. Scrub produce that has a thick, rough skin or rind (such as lettuce, spinach, cabbage) individually under running water. Do not use commercial rinses to wash fruits and vegetables.
8. Packaged salads, slaw mix and other prepared produce, even when marked "pre-washed" should be rinsed again under running water; a colander can be used to make this easier. Check for "use by" dates.
9. Throw away fruits and vegetables that are slimy or show mold.
10. No honey products are allowed for children less than one year and all children with SCIDS until 9 months post-transplant.