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# BMT Diet Guidelines



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**F**or a time after your child has had a BMT, his immune system will be weak. Until it gets stronger, it will be important to stay away from foods that could cause an infection. These guidelines will help you reduce the risk of your child getting a food-related infection.

Please talk to your dietitian, doctor, or nurse about any questions or concerns.

**If your child has had an allogeneic BMT:** follow these guidelines from Day 0 until she is not taking any medications that suppress her immune system (eg: medicine for GVHD).

**If your child has had an autologous BMT:** follow these guidelines from Day 0, for the first 3 months after her BMT.



## Safe Food Shopping for Your Child

- Choose fruits and vegetables that are firm and whose skins are not bruised, marked or broken.
- Check “best before” dates on packages. Buy and use food before that date.
- Make sure food containers are sealed and undamaged.
- Avoid bulk food.
- Put raw meat, poultry, seafood and other raw foods in separate plastic bags. Keep them separate from ready-to-eat foods and produce.
- Buy frozen and refrigerated foods last to decrease the time these items spend outside of the refrigerator and freezer.
- Avoid shopping at deli counters.

# Foods to Avoid



## Dairy Products:

### AVOID

- × unpasteurized dairy products (ie. raw milk, cheese, cream, butter, yogurt).
- × soft cheeses (eg. brie, camembert, feta, farmer's, Mexican-style cheeses, paneer).
- × cheeses with molds (eg. blue, gorgonzola, Roquefort, Stilton).
- × cheeses with chili peppers or other uncooked vegetables.
- × cheeses from delis.
- × soft serve ice cream or ice cream scooped in a restaurant/shop.
- × powdered infant formulas, if a ready to serve or liquid concentrate is available.
- × unrefrigerated cream-filled pastry products.



## Meat, Poultry, Eggs and Seafood:

### AVOID

- × Raw or undercooked: meat, poultry, fish, game, tofu. See the Safe Temperature Chart.
- × Sushi (raw fish), cold smoked fish, lox, jerky and pickled fish.
- × Raw or undercooked eggs (white and yolk should be firm)
- × Sauces, salad dressings, or beverages containing raw eggs, (eg, Hollandaise sauce, mayonnaise, eggnog)
- × Deli meats. Exception: commercially packaged meats and hot dogs are fine, but should be heated until steaming hot.
- × Hard cured salami in natural wrap.



## **Fruits, Vegetables and Nuts:**

### **AVOID:**

- × Unwashed raw fruits and vegetables.
- × Raw vegetable sprouts.
- × Kimchi.
- × Fresh, unpasteurized salsa.
- × Raw berries (fresh or frozen).
- × Fresh-squeezed, unpasteurized fruit and vegetable juices found in grocery refrigerated case.
- × Unroasted raw nuts and seeds and nuts in shell.
- × “Natural” freshly ground peanut butter.



## **Breads, grains and cereal products:**

### **AVOID:**

- × Raw, uncooked/baked grain products (eg. raw oats).



## **Other Foods:**

### **AVOID**

- × Raw or unpasteurized honey.
- × All miso products, such as tempeh and miso soup.
- × Raw, uncooked brewer’s yeast.
- × Herbal and nutrient supplement preparations (eg: probiotics).
- × Naturopathic medications (including teas), unless approved by your oncologist.



## Safe Food Storage

- Store food in the refrigerator or freezer immediately after shopping. Never leave food that needs to be kept chilled or frozen in the car.
- Refrigerator temperature should be 4°C (40°F) or lower.
- Freezer temperature should be -18°C (0°F) or lower.
- Store raw meat, poultry, and seafood separate from other food and make sure their raw juices won't drip onto other food.
- Store fruits and vegetables in the refrigerator separate from cooked foods or raw meat, poultry and seafood.



## Kitchen Cleanliness and Food Preparation

- Prepare food only if you are healthy and without signs of infection (eg. runny nose, vomiting, diarrhea, cough or any other signs of a cold or the flu).
- Before making foods, wash your hands using warm, soapy water, for 20 seconds.
- Use cutting boards made out of thick plastic, marble, glass or ceramic so food and liquid won't be absorbed. Avoid using wood or other porous surfaces.
- Wash cutting boards and knives with hot soapy water before using them to cut the next food.
- Wash outside of cans, especially the top, with hot, soapy water before opening.
- Keep shelves, counter tops, refrigerators, freezers, utensils, and other items clean using hot, soapy water. If possible, use a dishwasher for things that are dishwasher-safe.
- Change dishcloths and dishtowels daily or more often if needed.



## Safe Handling of Meat, Poultry, Eggs and Seafood

- Wash hands before and after handling raw meat, poultry, eggs and seafood.
- Never thaw foods at room temperature. To thaw foods safely – use one of the following methods:
  - 1) put the food item in the refrigerator 1 day before cooking
  - 2) use the defrost setting on a microwave (only if you plan to cook right away).
  - 3) place the food in a sealed bag that you put in cold water in a bowl.
- Use a separate cutting board for raw meat, poultry, and seafood. Tip: Label each cutting board so you won't get them mixed up.
- Place cooked food on separate dish from the one that held the raw meat, poultry or seafood.



## Safe Cooking Temperatures Using a Food Thermometer

- ✓ Use a food thermometer to check the inside temperature of cooked foods. Use the chart below to see what the proper inside temperatures should be.

Fresh Beef, Veal, Lamb, Pork	≥71°C (160°F)
Poultry	≥ 82°C (180°F)
Eggs and egg dishes	≥74°C (165°F)
Fish & Seafood	
Fish	≥70°C (158°F) Flesh is opaque.
Shrimp, Lobster & Crabs	≥74°C (165°F)
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
Leftovers & Casseroles	≥74°C (165°F)



## Safe Handling of Raw Fruits and Vegetables

- Wash your hands before handling raw fruits and vegetables.
- Wash fruits and vegetables under clean, clear, running water right before using (without soap or bleach). This includes organic produce, pre-washed produce and produce that will be peeled (eg. oranges, melons, bananas).
- Use a separate cutting board for fruits and vegetables.
- Peel, when possible.



## Safe Storage of Leftovers

- Foods should be eaten or refrigerated within 2 hours of preparation/ cooking. After 2 hours, any food that is left at room temperature should be thrown out.
- ***In hospital:*** refrigerated prepared foods must be labeled, dated, and eaten, or thrown out within 24 hours.
- ***At home:*** your child can eat leftovers that have been stored properly (see below) within 48 hours.
  - ✓ When cooking big batches, place cooked food in shallow containers, uncovered, in the refrigerator until it cools. Then divide into covered storage containers for freezer or refrigerator.
  - ✓ DO NOT eat food that has already been reheated once.
  - ✓ When reheating leftovers in microwave, stir, cover, and rotate food so that it heats evenly. (See Safe Temperature Chart.)
  - ✓ Sauces, soups and gravies should be reheated by bringing them to a boil.



## Safe Drinks for Your Child

- Tap water should be boiled for 1 minute or more, and then kept in a covered container in the refrigerator.
- Bottled water is safe.
- All drinks that are canned, bottled, powdered, or in a tetra-pak, and pasteurized juices, are safe.

### AVOID

- × Water from private wells.
- × Fountain drinks or ice, milkshakes, or smoothies from restaurants.
- × Fresh squeezed, unpasteurized fruit and vegetable juices



## Safe Tips for Eating Take-Out or In Restaurants

In general, eating foods from restaurants can be a bit risky. It's hard to make sure that food is cooked safely. But we know that sometimes it is hard to avoid restaurant food when your child doesn't want to eat anything else. Here are some ways to make it as safe as possible:

- ✓ Choose restaurants that are well-known for being very clean.
- ✓ Visit restaurants when they aren't crowded.
- ✓ Ask for your food to be made fresh and fully cooked.
- ✓ Try to keep hot foods hot and cold foods cold (ie. use insulated carry containers or a cooler). Foods may be re-heated before serving.
- ✓ Use single serving condiment packages (eg. ketchup, mustard, etc).

### AVOID

- × Raw fruits or vegetables from restaurants.
- × Foods from delis, salad bars, buffets, street vendors, and foods in warming trays or stored under warming lights.



Diet and nutrition is an important part of your child's healing. If you have any questions, please talk to the dietitian, your doctor or nurse.

If you would like more information, go to: [www.befoodsafe.ca](http://www.befoodsafe.ca)