

Nutrition after Transplant

After your transplant, you may feel like eating more than before. It is important to enjoy the foods that you have missed out on but don't go over-board. The medications you must take after transplant have some side effects that may affect your nutrition.

Food Safety



People on immunosuppressive medications are at higher risk of infections related to foods which are improperly stored, handled or cooked. It is especially important to protect yourself against food-borne illnesses after transplant. The best way for this is to follow a few simple guidelines:

- Wash your hands before eating
- Keep hot foods hot and cold foods cold. Use ice packs to transport food.
- If a food has been warm (not hot or cold) for more than 60 minutes, throw it away
- Cook all meats, poultry and fish products well
- Choose milk products, cheese, and juice that have been pasteurized
- Be sure to use a different knife and cutting board for uncooked and cooked foods
- Wash fruits and vegetables before eating or cooking
- Avoid eating raw sprouts as these often contain harmful bacteria
- Avoid deli meats. Use canned meats (tuna, ham, chicken) instead or steam the deli meat to a temperature of 160°F to destroy any bacteria
- If using formula, discard formula that has been at room temperature for more than 4 hours. You can store open containers of formula in the fridge for up to 48 hours.

Fluid



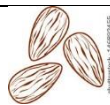
Drinking lots of fluid will help protect your organs. Water is the best choice. You should not drink more than 1/2 cup (125 ml) of fruit juice each day. It is important to **avoid grapefruit, even in juice**. Mycophenolate (MMF) and Tacrolimus interact with grapefruit, and that can make the blood levels of these medications go too high.

Sodium



Sodium, also known as salt, helps to make your blood circulate. Sodium can affect how much blood gets to your organs, as well as your blood pressure. Often children with kidney transplants have to eat more salt, while children with liver and heart transplants have to be careful to not eat too much salt.

Phosphorus and Magnesium



Blood phosphorus and magnesium levels may fall too low after transplantation. To help maintain normal blood levels, include foods that are high in phosphorus and magnesium. **Low-fat milk, cheese, yogurt are high in phosphorus.**

Leafy greens like spinach are high in magnesium.
Nuts, seeds, peanut or almond butter, and whole grains (brown rice, brown pasta, brown bread) are high in magnesium AND phosphorus.

Calcium and Vitamin D



Prednisone can weaken your bones, so it is important to include sources of calcium in your diet to help strengthen your bones. **Aim for 3-4 servings of dairy per day. One serving is 1 cup of milk, 3/4 cup yogurt, or 1 ounce (1 stick/string) of cheese.** Vitamin D will also keep your bones strong. We may ask you to take a supplement to get enough Vitamin D for your bones.

Healthy Choices



The high doses of prednisone may boost your appetite, give you some very strong cravings and make your blood sugar rise too high. It is important to make good nutrition choices more often. **Healthy choices include fruits and veggies, low fat milk, low fat yogurt, whole grains (breads, pastas, crackers, rice, etc), lean meats, and nuts.** Try to eat sugary and fatty foods less often. It is important to enjoy those treat foods sometimes, but enjoy healthy choices most of the time.

Aim for your meals to look like this:



If you have any questions or concerns about your nutrition, please be in touch!

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