

# DIET

**These guidelines are to be strictly followed until 120 days post your transplant.**

### **Food Safety**

Until the time when your immune system will rebuild itself, you will be at a greater risk for developing food-related infections. In the period following the transplant, it is extremely important to follow food safety guidelines.

Eat only those foods that have been freshly prepared in a clean environment, and which have not been sitting out for a long time.+

### **Grocery Shopping**

- Check “sell by” and “use by” dates and do not buy items that are out of date.
- Do not buy or use any damaged cans.
- Make sure frozen foods feel solid and that refrigerated foods are cold.
- Do not buy cracked or unrefrigerated eggs.
- Store groceries promptly after shopping.

### **Food Preparation**

- Prepare food on surfaces that have been thoroughly washed in hot soapy water. You can clean cutting boards in a solution of ten parts water mixed with one part household bleach.
- Use separate cutting boards for cooked foods and raw foods.
- Eggs must be well cooked with a firm egg yolk, fried and boiled eggs are allowed.
- Discard eggs, egg mixtures or prepared egg dishes left at room temperature for more than an hour.
- Wash the tops of cans and the can opener before use.
- All meats should be cooked until well-done and should have no remaining pink color.
- All cooked food should be eaten within one hour of preparation or stored in the refrigerator.
- Do not eat food that has been sitting in the refrigerator for more than three days.
- Thaw meat and fish in the refrigerator.
- Throw away food that has any mold on it.
- Never taste foods that look or smell strange.
- Wash and rinse fruits and vegetables thoroughly before cooking them.



The following section provides a list of foods that are more likely to carry infection-causing organisms. **Any foods you are not sure about please ask the BMT Staff or your physician.**

### **Foods to Avoid**

- Unpasteurized honey, milk, cheese and yoghurt
- Unrefrigerated fresh cream, milk or cheese.
- Ice cream from stores like Cone Zone and Baskin Robbins
- All seeds and nuts.
- Zamzam water
- Raw vegetables, like lettuce, tomatoes, parsley, cucumber and any other raw vegetable, even if it is peeled. No fresh herbs like parsley, coriander and mint.
- Uncooked fruit, even if it is peeled.
- Cold meats, like mortadella, sliced turkey and chicken from the supermarket.
- Smoked fish.
- Salads like tahina, baba ghonoush, tabouli, and hummus.
- Hot spicy sauces
- All restaurant food
- Fresh fruit juices
- **If you are not sure how the food has been prepared it is better not to eat it.**

Do not take any traditional medicines or herbs. Take only vitamin supplements that have been prescribed by your physician and obtained from the hospital pharmacy.

### **Fluids**

You must drink as much as possible each day, approximately 3 litres. You can drink it as bottled water, juices (packet), tea, milk (packet) and soup. It is a good idea to avoid fizzy drinks like Coke, which can be high in salt and can reduce your calcium levels. Some of the medications you are taking can affect your kidneys, like CSA, so you need to drink as much as you can.

## Acknowledgements

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Information in this document is reproduced with kind permission of the Bone Marrow Transplant Unit, King Faisal Hospital & Research Centre-Riyadh, Saudi Arabia. The sources below were referenced during the writing of this document:

National Marrow donor Program (NMDP)  
World Marrow Donor Association (WMDA)  
European Bone Marrow Transplant (EBMT) textbook for nurses