

# Immunosuppressed Diet



## **What is Foodborne Illness?**

Certain disease-causing bacteria, viruses, or parasites can contaminate food and can cause foodborne illness if consumed. Although the food supply in the United States is relatively safe, it can still be the source of infection and illness. According to the Centers for Disease Control and Prevention (CDC) foodborne illness (also known as food poisoning) causes 48 million illnesses and up to 3,000 deaths annually in the United States. It is important for *everyone* to regularly practice safe food handling methods to reduce the risk of consuming contaminated food.

## **Why Follow the Immunosuppressed Diet?**

Certain groups of people are more likely to be susceptible to foodborne illness, meaning they are not just more likely to get sick from eating contaminated food – the effects can be much more serious. Those at greater risk for foodborne illness include:

- People being treated for cancer, especially with prolonged neutropenia.
- People with diabetes.
- Adults 65 year of age and older.
- People with autoimmune diseases.
- Transplant recipients.

## **What Foods are Most Likely to Cause Illness?**

- Fresh fruits and vegetables.
- Unpasteurized (or raw) milk.
- Milk products made from unpasteurized milk.
- Raw or undercooked eggs.
- Raw or undercooked meat, poultry, fish, or shellfish.
- Store-prepared deli salads.

## How Long Do I Need to Follow these Guidelines?

Neutrophils are the special cells that detect and destroy harmful pathogens, including those that cause foodborne illnesses. Under normal conditions the bone marrow of the human body creates thousands of neutrophils each day that enter the bloodstream, ready to recognize and destroy foreign invaders. As people age their ability to produce these cells naturally weakens. And certain conditions (like autoimmune disorders) or treatments (like chemotherapy) can destroy these neutrophils before your body can make more, making the body susceptible to infection. This medical condition is called “neutropenia”. Your ANC (absolute neutrophil count) is a measurement of the number of neutrophils in your body. A low ANC indicates greater risk of illness if infection should occur.

### **Patients receiving high-dose chemotherapy or radiation:**

You will need to follow this diet until your treatment is finished and you are no longer “neutropenic”. Your medical team will monitor your ANC closely. Your risk for infection is greater if your ANC is less than 500 cells per uL (microliter) of blood ( $0.5 \times 10^9/L$  on your lab results). When your ANC is greater than 0.5 you are no longer considered to be “neutropenic”. Please note your medical team **may** want you to continue this diet - even if you are no longer neutropenic - if you are expected to have more chemotherapy/radiation in a short period of time.

## For Those Having a Stem Cell Transplant or Immune Effector Cell Therapy:

### Autologous stem cell transplant recipients:

You must remain on this diet until day 100 which is **about 3 months after your Day Zero (the day of transplant)** and you are no longer neutropenic (ANC is greater than  $1.0 \times 10^9/L$ ).

Allogeneic stem cell transplant or Cord Blood transplant: You should continue this diet until you have completed immunosuppressive therapy. Your medical team will also consider discontinuing this diet if:


- you are at least **6 months past Day Zero** of your allogeneic or cord blood transplant.
- you are on a tapering schedule of tacrolimus, your therapeutic levels for tacrolimus are no longer being monitored, **OR** you are on low-dose steroids\* for **the past 30 days**. (\*Such as methyl prednisone dose of less than 0.1 milligram per kilogram of body weight per day)
- you have not received any other systemic agents to control Graft vs Host Disease (GvHD) such as rituximab, infliximab, ruxolitinib, tocilizumab) **within past 6 months**.


Immune Effector Cell Therapy (such as CAR-T or TIL): you need to continue this diet:

- **until day 28**.
- you are no longer neutropenic (ANC greater than  $1.0 \times 10^9/L$ ).
- and you no longer need growth factor shots.

Please note: You may need to continue or restart the Immunosuppressed Diet if you are readmitted to the hospital for

illness, have a flare-up of GvHD, or if it is in your best interest according to your doctor’s judgement.

<b>Food Group</b>	<b>Foods Not Recommended</b>
<p><b>Dairy</b></p>	<p>Unpasteurized or raw milk, or milk products made from unpasteurized or raw milk.</p> <p>Cheeses with:</p> <ul style="list-style-type: none"> <li>• chili peppers or other uncooked vegetables.</li> <li>• molds such as blue, Stilton, Roquefort, and gorgonzola.</li> </ul> <p>Deli-sliced cheese served cold.</p> <p>Soft cheeses made from unpasteurized (raw) milk, such as feta, brie, blue-veined cheese, camembert, queso blanco, or queso fresco.</p>
<p><b>Protein Foods</b></p> 	<p>Raw, rare, or undercooked meat, poultry, game, and tofu.</p> <p>Raw or undercooked fish or shellfish (including sushi, sashimi, or ceviche).</p> <p>Raw Tempeh products.</p> <p>Refrigerated smoked fish, lox, pickled fish, raw fish, clams, and oysters.</p> <p>Raw or undercooked eggs (including runny, soft-cooked, or poached), non-pasteurized egg</p>

<b>Food Group</b>	<p>substitute; foods containing unpasteurized egg.</p> <p>Raw or unroasted nuts and seeds. Nuts in a shell.</p> <p style="text-align: center;"><b>Foods Not Recommended</b></p>
<b>Processed Meats</b>	<p>Hot dogs, bacon, sausage, fresh-cut deli meats/cheeses or luncheon meats that have not been heated to steaming hot (165 °F).</p>
<b>Pâtés</b>	<p>Unpasteurized and/or refrigerated pâtés or meat spreads.</p>
<b>Entrées and Soups</b>	<p>All miso products, such as miso soup or paste.</p> <p>Self-serve soups at grocery stores or restaurants.</p>
<b>Fruits and Vegetables</b> 	<p>Fresh fruits and vegetables (including packaged salad kits) that have not been washed under cold, running water.</p> <p>Any produce with bruises or splits in the skin.</p> <p>Pre-cut fresh produce served raw.</p> <p>Salads from restaurants, delicatessens, or salad bars.</p> <p>Fresh, non-pasteurized salsas found in the refrigerator case.</p> <p>Non-pasteurized sauerkraut.</p> <p>All raw vegetable sprouts, such as alfalfa or bean sprouts.</p>
<b>Grains</b>	<p>Raw or uncooked grain products (such as Muesli cereal).</p>

	<p>Breads, rolls, or pastries in self-serve bins or open-ended bags (such as artisan breads).</p>
<p><b>Food Group</b></p>	<p><b>Foods Not Recommended</b></p>
<p><b>Fats</b></p>	<p>Refrigerated salad dressings containing unpasteurized eggs or cheeses that are listed as “not recommended” in “Dairy” section.</p>
<p><b>Beverages</b></p> 	<p>Un-boiled well water.</p> <p>Unpasteurized fruit juice, vegetable juice, or cider. <i>(Must boil 1 minute; cool before drinking.)</i></p> <p>Cold-brewed tea made with warm or cold water.</p> <p>Maté tea or loose tea.</p>
<p><b>Desserts</b></p>	<p>Unrefrigerated, cream-filled pastry products (not shelf-stable)</p> <p>Unwrapped or self-serve desserts (such as cookies, muffins, pastries, or candies).</p>
<p><b>Other</b></p> 	<p>Bulk food that is not wrapped or in a sealed container (such as unwrapped candy, nuts, granola, or dried fruit).</p> <p>Raw, unpasteurized, or non-heat-treated honey; honey in the comb,</p> <p>Brewer’s yeast, if uncooked.</p>

	Homemade mayonnaise, eggnog, or raw cookie dough containing raw egg.  Street vendor foods or food samples in stores.
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## **Water, Water Everywhere...But Is it Safe to Drink?**

**Tap water** that is rigorously tested daily for parasites, bacteria, and viruses - such as that of the Erie County Water Authority which works in conjunction with the Buffalo Water Authority – **is considered safe for you to drink.**

**Bottled water** is another **safe choice.**

**Untreated well water is NOT SAFE!** It may contain a variety of bacteria or viruses that could be life threatening. **Well water must be boiled before you can safely drink it.** (Well Water must come to a rolling boil for a minimum of one minute. Then cool, store in the refrigerator, and use within 48 hours.)



## How to Handle and Prepare Food Safely

Unfortunately, there is no way to “know” if foodborne pathogens are present in your food. These microbes are typically not something you can see, smell, or taste. The best approach to avoid foodborne illness is to follow the **USDA four basic steps for food safety**:

### 1. CLEAN

- Wash your hands in warm soapy water for at least 20 seconds before and after handling food.
- Wash cutting boards, dishes, utensils, and counter tops with hot soapy water between the preparation of raw meat, poultry, and seafood products and preparation of any other foods that will not be cooked.
- **Wash all produce.** Rinse all raw fruits and vegetables under running water and scrub firm-skinned fruits and vegetables with a produce brush, including produce with skins or rinds that will be removed before eating, peeling, or slicing.
- Packaged fresh vegetables and salad kits must also be washed – even if it states “triple washed” on the package.
- Avoid eating raw fruit or vegetables with bruised areas or openings in the skin. Bacteria can thrive in these places.
- Wash the top of cans and can opener with hot, soapy water before use.
- Use paper towels to clean kitchen surfaces. If you prefer cloth towels, wash them often on the hot cycle of your washing machine.



## 2. SEPARATE

- **Don't cross-contaminate.** This happens when bacteria are spread from one food product to another. Cross-contamination commonly occurs when handling raw meat, poultry, seafood, and eggs. These raw foods and their juices must not come in contact with ready-to-eat or cooked foods.
- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery cart, grocery bags, and refrigerator.
- Never put cooked food on a plate that previously held raw meat, poultry, seafood, or eggs. If you must use the same plate, wash it with hot soapy water before using it to hold cooked or ready-to-eat foods.
- If possible, use one cutting board only for raw meat, poultry, and seafood and another only for fresh produce, breads, and cooked foods.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.

## 3. COOK

- Remember – color of food is not a reliable indicator of safety or doneness. **Use a food thermometer** to check the internal temperature in several places to make sure meats, poultry, seafood, or egg products are cooked to safe minimum temperatures as shown on the “**Is It Done Yet?**” **food chart** (see next page).
- Cook **shrimp, lobster, and crab** until the shells turn red and the flesh is pearly opaque.
- Cook **clams, mussels, and oysters** until the shells open. If the shells do not open, do not eat the oyster inside.
- Bring all **sauces, soups, and gravy** to a boil when reheating. Heat other **leftovers** to 165°F.

- Heat **hot dogs, bacon, sausages, and fresh-cut deli meats/ luncheon meats** until steaming hot or 165°F before eating.
- Stir and rotate foods when cooking in the microwave to ensure even cooking. Always allow standing time to complete cooking before checking the internal temperature with a food thermometer.

### **USDA “Is It Done Yet?” Chart**

<b>Product</b>	<b>Minimum Internal Temperature &amp; Rest Time</b>
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
<b>Ground Meats</b>	160 °F (71.1 °C)
<b>Ground Poultry</b>	165 °F
Ham, fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

## 4. CHILL

- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90°F.
- Never thaw food at room temperature, such as on a countertop. It is safest to thaw food in the refrigerator, in cold water, or in the microwave. If thawed in cold water or in the microwave, you should cook the food immediately.
- Refrigerate leftover cooked foods immediately after a meal in an uncovered, shallow container on the top shelf of the refrigerator. Cover after cooled. **Use leftovers within 3 days (72 hours). Reheat leftovers to at least 165°F.**

## ALWAYS REMEMBER....



When in Doubt, Throw it Out!

## Sanitizing Mix



3 Tablespoons unscented bleach + 1 quart (4 cups) water

## Disinfecting

- Sanitize cutting boards, knives, and appliance blades after each use with the sanitizing solution mixture.
- Keep appliances and countertops free of food particles.
- If you have a dishwasher, use it to wash your dishes instead of washing dishes by hand. The hot water temperatures and the heat from the drying cycle are more effective at sanitizing your dishes.
- If you wash dishes by hand, wear rubber gloves and use hot water to wash and rinse the dishes. Allow dishes to air dry whenever possible to reduce bacteria that may contaminate dishes from dish towels.
- Replace dish cloths and dish towels daily: sanitize them in the sanitizing solution.
- Replace sponges at least weekly. These also can be cleaned with the sanitizing solution if you plan to use them again

## What Else Can I Do to Prevent Foodborne Illness?

### Be a Smart Shopper

- Select unblemished fresh fruits and vegetables with the skin intact.
- Check “sell by” and “use by” dates when you buy meats, dairy products, eggs, etc.
- Choose canned goods that are free of dents, cracks, or bulging lids.
- **Never** buy food that is displayed in unsafe or unclean conditions. (Avoid frozen foods that are not frozen solid and foods in damaged packaging.)
- Pick up refrigerated and frozen items last when shopping to reduce warming or thawing.
- Keep a cooler in the car to prevent refrigerated and frozen foods from thawing or warming on the way home.

- Store eggs in their original carton in the main part of your refrigerator when you get home.
- Do not taste free food samples while you shop. Store groceries promptly.
- Refrigerate/freeze foods according to the USDA Cold Storage Chart.

## **For more information on proper cooking and food storage temperatures:**

- Download the **USDA Foodkeeper App**.

(Free for Android and Apple devices)

- Or visit their **website**:

<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>

- Or scan the **QR code below**.



## **Tips for Eating Out**

1. The cafeteria and food/beverage kiosks in the hospital must be treated like an outside restaurant when it comes to safety and food selection.
2. Try to get food from restaurants you are familiar with – places that are clean and that serve the food thoroughly cooked. If you are unfamiliar with the restaurant, here are a few things to look for to help you evaluate the safety:
  - ✓ The restaurant and restroom should be clean and orderly.
  - ✓ If you can see the staff in the food prep area, make sure they are wearing gloves.
  - ✓ Check out the meals coming out of the kitchen – if you see a lot of fresh or raw vegetable or fruit garnishes, ask that yours be served without these items.
3. Avoid buffets, potlucks, salad bars, sidewalk vendors, and food samples offered at grocery stores.
4. Avoid fresh produce. Think “cooked foods” when you eat out.
5. Avoid any self-serve foods that could be potentially touched with bare hands. (Salad bars, buffets, potlucks)
6. Avoid cold delicatessen meats or cheeses unless heated to steaming hot. For example, a cold turkey sandwich is not allowed, but a grilled turkey and cheese sandwich is okay.
7. Uneaten portions of cooked foods should be dated, promptly refrigerated, and should only be eaten/reheated within 3 days (72 hours) of the food being made.

# NOTES

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**If you have any questions, please call the  
Roswell Park Dietitian Office  
716-845-2398**







