

# Progression Diet Level 1

## for Patients with Graft vs. Host Disease

### Utah Blood and Marrow Transplant Program

Your doctor wants you to follow a special diet called the progression diet because you have developed graft vs. host disease (GVHD) after your stem cell transplant. On this diet, you eat small amounts of easy-to-digest food until you can digest more complex food. The length of time you stay on this diet depends on how sick you are from GVHD.

Clear liquid foods are always allowed. After you are able to have a clear liquid diet with no cramping, you may begin this diet.

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#### Progression Level 1-A

- Introduce new foods from the list below and on page 2, in the amounts shown and in any order you prefer.
- Try only one new food item at a time.
- Wait at least three hours after trying each new food.
- Continue eating the foods that do not cause cramping.
- Increase the amount of each food you eat over time.

Food	Date and Time Tried	Notes
Applesauce, ½ cup		
Bagel, plain, white, ½		
Banana, ½		
Bread, dinner roll, 1		
Bread, English muffin, plain or toasted, ½		
Bread, sourdough, plain or toasted, 1 slice		
Bread, white, plain or toasted, 1 slice		
Broth, beef, ½ cup		
Broth, chicken, ½ cup		
Broth, vegetable, ½ cup		
Cheerios, plain, 1 cup		
Corn Flakes, plain, 1 cup		

Food	Date and Time Tried	Notes
Cracker, graham, 2 squares		
Cracker, saltine, plain or salted, 2		
Cream of Wheat, plain, ½ cup		
Gelatin, any flavor, ½ cup		
Italian ice, any flavor, ½ cup		
Pasta, plain, any type, ½ cup		
Peaches, canned, ½ cup		
Popsicle, 1		
Potato, baked or mashed, ½ cup		
Rice, white, ½ cup		
Rice Krispies, plain, 1 cup		
Soy milk, 1 cup		
Special K, plain, 1 cup		