

Progression Diet Level 2

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. You completed Level 1 of the progression diet and can now add more new foods.

Progression Level 2

- Introduce new foods from the list below and on page 2, in the amounts shown and in any order you prefer. You may still eat anything from levels 1-A and 1-B of the progression diet.
- Limit foods with lactose to one per meal. The Bistro menu shows a red dot beside the items with lactose.
- 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
Asparagus, ½ cup		
Beef steak, broiled, 2 ounces		
Beef, teriyaki entree		
Beets, ½ cup		
Canadian bacon, 1 slice		
Egg, fried or scrambled, 1		
Egg substitute, scrambled, ½ cup		
French toast, 1 slice		
Frosted Flakes, 1 cup		
Green peas, ½ cup		
Ham slice, 1		
Mixed vegetables, grilled, ½ cup		

Food	Date and Time Tried	Notes
Oatmeal, ½ cup		
Omelet, any variety		
Pancake, 1		
Polenta Cake entree		
Sandwich, grilled chicken		
Sandwich, deli, any variety		
Smoothie, C Boost		
Smoothie, Mighty Mango		
Soup, vegetable medley, ½ cup		
Turkey sausage, 1 link		

When you can tolerate foods in the progression level 2 diet, your doctor will move you to the immunosuppressed, low-lactose diet. You will be able to add more new foods.