

Your cancer treatment has weakened your immune system. The immune system is the way your body fights infection and disease.

Sometimes the foods you eat can carry germs that may put you in danger of infection or illness. The following guidelines will help you avoid these foods. They will also give you food preparation tips to keep your food safe.

Here are some general guidelines:

- Wash all fresh and frozen produce with a brush under warm running water, even if the produce is labeled pre-washed. Wash foods you will peel such as bananas, oranges, and potatoes before peeling.
- Keep raw meats separate from other food.
- Do not buy food from bulk containers.
- Wash cutting boards after each use.
- Do not eat leftovers that have been in the refrigerator longer than three days.
- Do not eat any perishable food that has been sitting at room temperature longer than two hours.

Check the table below for foods that are safe and not

safe for you to eat.

Eating Out

You may eat at clean, non-buffet restaurants one month after transplant or treatment following these guidelines:

- Do NOT eat at salad bars or buffets.
- Do NOT eat raw fruits and vegetables from restaurants.
- Use only individually packaged sauces and spreads.
- Do NOT use restaurant delivery services. It is safer to order freshly prepared food and pick it up yourself.
- Do NOT take a risk! If food appears undercooked or unsafe in any way, don't eat it.

For More Information

If you have questions about these guidelines, please call the dietitian on your treatment team:

Name _____

Phone number _____

Food Type	Safe to Eat	Not Safe to Eat
Dairy	Pasteurized milk products Commercially packaged hard and semi-soft cheeses Soft cheeses such as Brie, Camembert, or feta, if melted or cooked before eating	Non-pasteurized or raw milk products Cheeses from the deli Cheeses with chili peppers or other uncooked vegetables Cheeses with molds such as Blue, Stilton, Roquefort, Gorgonzola Mexican-style soft cheeses such as queso fresco and queso blanco

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Food Type	Safe to Eat	Not Safe to Eat
Meat, eggs, fish, and other proteins	<p>Meats cooked to well-done. Temperature at the center of the item should be as follows:</p> <ul style="list-style-type: none"> • Poultry: 165° F • Casseroles or leftovers: 165° F • Hot dogs and lunch meats: 165°F • Ground meat: 160°F • Pork: 160° F • Egg dishes: 160° F • Steaks and roasts: 145° F • Fish: 145° F <p>Canned meats</p> <p>Eggs cooked until both the white and yolk are firm</p> <p>Pasteurized eggs and egg substitutes (Egg Beaters), powdered eggs</p> <p>Pasteurized or cooked tofu</p>	<p>Raw or undercooked meat</p> <p>Raw or undercooked eggs and non-pasteurized egg substitutes</p> <p>Lunch meats not heated</p> <p>Hard cured salami in natural wrap</p> <p>Pickled fish</p> <p>Tempe/tempeh products</p>
Fruits and vegetables	<p>Well-washed fresh and frozen fruits and vegetables</p> <p>Cooked fruits, vegetables, and beans</p> <p>Canned fruits, vegetables, and beans</p> <p>Pasteurized juices and frozen juice concentrates</p> <p>Juices made at home from washed fruits or vegetables</p> <p>Store-bought salsa from the shelf (refrigerate after opening)</p> <p>Fresh salsa made at home from washed vegetables</p> <p>Dried fruits</p> <p>Cooked sprouts</p>	<p>Unwashed raw or frozen fruits and vegetables</p> <p>Non-pasteurized fruit and vegetable juices</p> <p>Store-bought fresh salsa from the refrigerator case</p> <p>Raw sprouts</p> <p>Commercially pre-cut fruit and vegetables</p> <p>Grapefruit, pomegranate (these interact with many medicines)</p>
Grains and starches	<p>Breads, bagels, rolls, English muffins, muffins, pancakes, sweet rolls, waffles, French toast, and tortillas</p> <p>Potato chips, corn chips, tortilla chips, pretzels, popcorn</p> <p>Cooked grains and grain products such as rice</p> <p>All cereals</p>	<p>Raw (not baked or cooked) grain products such as raw oats</p> <p>Unrefrigerated cream-filled pastry products that are not commercially packaged</p> <p>Uncooked cookie dough</p>

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Food Type	Safe to Eat	Not Safe to Eat
Fats	<p>Canned or bottled roasted nuts</p> <p>Shelled, roasted nuts and nuts in baked products</p> <p>Commercially packaged nut butters (peanut butter, almond butter, soybean butter)</p> <p>Vegetable oils and shortening</p> <p>Refrigerated lard, margarine, and butter</p> <p>Store-bought mayonnaise and salad dressings from the shelf (refrigerate after opening)</p> <p>Cooked gravies and sauces</p>	<p>Raw, unshelled nuts and seeds</p> <p>Fresh salad dressing containing raw eggs or cheeses</p>
Beverages	<p>Tap water from a public water system</p> <p>Tested well water</p> <p>Commercially bottled waters treated with reverse osmosis, distillation, or filtration with an absolute 1 micron filter</p> <p>All canned, bottled, and powdered beverages</p> <p>Tea or coffee made with boiling water</p> <p>Herbal teas brewed from commercially packaged tea bags</p> <p>Commercial nutritional supplements</p> <p>Alcoholic beverages, except those in the Not Safe to Eat list, only if approved by doctor</p>	<p>Untested well water</p> <p>Cold-brewed coffee or sun tea</p> <p>Wine</p> <p>Unpasteurized beer, including home-brewed</p> <p>Maté tea</p> <p>Kombucha tea</p> <p>Green tea (interacts with many medications)</p>
Sauces and spreads	<p>Pasteurized honey</p> <p>Salt, granulated sugar, brown sugar</p> <p>Jam, jelly, syrup (refrigerate after opening)</p> <p>Ketchup, mustard, BBQ sauce, soy sauce (refrigerate after opening)</p> <p>Vinegar</p> <p>Store-bought pickles, pickle relish, olives from the shelf (refrigerate after opening)</p>	<p>Raw honey</p> <p>Uncooked Brewer's yeast</p> <p>Olives from self-serve bar</p> <p>Pickles from the refrigerator case</p>