



### NEUTROPENIC DIET FOR CHILDREN

**OBJECTIVE:** To reduce the number of organisms in food that could cause infection in the immune-compromised patient.

**NUTRITIONAL ADEQUACY:** The neutropenic diet is a regular diet utilizing low-bacteria foods and meets the U.S. Recommended Dietary Allowance for all nutrients.

Food Group	Foods Allowed	Foods not Allowed
Beverages	Pasteurized milk or eggnog, coffee, tea, carbonated beverages, Gatorade, sterile water and ice, pasteurized fruit juice	Unpasteurized milk or eggnog, unpasteurized fruit juice, water from a well
Breads/starches	Sliced bread, muffins, rolls, crackers, cooked cereal, cold cereal without nuts or dried fruit, pancakes, waffles, French toast, pasta, potatoes, rice, popcorn, tortillas	Sweet rolls or doughnuts with custard or cream filling, cold cereals with nuts or dried fruits
Desserts	Pudding, cake, cake icing, Italian ice, frozen yogurt, pasteurized yogurt (ex: Dannon or Yoplait), sherbet, cooked custard, ice cream, popsicles, any well-cooked dessert, commercially-packaged desserts (Twinkies, etc.)	Desserts containing uncooked fruit
Dairy products	Pasteurized cheese (Swiss, Monterey Jack, cheddar, mozzarella, parmesan, cream cheese), pasteurized yogurt (including those with fruit and live cultures), pasteurized milk, sour cream, and ice cream	Unpasteurized cheese and dairy products (hot pepper jack, brie, Camembert, blue cheese, Roquefort, Stilton, farmer's cheese, feta cheese)

<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods not Allowed</b>
<b>Eggs</b>	<b>Well-cooked eggs (no runny yolks)</b>	<b>Raw or under-cooked eggs</b>
<b>Fats</b>	<b>All except those not allowed</b>	<b>Blue-cheese salad dressing</b>
<b>Fruits</b>	<b>All canned or cooked fruit</b>	<b>Fresh fruits, dried fruits</b>
<b>Meats and other proteins</b>	<b>All canned or cooked meats, fish, or game, cooked hot dogs, canned tuna, bacon, sausage, commercially-packaged salami, bologna or other lunch meats, commercially-packaged peanut butter, meat or fish salads made with cooked vegetables (ex: tuna salad with pickles)</b>	<b>Raw or under-cooked meats, fish, or game, dried meats (beef jerky), raw hot dogs, meat or fish salads made with raw vegetables or raw fruit (ex: tuna salad with celery or apples), meat and cold cuts from delicatessen</b>
<b>Soups</b>	<b>All cooked soups</b>	<b>Cold soups (gazpacho, etc.)</b>
<b>Vegetables</b>	<b>All cooked vegetables, canned vegetables, tomato juice</b>	<b>Raw vegetables and salads</b>
<b>Miscellaneous</b>	<b>Sugar, heat-treated honey, jam, jelly, syrup, molasses, candy, chocolate, salt, spices added prior to cooking, cooked nuts and seeds, vinegar, catsup, mayonnaise, mustard, pickles, olives, lemon juice, commercial baby food</b>	<b>Spices and pepper not cooked with food, uncooked nuts or seeds, uncooked garnishes, candy made with uncooked seeds, nuts, or dried fruit, raw honey, boiled peanuts</b>

## **DISCHARGE DIET INSTRUCTIONS NEUTROPENIC DIET**

The neutropenic diet should be followed for 90-100 days after the day of transplant (approximately 3 months.)

No restaurant food, fast food, or food from a delicatessen should be eaten while on the diet.

Water from a well is not allowed on the diet unless tested yearly and found to be safe. This includes ice or beverages made with well water (Kool-Aid, etc.) City tap water and bottled water are allowed.

Basic food safety precautions should be observed with regard to food preparation and storage. (Refer to “Home Food Safety” handout.)

Please call the pediatric bone marrow transplant dietitian at (601) 815-1015 if you have any questions about the diet.