

*“This sure helps to rejuvenate
and restore after transplant.”*

— BMT Survivor

CHAPTER 12



Diet and Nutrition After Discharge

Essential Food Safety Guidelines

Problems Caused by Cancer Treatment

Chapter 12

Diet and Nutrition after Discharge

Once you are discharged from the hospital, it is important that you eat enough of the right foods and drink enough liquids. When you are returning to your home or to Hope/Parsons Village after your hospital stay, your dietitian will help you plan the right choices of foods for this period of your recovery.

Diet and Nutrition after Transplant

Food safety is especially important for transplant recipients to reduce risk of foodborne illness. Before you are discharged to home or to the Village, you and your caregiver may request to meet with a clinical dietitian from City of Hope. The dietitian will instruct you and your caregiver on food safety guidelines. The dietitian also will provide you with information on shopping for food, food preparation and food storage.

If you have any questions related to the diet information, you may contact Clinical Nutrition Services, at extension 62108, at any time following your discharge from the hospital.

Responsibility for Meals

It is the responsibility of the patient or the patient's caregiver to purchase foods and prepare meals that follow the food safety guidelines. Groceries may be purchased from local markets. Restaurant meals and take-out foods are not recommended. If a patient requires a meal while in the Outpatient Clinic, a special sack lunch may be sent from City of Hope's Department of Food & Nutrition Services. Please speak with a staff member.

Preparing and Serving Food

Please refer to the following guidelines:

- Anyone preparing food for the patient needs to wash his/her hands before handling the food.
- Clean areas that you will be using to prepare food, such as cutting boards and counter tops. These areas should be cleaned with hot soapy water. As an added precaution, clean cutting boards and counter tops may be cleaned with a weak bleach solution. Use 1 tablespoon unscented liquid chlorine bleach per gallon of water. Allow areas to air dry. Rubber or plastic cutting boards may be run through the dishwasher.
- Wash dishes, pots and utensils with very hot soapy water. Rinse with running hot water. Allow them to air dry. Do not use dish towels to dry them. Can openers should be cleaned in the same manner.

- When cooking in a microwave, cover food, stir and rotate for even cooking. Rotate by hand or use a microwave with a turntable during cooking.
- A barbecue grill may be used but must be thoroughly cleaned prior to use.
- Cook foods to safe temperature. Use a food thermometer to measure the internal temperatures of cooked foods.

Food Storage

Cooked foods should not be eaten by the patient if left at room temperature for more than two hours. All leftover foods should be placed in the refrigerator. No leftovers should be consumed if stored longer than two days in the refrigerator or one week in the freezer. Before serving, leftovers should be heated thoroughly.

Food Safety

It is important to be mindful of the way you prepare, cook, and store your foods. Below is a list of important tips to keep everyone safe from food borne illness.

Essential Food Safety Guidelines:



Wash hands, utensils and cutting boards before and after contact with raw foods.



Keep raw meat and poultry apart from foods that won't be cooked.



Use a thermometer and refer to the temperature chart (below).



Chill leftovers and takeout foods within two hours and keep the fridge at 40 F or below.

USDA RECOMMENDED SAFE MINIMUM INTERNAL TEMPERATURES



145°F

with a three minute rest time

BEEF, PORK, VEAL, LAMB,
STEAKS, ROASTS AND CHOPS



145°F

FISH



160°F

GROUND BEEF, PORK,
VEAL AND LAMB



160°F

EGG DISHES



165°F

TURKEY, CHICKEN AND DUCK;
WHOLE, PIECES AND GROUND

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Essential Food Safety Guidelines

Type of Food	Foods Allowed	Food to Avoid
Meat, Deli and Poultry	<ul style="list-style-type: none"> Meat or poultry cooked to safe minimum internal temperatures Hot dogs, lunch meats or deli meats reheated to steaming hot or 165° F 	<ul style="list-style-type: none"> Raw or undercooked meat or poultry Hot dogs, deli meats and luncheon meats that have not been reheated
Fish and Seafood	<ul style="list-style-type: none"> Previously cooked seafood heated to 165° F Canned fish and seafood Fish cooked to safe minimum internal temperatures 	<ul style="list-style-type: none"> Any raw or undercooked fish or shellfish, or food containing raw or undercooked seafood, e.g., sashimi (found in sushi, ceviche, etc.) Refrigerated smoked fish Partially cooked seafood, e.g., shrimp and crab
Milk	<ul style="list-style-type: none"> Pasteurized milk 	<ul style="list-style-type: none"> Unpasteurized (raw) milk
Cheese	<p>Cheeses that are clearly labeled “made from pasteurized milk,” such as:</p> <ul style="list-style-type: none"> Hard cheeses Processed cheeses Cream cheese Mozzarella Soft cheeses 	<p>Soft cheeses made from unpasteurized (raw) milk, such as:</p> <ul style="list-style-type: none"> Feta Brie Camembert Blue Queso fresco (Mexican cheese type)
Eggs	<p>At home:</p> <ul style="list-style-type: none"> Use pasteurized eggs/egg products when preparing recipes that call for raw or undercooked eggs All other unpasteurized eggs need to be fully cooked <p>When eating out:</p> <ul style="list-style-type: none"> Ask if pasteurized eggs were used 	<p>Foods that contain raw or undercooked eggs, such as:</p> <ul style="list-style-type: none"> Homemade Caesar salad dressings Homemade raw cookie dough Homemade egg nog
Fruits and Vegetables	<ul style="list-style-type: none"> Washed fresh fruits and vegetables, including salads Cooked sprouts Cooked, frozen or canned fruits and vegetables 	<ul style="list-style-type: none"> Raw sprouts (alfalfa, bean or any other sprout) Unwashed fresh fruit and vegetables, including lettuce/salads Fruits or vegetables that have bruises, visible mold and/or soft spots
Pâtés	<ul style="list-style-type: none"> Canned or shelf-stable pâtés or meat spreads 	<ul style="list-style-type: none"> Unpasteurized, refrigerated pâtés or meat spreads
Honey	<ul style="list-style-type: none"> Honey that clearly states that it has been “pasteurized” Baked goods, cereals, snacks and other foods containing honey that have been pasteurized Cooked, nonpasteurized honey 	<ul style="list-style-type: none"> Nonpasteurized honey

What to do About Problems Caused by Cancer Treatment?

These are some of the problems that may occur because of your cancer treatment. Remember that each person is different. Not everyone will have the same problems, and not all of these suggestions will work for everyone.

Problems	Suggestions
Bloating (overfull feeling after just a few bites)	<ol style="list-style-type: none"> 1. Eat small meals often (every two to three hours). 2. Avoid fatty, fried and greasy foods. 3. Avoid gas-forming foods (cabbage family and beans.) 4. Avoid carbonated drinks and any foods you usually do not tolerate.
Constipation	<ol style="list-style-type: none"> 1. Eat high-fiber foods including fruit and cooked vegetables, whole grain breads, cereal and bran. 2. Add bran to your diet slowly. 3. Drink plenty of fluids (at least eight glasses a day). 4. A glass of prune juice or hot lemon water taken in the morning may help regularity. 5. Increase activity as much as you can.
Dehydration	<ol style="list-style-type: none"> 1. Drink plenty of fluids, including popsicles, broth, juices, etc.
Diarrhea	<ol style="list-style-type: none"> 1. Start with broth or a Popsicle and slowly add foods low in roughage, (steamed rice, applesauce, dry toast or bananas). 2. Let carbonated beverages lose their fizz before drinking. 3. Drink plenty of fluids to replace those lost through diarrhea. 4. Avoid fatty, greasy and spicy foods, raw vegetables and fruits.
Dry Mouth	<ol style="list-style-type: none"> 1. Add gravy, sauce or mayonnaise to make solid foods easier to swallow. 2. A liquid diet may be helpful. 3. Sucking on hard candy (especially lemon drops) or popsicles or chewing gum may help to create more saliva.
Heartburn	<ol style="list-style-type: none"> 1. Avoid hot and spicy foods. 2. Limit acidic foods, such as tomato products and citrus fruits. 3. Limit use of garlic and onions. 4. Do not lie down for at least one hour after eating.
Indigestion	<ol style="list-style-type: none"> 1. Eat small meals often. 2. Avoid eating too much at one time. 3. Avoid foods that are greasy or spicy.

Loss of Appetite	<ol style="list-style-type: none"> 1. Eat small meals often and snack between meals. 2. Choose high-protein, high-calorie foods and try to get one-third of your daily needs at breakfast. 3. Increase activity before meals. 4. Make meal times pleasant, relaxed and unhurried. 5. Set an attractive table and use a small plate. 6. Choose foods that smell good to you (fresh baked bread, cookies and soups). 7. Be creative with desserts and load them with calories (whipped topping, chocolate). 8. Choose what you like to eat. 9. Try different kinds of foods.
Milk Intolerance (Drinking milk may cause cramping, bloating and diarrhea)	<ol style="list-style-type: none"> 1. Avoid milk and dairy products. 2. Use Mocha Mix, Dairy Rich, soy milk products and Lactaid milk.
Nausea and Vomiting	<ol style="list-style-type: none"> 1. Eat small meals often. 2. If you vomit after the treatment, do not eat until several hours afterward. 3. Eat and drink slowly. Do not force foods if they make you feel full or sick. 4. Rest after eating but do not lie down for at least one hour. 5. Salty foods, soda crackers, toast, baked potatoes and rice are often well-tolerated. 6. Avoid overly sweet, greasy, hot or spicy foods, or foods with strong odors. 7. Cold foods have fewer odors and may be more appealing
Sore Throat	<ol style="list-style-type: none"> 1. Eat small meals often, served cold or at room temperature. 2. Try bland, soft or liquid foods. 3. Avoid citrus, tomatoes, spicy foods, alcohol and vinegar. 4. Foods usually well-tolerated are applesauce, cold liquids, cooked cereal, Gatorade, diluted juice, broth, plain pasta and scrambled eggs.
Strange Taste	<ol style="list-style-type: none"> 1. Try different seasonings and sauces to your foods. 2. Prepare foods that look and smell good to you. 3. Rinse mouth often.

Swallowing Difficulty	<ol style="list-style-type: none">1. Eat small meals often.2. Foods should be soft or cooked until tender.3. Foods and beverages that are thicker usually are easier to swallow than thin liquids.4. Cut foods bite-sized and add gravy or sauces.5. Use high-protein supplements (Ensure, Sustacal).6. Avoid hard and dry foods (nuts, crackers, popcorn and potato chips).
Water Retention	<ol style="list-style-type: none">1. Avoid salty foods (potato chips, pickles, soups, ham).2. Do not add salt to your food at the table.
Weight Loss	<ol style="list-style-type: none">1. Eat small meals often.2. Choose high-protein, high-calorie foods.3. Add extra butter to noodles, rice or vegetables.