

# Diet During Neutropenia

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## Patient Information

## Dietetic & Nutrition Department

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## Dietary guidelines during Neutropenia

When you are neutropenic (low white blood cells) your body is less able to resist infections. You must take extra care over the food that you eat in order to reduce the risk of eating some harmful bacteria.

Cleanliness and hygiene are important, and you must also avoid foods, which are known to have naturally high levels of bacteria.

Here are some guidelines to help ensure that only suitable foods are eaten. If you have any further questions, ask your nurse to contact the dietitian for you.

## General Advice

### Shopping

- Avoid buying food with damaged or broken packaging
- Buy chilled or frozen foods last and get them home as quickly as possible
- Always check use by and best before dates on packaging
- Avoid shops where raw and cooked meats are stored in the same fridge

### Storage

- The fridge should be kept between 0° c and 5° c
- The freezer should be kept below -18° c
- Store cooked food at the top of the fridge
- Raw or defrosting meat or fish should be kept at the bottom of the fridge
- Do not overload the fridge or freezer as this will lead to the temperature dropping
- Eggs should be stored in the fridge
- Use and store food as per manufacturer's instructions
- Never refreeze thawed food

## Food Preparation

- Hands should always be washed with warm water and soap before preparing food
- Hands should be washed after going to the toilet, sneezing, after touching pets, hair, dirty washing, ready-made or raw food
- Do not use a tea towel to dry hands, keep a separate towel or use kitchen paper
- Cover any cuts or grazes with a waterproof plaster
- Keep pets away from work surfaces, food and your dishes
- Ensure any cloths or sponges are regularly changed

- Avoid cross contamination of food by changing or washing chopping boards and utensils between raw and cooked foods
- Disinfect work surfaces regularly
- Wash can tops before opening them
- Wash fruit and vegetables before eating

## Cooking

- Thaw meat and poultry in a fridge and not at room temperature as bacteria grow quickly at room temperature
- Cook all food thoroughly and ensure it is piping hot all the way through
- Meat should be cooked until juices run clear
- Pre heat the oven to ensure food is cooked at the recommended temperature
- Always follow manufacturers guidelines and do not shorten cooking times
- Do not reheat cooked foods
- Microwaves can be used for defrosting and heating prepared foods following manufacturer's instructions
- Do not put hot food in to the fridge
- Cool food to room temperature within an hour after cooking and then chill or freeze

## Eating out

- Ensure food is piping hot when served and cooked all the way through

- Choose freshly prepared foods from reputable outlets. Avoid salad bars, street vendors, market stalls and ice cream vans

	Foods allowed	Foods to Avoid
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Starchy Foods	All types of bread, rolls, muffins, bagels, sweet rolls	
	Potato chips, corn chips, popcorn	
	Cooked and ready to eat cereals	
	Cooked grains e.g. rice and pasta	Bread and rolls with raw nuts
	Cooked white or sweet potato, chips etc	Cereals containing raw nuts
	All types of bread, rolls, muffins, bagels, sweet rolls	Raw oats
	Potato chips, corn chips, popcorn	Uncooked pasta, pasta salad or potato salad with raw vegetables or eggs
	Cooked and ready to eat cereals	
Cooked grains e.g. rice and pasta		
Cooked white or sweet potato, chips etc		

Meat, Fish and Poultry	<p>Meat, fish and Poultry which is thoroughly cooked</p> <p>Tinned food is safe</p>	<p>Raw meat and raw fish such as sushi, meat paste or pate</p> <p>Rare or medium cooked meat, fish or poultry</p> <p>Cold cuts from delicatessens</p>
Dairy Products	<p>Pasteurised milk</p> <p>Sour cream</p> <p>Milkshakes using individual cartons of ice cream and milk</p> <p>Commercial frozen milkshakes</p> <p>Refrigerated and frozen pasteurised whipped cream</p>	<p>Unpasteurised milk or yoghurt</p> <p>Milkshakes made with non-commercial ice cream or made in a blender</p> <p>Yoghurt or ice cream from a machine.</p> <p>Yoghurt and yoghurt products made with live and active cultures</p>

Cheese	<p>Processed cheese.</p> <p>Cheese made from pasteurised milk e.g. cheddar, edam, cream cheese, cottage cheese, cheese spread</p>	Cheese made from unpasteurised milk e.g. camembert, brie, blue veined cheese
Eggs	Always cook eggs thoroughly (the yolk should be hard)	Partially cooked eggs. Foods with raw eggs e.g. mousses or fresh mayonnaise
Soup	Hot soup, tinned soup and homemade soup	Cold soup made of stock from meat, fish or poultry
Vegetables and salads	<p>Vegetables should be thoroughly washed and well cooked</p> <p>All vegetables should be peeled</p>	<p>Raw vegetables e.g. peppers etc and fresh salads</p> <p>Bruised vegetables</p>
Fruit	<p>Canned fruit and juices.</p> <p>Pasteurised juices/smoothies</p> <p>Thick skinned fruits e.g. apples, banana, oranges</p> <p>Frozen fruits</p>	<p>Unwashed raw fruit</p> <p>Unpasteurised fruit juices</p>

Beverages	<p>Instant and brewed decaffeinated or regular coffee and tea</p> <p>Individual cans or bottles of carbonated beverages</p> <p>Brewed herbal teas</p> <p>Canned, bottles, powdered beverages and sports drinks</p>	Any others such as cold brewed tea
Water	Cool boiled tap water or carbonated water	Bottled still mineral or spring water, water from coolers/fountains
General	Baked products with nuts as ingredients, roasted nuts	<p>All uncooked herbs and spices</p> <p>Raw nuts</p>

## Contact Information

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