

Neutropenic Diet Guidelines

Neutropenia is the condition where the neutrophil count in your blood is too low. Neutrophils are a type of white blood cell that kills bacteria. When your neutrophils are low, following the neutropenic diet may help to reduce the risk of food related infections. Foods that are more likely to cause infection are raw, undercooked, or unprocessed foods which may contain large amounts of harmful bacteria and mold. Listed below are foods that are allowed and foods you should avoid while your neutrophils are low. Your nurse, doctor, or dietitian tells you when you should follow the neutropenic diet and when it can be stopped.

Food Group	Foods Allowed	Foods to Avoid
Meat and Alternatives	<ul style="list-style-type: none"> • all well cooked meat, poultry, fish, eggs, and tofu • all commercially canned meat and meat products • roasted or cooked nuts, and seeds • commercially packaged peanut butter 	<ul style="list-style-type: none"> • raw or undercooked meat, poultry, fish, eggs, or tofu • deli sliced meats, cold smoked salmon, pickled fish, or home canned meats • raw nuts and seeds, nuts roasted in the shell, or natural nut butters • all miso products - miso is a thick paste made from fermented soybeans or barley and is often used in Japanese cooking
Milk Products	<ul style="list-style-type: none"> • all pasteurized milk products, yogurt, and cheese • commercially prepared eggnog is allowed 	<ul style="list-style-type: none"> • raw or unpasteurized milk, cheese (feta, farmer's cheese), or yogurt • aged cheeses or cheese made with mold, such as sharp cheddar, old cheese, parmesan, romano, blue, brie, camembert, roquefort, and stilton • cheeses containing chillies, herbs, or other uncooked vegetables and fruits • unpasteurized eggnog (homemade or non commercially prepared)
Grain Products	<ul style="list-style-type: none"> • all baked and well cooked breads, pasta, rice, and cereals 	<ul style="list-style-type: none"> • any raw grain products such pasta, oats, or flours that have not been baked or cooked • grain products with nuts, coconut, or dried fruits added after cooking



Food Group	Foods Allowed	Foods to Avoid
Vegetables and Fruits	<ul style="list-style-type: none"> • all well cooked fruits and vegetables and pasteurized fruit and vegetable juices • all commercially canned vegetables and fruits 	<ul style="list-style-type: none"> • home canned fruits and vegetables • deli salads • unpasteurized fruit and vegetable juices, including freshly squeezed juices (homemade or non commercially prepared) • dried fruit • all raw vegetable sprouts such as alfalfa and broccoli sprouts • raw or undercooked fruits and vegetables - thick skinned fresh fruits such as bananas, • oranges, and grapefruit may be allowed; they must be washed under cold running water, peeled (the person who peels the fruit should not touch the edible part of the fruit), and show no signs of mold, bruising, or decay - contact your dietitian to see if these can be provided while you are in hospital
Desserts	<ul style="list-style-type: none"> • all baked and shelf stable desserts • milk shakes made from commercially packaged ice creams are allowed 	<ul style="list-style-type: none"> • baked goods or chocolate containing raw fruit or raw nuts • baked goods containing a cream filling that needs to be refrigerated • desserts containing raw eggs or meringue • soft serve ice cream and frozen yogurt or milkshakes prepared at restaurants
Other	<ul style="list-style-type: none"> • tap water from a city or municipal water supply is considered safe to drink 	<ul style="list-style-type: none"> • unpasteurized honey • dry or fresh spices and herbs added after cooking • Clamato™ juice • fresh salsa • salad dressings containing aged or mold - containing cheeses or unpasteurized eggs • homemade salad dressings or dressings made from dry package mix • brewer's yeast • well water or bottled water labeled "well water", "spring water", or "mineral water"

Safe food handling, storage, and preparation are important in preventing food related infections. Make sure to cook foods thoroughly. Keep work surfaces, equipment, and hands clean. Throw away any outdated food products.

For more information on the neutropenic diet or food safety, call your dietitian.

Dietitian: _____

Telephone: _____