

Neutropenic diet:

Neutropenia is a condition that is caused by one having a low white blood cell count. Patients that may have a weakened immune system (i.e. those having organ transplants, HIV/AIDS or high dose chemotherapy) are more likely to develop an infection. This is due to the fact that the body may not be able to protect itself from harmful organisms that can be found in some food or beverages.

Diet Guidelines of foods to avoid:

- Fresh fruits or vegetables
 - Cooked vegetables and canned fruits and juices are alright
- Raw or rare cooked meats, fish, or eggs
 - Meats should be cooked to the “well done stage”
 - Eggs should be thoroughly cooked (no runny yolks)
 - Such as sunny side-up
- Dried fruits or nuts
 - Unless they are thoroughly cooked
- Fats that contain avocado, raw eggs, or fresh herbs
- Unpasteurized dairy products
 - This includes yogurt and yogurt products with live and active cultures
 - Cream pies
 - Ice cream, milkshakes, eggnog, or cream pies
- Fresh herbs and seasonings
- Cold cuts and processed meats
 - Avoid deli meats
- Shellfish
- Unpasteurized apple cider
- Raw honey
- Foods from street vendors, delicatessens, “coffee carts” and salad bars
- Bottled water **unless the label reads:**
 - Reverse osmosis *or*
 - Distillation *or*
 - Filtered through an absolute 1 micron or smaller filter

General tips:

- Boil well water for at least 1 minute
- Practice proper food handling and food preparation practices
- Do not keep perishable foods such as milk, yogurt, and sandwiches at room temperature for more than two hours

Adapted from John Hopkins Bayview Medical Center and UPMC Health System