

## Low bacteria diet

Use these food safety guidelines when your child's ANC is less than 300 and during induction and re-induction therapy for acute lymphoblastic leukemia (ALL) treatment plans. While following the low bacteria diet, your child should avoid eating leftovers. If you must eat out while your child is neutropenic, please review the Eating Out Safely section of "Do you know... Eating safely."

Food group	Foods allowed	Foods excluded
<b>Beverages</b>	<p>Bottle water that has been processed by reverse osmosis, distillation or 1-µm particulate absolute filtration</p> <p>Freshly drawn tap water from a safe source (e.g. Memphis)</p> <p>Shelf stable bottled or canned drinks (e.g. juices, flavored waters, sports drinks)</p> <p>Freshly made ice from acceptable water source</p> <p>Steaming hot coffee (at least 175°F)</p>	<p>Water from a well that has not been tested</p> <p>Unpasteurized juice, milk</p> <p>Ice from ice machines in public places</p> <p>Icee® frozen drinks or other drinks from bulk machines</p> <p><b>Tea</b></p> <p><b>Herbal or flavored tea</b></p> <p>Open drinks left at room temperature for one (1) hour or more</p>
<b>Bread and Cereal Products</b>	<p>All, but those that contain uncooked dried fruits (e.g. raisin bread is OK but not cereal with raisins)</p> <p>Freshly prepared rice or pasta</p>	<p>Any that contains uncooked dried fruit or raw nuts.</p> <p>Reheated, refried, or leftover rice or pasta</p> <p>Uncooked Brewer's yeast</p>
<b>Eggs</b>	<p>All eggs must be cooked well done</p>	<p>Any under cooked or soft cooked eggs</p>

*This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.*

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<b>Food group</b>	<b>Foods allowed</b>	<b>Foods excluded</b>
<b>Meat, Fish, Poultry, Meat Substitutes, Soups, Nuts</b>	<p>Any well cooked, canned or prepackaged meat, fish, or poultry</p> <p>Prepackaged deli meat (e.g. Lunchables<sup>®</sup>)</p> <p>Roasted or cooked nuts</p>	<p>Meats that are not well done</p> <p>Fresh deli meat</p> <p>Cold smoked salmon, lox, shellfish, sushi, pickled fish</p> <p>Uncooked nuts</p>
<b>Milk</b>	<p>Pasteurized milk or yogurt</p> <p>Cheeses made from pasteurized milk</p> <p>Prepackaged or freshly homemade pasteurized ice cream, frozen yogurt or sherbet</p> <p>Commercially made nutritional products, supplements, and baby formulas</p>	<p>Raw/unpasteurized milk or yogurt</p> <p>Cheeses with molds (blue cheese, Gorgonzola, or Roquefort)</p> <p>Cheeses made from unpasteurized milk</p> <p>Soft serve ice cream, frozen yogurts, or sherbets from bulk machines</p>
<b>Fruit</b>	<p>Canned or cooked fruits</p> <p>Pasteurized juice</p> <p>Fresh bananas, oranges, melons or other thick skinned fruits that have been washed before cutting or peeling</p> <p>Smooth skin fruits that are washed well and then peeled and have no obvious bruising (e.g. apples, peaches, nectarines)</p>	<p>Any fruit that is rough skinned (strawberries, raspberries) or cannot be peeled after washing (grapes, cherries)</p> <p>Dried fruits that are not cooked</p>
<b>Vegetables</b>	<p>All cooked or canned vegetables</p> <p>Vegetables that can be washed and peeled (carrot, cucumber)</p> <p>Rough surface vegetables that have been blanched for at least one (1) minute under a rolling boil (broccoli, cauliflower, asparagus)</p>	<p>Raw vegetables that cannot be peeled or blanched (e.g. lettuce or other leafy greens)</p>

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# *Do you know...* continued

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<b>Food group</b>	<b>Foods allowed</b>	<b>Foods excluded</b>
<b>Fats and Spices</b>	Oils, crisp bacon, butter, cream cheese, margarine, mayonnaise Cooked spices prepared in foods Black pepper in small single-serve packets from St. Jude (it has been sterilized) Salt	Dressings containing mold (blue cheese) or raw eggs (Caesar), unpasteurized whipped cream, homemade mayonnaise, or other products that may contain raw eggs Bulk black pepper (it has not been sterilized) Spices added after cooking

### Questions?

If you have more questions for the St. Jude dietitians, call the Clinical Nutrition office at 495-3318. If you are calling from outside the Memphis area, call toll-free 1-866-2ST-JUDE (1-866-278-5833), and dial 3318 when the voice tells you to give the 4-digit extension.

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