

## Diet for Graft Versus Host Disease (GVHD)

The gastrointestinal tract (GI) is one of the major organs that can be affected by graft versus host disease (GVHD). Symptoms of GI GVHD can include nausea, vomiting, abdominal cramping, diarrhea, and/or intestinal bleeding. Weight loss is likely due to these symptoms.

When you have GI GVHD, your gut is inflamed. This inflammation makes it hard for your body to digest the foods and liquids you consume. Following a five-phase diet will give your gut the time it needs to heal.

The five-phase diet introduces foods back into your diet slowly. Foods should be low in fat and fiber. They should also be caffeine-free, lactose-free, and non-acidic. During the diet phases you are able to eat (Phases 2-5), you should try small amounts of new food one at a time. Wait three or four hours before trying another new food. If you have any nausea, vomiting, diarrhea, or abdominal pain, stop eating the most recently added food and contact your healthcare team.

### **Phase 1 – Bowel Rest**

Phase 1 is for people that have severe diarrhea. During this phase, you will not be able to eat or drink anything by mouth (NPO diet). This phase allows your gut to rest and begin to heal. You may need to have an intravenous (IV) line placed in your arm to give you the nutrients you need while you are not eating.

### **Phase 2 – Introduction of oral feeding**

Once your gut has started to heal, you may start adding liquids to your diet. These liquids must be low in lactose, acid, fat, caffeine, and fiber. Below is a list of recommended liquids you may introduce into your diet.

- Chicken and beef broth
- Pedialyte®
- Sports drinks (Gatorade®, Powerade®)
- JELL-O®
- Popsicles and Italian ice
- Fruit flavored beverages
- Strained fruit juice (no prune or acidic juices)
- Caffeine-free carbonated drinks such as Sprite®, Slice®, Ginger Ale, 7-Up®
- Caffeine-free coffee and tea
- Clear liquid nutrition supplements (Boost Breeze®, Ensure® Clear)

### **Phase 3 – Introduction of solids**

If you have tolerated Phase 2 without worsening symptoms, you can expand your food list. During Phase 3, you will be introduced to solid foods. These foods are low in acid, fiber, lactose, and fat.

Some fruits are allowed. Do not eat any meat or vegetables. Do not add any added fat to your diet. Below is a list of recommended solid foods you may introduce into your diet.

- White bread/toast
- English muffin
- White rice
- Plain white pasta noodles
- Saltine crackers, melba toast and graham crackers
- Pretzels
- Animal crackers
- Angel food cake
- Cream of rice, farina, and grits
- Plain cereals such as Rice Krispies®, Cheerios®, and Corn Flakes®
- Strained, pureed fruits
- Introduce sugar (jelly, maple syrup, honey)

#### Phase 4 – Expansion of diet

If you have completed Phases 1-3 without any worsening symptoms, you can start adding more solid foods to your diet. Foods allowed in Phase 4 are moderately low in fiber, fat and lactose. Meats, vegetables, and small amounts of fat are allowed. Below is a list of foods to help you make the best nutritional choices. The “Recommended Foods” list contains foods most patients with GVHD can eat. The “Foods to Avoid” list contains foods that patients with GVHD may not be able to eat. Every patient is different. Therefore, it is important that you continue to try one new food at a time.

#### Meat or Meat Substitutes

Recommended Foods	Foods to Avoid
<p><b>Fat-trimmed, lean, tender cuts of baked, broiled, or roasted:</b></p> <ul style="list-style-type: none"> <li>Beef</li> <li>Fish</li> <li>Ham</li> <li>Pork</li> <li>Poultry</li> </ul> <p>Eggs, cooked well-done</p> <p>Tofu</p> <p>Tuna (water packed)</p> <p>Seafood</p> <p>Low-fat luncheon meats</p> <p>Veggie dogs</p> <p>Veggie burgers</p>	<p><b>Fried Foods:</b></p> <ul style="list-style-type: none"> <li>Fried fish, meat, poultry, eggs</li> <li>Luncheon meats (including Spam)</li> </ul> <p><b>Pickled or cured:</b></p> <ul style="list-style-type: none"> <li>Corned beef</li> <li>Fish</li> <li>Hot dogs</li> <li>Meat</li> <li>Pepperoni</li> <li>Poultry</li> <li>Bacon and sausage</li> </ul> <p><b>Beef:</b></p> <ul style="list-style-type: none"> <li>Brisket</li> <li>Short ribs</li> <li>Spareribs</li> </ul> <p>Tuna (oil packed)</p> <p>Duck</p> <p>Cheese or cottage cheese</p>

## Fruit and Fruit Juices

Recommended Foods	Foods to Avoid
<p><b>Fruit juices and Canned Fruit:</b>  Applesauce  Apricots  Cherries  Fruit cocktail (without pineapple)  Peaches  Pears</p> <p><b>Fresh Fruit:</b>  Bananas</p>	<p><b>Juices:</b>  Prune  Tomato  Citrus</p> <p><b>Canned or fresh:</b>  Avocado  Berries  Citrus fruits  Cranberry (fresh or dried)  Dates  Figs  Oranges  Pineapple  Plums  Prunes  Raisins  Rhubarb</p> <p>All raw fruits (except bananas)</p> <p>All dried fruit</p>

## Vegetables

Recommended Foods	Foods to Avoid
<p><b>Well cooked, tender vegetables:</b>  Asparagus  Beets  Carrots  Celery  Green Beans  Mushrooms  Pumpkin  Spinach  Sweet potatoes and yams without skin  Water chestnuts  Winter squash</p> <p><b>Potatoes:</b>  Baked, peeled  Frozen hash browns  Boiled, peeled, mashed</p>	<p><b>Raw or cooked vegetables</b>  Artichokes  Baked beans  Bean/lentil/legume dishes  Broccoli  Brussel sprouts  Cabbage  Corn  Eggplant  Peppers  Leeks  Lettuce, other than iceberg  Greens (Collards, Kale)  Onions  Rutabagas  Sauerkraut  Tomatoes  Turnips  Tomato Sauce</p>

## Bread and Cereal Products

Recommended Foods	Foods to Avoid
<p><b>Bread or rolls:</b>            Corn            White</p> <p><b>Cereals:</b>            Apple Jacks®            Cheerios®            Corn Flakes®            Cream of rice or wheat            Farina            Froot Loops®            Frosted Flakes®            Grits            Kix®            Rice Krispies®            Lucky Charms®</p> <p><b>Crackers:</b>            Animal            Graham            Ritz®            Soda/Saltines®</p> <p>Egg or white bagels            English muffins            Pasta            Tortilla, corn or flour            White flour            White rice            Zwieback®            Rusk</p>	<p><b>Bread or rolls, whole grain:</b>            Cracked wheat            Pumpernickel            Rye            Whole wheat            Raisin bagel or raisin toast            Bread with nuts            Brown or wild rice            Bulgar            Cornmeal</p> <p><b>Cereals:</b>            Bran            Buckwheat            Cocoa Puffs®            Cracked Wheat            Frosted Mini-Wheats®            Granola            Grapenuts, Grapenut flakes            NutriGrain®            Puffed Wheat            Total®            Wheaties®            Wheat and Raisin Chex®            Whole grain pasta noodles</p>

## Soups

Recommended Foods	Foods to Avoid
<p><b>Broth based soups made with allowed meats and vegetables:</b>            Beef broth            Beef noodle            Chicken broth            Chicken noodle            Chicken rice            Vegetable            Turkey noodle            Vegetable beef</p>	<p>Highly seasoned soups            Milk and cream based soup and chowders*            Tomato soup            Bean with bacon            Chili            Chunky varieties            Green pea            Manhattan clam chowder            Minestrone            Onion            Split pea</p>

## Desserts

Recommended Foods	Foods to Avoid
Angel food cake Danish dessert Gelatin Popsicles  <b>Soft, plain desserts made with low lactose skim milk*:</b> Custard* Fruit cobbler Pudding (except chocolate)* Sherbet* Low fat cake (except chocolate)	Candied Fruit Chocolate Ice Cream* Doughnuts Pastries* Pies Desserts with nuts, dried fruit, seeds, coconut, or chocolate Creamsicles* Fudgesicles*

## Milk/Dairy Products

Recommended Foods	Foods to Avoid
Lactaid Milk Soy Milk Tofutti® Dream Whip® made with low lactose skim milk*	2% or whole milk* Cheese and cottage cheese* Cream* Cool Whip®* Dips* Ice Cream* Dairy creamers* Sour cream*

\* Contains lactose

**Note:** May be able to tolerate lactose containing foods if Lactase enzyme tablet taken with them.

## Fats in Small Amounts

Recommended Foods	Foods to Avoid
Fat-free or low fat salad dressing* Low lactose, low fat whipping cream*	Cool Whip®* Cream* Cream cheese* Regular mayonnaise* Regular salad dressing* Shortening Sour cream* Whipping cream*

## Beverages

Recommended Foods	Foods to Avoid
<b>Caffeine-free beverages:</b> Ginger Ale Sprite® 7-Up® Slice® Orange Gatorade® Seltzers Caffeine-free cola Fruit drinks Hawaiian Punch® Hi-C® Tang® Kool-Aid®  Decaffeinated Coffee Decaffeinated Tea Herbal tea	<b>Caffeinated or chocolate flavored carbonated beverages:</b> Mountain Dew® Root beer Cola Yoo-hoo® Energy drinks containing caffeine  Cocoa Alcohol Caffeine Peppermint Tea

## Supplements

Recommended Foods	Foods to Avoid
Boost® Boost Breeze® Ensure® Pro-Stat® Sugar Free MCT oil Pediasure®	Scandishake®* Boost® Very High Calorie

\* Contains lactose

**Note:** May be able to tolerate lactose containing foods if Lactase enzyme tablet taken with them.

## Miscellaneous

Recommended Foods	Foods to Avoid
Gum drops Hard candy Jelly beans Jelly or jams without seeds or skins Marshmallows Salt Sugar Syrups	Wrigley® Creme Savers* Candy with chocolate, nuts, raisins, seeds Gravy with milk or cream  <b>Fried snack foods:</b> Corn chips Doritos® Potato chips, etc. Garlic Nuts Pickles Popcorn  <b>Spices and Condiments:</b> Chili powder Cinnamon Cumin Ketchup Mustard Nutmeg Paprika Pepper Relish Steak sauce Tabasco® or other spicy sauces Vinegar

### **Phase 5 – Resumption of regular diet**

This phase allows you to resume a regular diet. Start to add the foods that were restricted for you back into your diet one at a time. You can gradually add more fat into your diet. The last foods that should be added back into your diet are those that contain fiber, lactose, and caffeine.

If you have any questions while following the five-phase diet, ask your healthcare team to contact the dietitian.

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**