





Dietary Precautions for Patients with Low White Blood Cells

The following suggestions-when handling food may help reduce the risk for infection in patients with low white blood cells:

General Recommendations

- Wash your hands often to prevent the spread of bacteria.
- Wash dishtowels often and wash sponges in the dishwasher regularly. Sponges can also be boiled for five minutes to remove bacteria.
- Check dates on food and do not eat foods that are past the expiration date.
- Thaw foods in the refrigerator or microwave. Never thaw foods at room temperature. Cook foods immediately after thawing.
- Refrigerate all leftovers within two hours after cooking and eat them within 24 hours.
- Avoid wooden cutting boards. Choose plastic, glass, or rubber cutting boards and clean them thoroughly with antibacterial soap and hot water after each use.
- Use separate cutting boards for meat/fish and produce.
- Use separate dishes, cutting boards and utensils during meal preparation.
- Never reuse a dish that has held raw meat or fish before cleaning thoroughly with soap and water.
- Wash all fruits, vegetables, fresh herbs and spices thoroughly water. Rinse fruits and vegetables before peeling so dirt and bacteria are not transferred onto the fruit or vegetable.
- Use a food thermometer to make sure that foods are fully cooked to proper temperatures. Bacteria will grow between 40 -140 degrees Fahrenheit.

Foods to Avoid

- Rare or medium-rare cooked beef, pork, poultry and lamb
- Raw eggs, raw honey (unpasteurized), raw fish and shellfish such as sushi, clams and oysters
- Salad bars and buffets
- Deli sandwiches and pre-made salads
- Unpasteurized dairy products (including milk and some varieties of cheese)
- Unpasteurized ciders and juices

Safe Minimium Internal Temperatures as measured with a food thermometer	
Beef, Pork, Veal, and Lamb (chops, roasts, steaks)	145 °F with a 3 minute rest time
Ground Meat	160 °F
Ham, uncooked (fresh or smoked)	145 °F with a 3 minute rest time
Ham, fully cooked (to reheat)	140 °F
Poultry (ground, parts, whole, and stuffing)	165 °F
Eggs	Cook until yolk and white are firm
Egg Dishes	160 °F
Lgg Diones	160 °F
Fin Fish	145 °F or flesh is opaque and separates easily with a fork
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Fin Fish Shrimp, Lobster, and Crabs	145 °F or flesh is opaque and separates easily with a fork Flesh is pearly and opaque

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