

## Department of Nutrition and Dietetics

# Dietary advice for people with severe neutropenia in protective isolation

### Introduction

Neutropenia is a condition where our immune system is compromised and you become more prone to developing infections. **This advice sheet is to help prevent food borne infections and should only be followed whilst you are severely neutropenic and in protective isolation on the Haematology Ward.**

### General Advice

1. **Follow good food hygiene practices** e.g. careful food storage, preparation and cooking. More detailed information is available, entitled “ Food safety”
2. **Choose foods, where possible, that are packaged in individual/small portions**
3. **Avoid take away foods**
4. **Avoid high-risk foods** i.e. foods which are potential sources of food poisoning. See food lists below.

Hospital catering conforms to high food standards and you only need to take care to avoid unpeeled fresh fruit, salad items and pepper sachets on the menu.

Avoid these high risk foods	Suggested alternatives
<p><b>Meats</b></p> <ul style="list-style-type: none"> <li>- Raw or undercooked meat and poultry</li> <li>- Pate</li> <li>- Cold sliced meat sold loose over the counter “deli style”</li> <li>- Smoked meat (e.g. salami, Parma ham)</li> </ul>	<p><b>Meats</b></p> <ul style="list-style-type: none"> <li>- Well cooked meat and poultry</li> <li>- Pasteurised meat pate and paste in tins or jars that do not need to be refrigerated</li> <li>- Vacuum packed cooked meats such as turkey and ham stored below 3<sup>0</sup> C and eaten following manufacturer’s instruction.</li> <li>- Tinned meat</li> </ul>



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Avoid these high risk foods	Suggested alternatives
<p><b>Fish</b></p> <ul style="list-style-type: none"> <li>- Raw or undercooked fish or shellfish</li> <li>- Ready to eat smoked fish</li> <li>- Sushi, caviar, oysters</li> <li>- Fresh fish paste</li> </ul>	<p><b>Fish</b></p> <ul style="list-style-type: none"> <li>- Well cooked fish and shellfish</li> <li>- Cooked dishes containing smoked salmon</li> <li>- Tinned fish</li> <li>- Pasteurised fish paste/pate</li> </ul>
<p><b>Cheese</b></p> <ul style="list-style-type: none"> <li>- Soft ripened e.g. Brie, goats cheese, Camembert, paneer, labnah</li> <li>- Homemade or deli paneer</li> <li>- Blue veined cheeses e.g. Danish blue, Stilton</li> <li>- Un-pasteurised cheese e.g. Parmesan, Feta</li> </ul>	<p><b>Cheese</b></p> <ul style="list-style-type: none"> <li>- Processed cheese e.g. Dairylea, Philadelphia, Kraft, Mesh and Halloumi</li> <li>- Paneer made with pasteurised milk</li> <li>- Pre-packed pasteurised cottage cheese, parmesan and mozzarella</li> <li>- Hard cheese e.g. Cheddar, Edam</li> </ul>
<p><b>Milk and cream</b></p> <ul style="list-style-type: none"> <li>- Un-pasteurised milk, milk sold on local farm</li> <li>- Artificial aerosol cream</li> </ul>	<p><b>Milk and cream</b></p> <ul style="list-style-type: none"> <li>- Pasteurised, sterilised or UHT milk, soya milk, Jersey milk, Lassi, evaporated &amp; condensed milk.</li> <li>- Fresh pouring cream, soured cream, crème fresh</li> </ul>
<p><b>Yoghurt</b></p> <ul style="list-style-type: none"> <li>- Probiotic or 'Bio' yoghurts and probiotic drinks (e.g. Yakult, Actimel, ProViva)</li> </ul>	<p><b>Yoghurt</b></p> <ul style="list-style-type: none"> <li>- Any yogurt that is not 'bio' or probiotic including plain, Greek and fruit yogurt</li> <li>- Fromage frais, live yoghurt</li> </ul>
<p><b>Eggs</b></p> <ul style="list-style-type: none"> <li>- Raw or lightly cooked eggs</li> <li>- Products containing uncooked egg e.g. home-made mayonnaise, soft meringue, mousse, egg-nog, hollandaise sauce, béarnaise, royal icing</li> <li>- Any salad dressing containing raw egg e.g. home-made or restaurant-made Caesar dressing</li> <li>- Home-made ice-cream and freshly whipped ice-cream e.g. from an ice-cream machine</li> </ul>	<p><b>Eggs</b></p> <ul style="list-style-type: none"> <li>- Very well cooked eggs (e.g. hard boiled yolk and white, scrambled egg, omelette)</li> <li>- Products containing pasteurised egg like shop bought mayonnaise</li> <li>- Manufactured ice-cream, individual portions, wrapped, small pots</li> </ul>

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Avoid these high risk foods	Suggested alternatives
<p><b>Fruit and vegetables</b></p> <ul style="list-style-type: none"> <li>- Raw unpeeled vegetables and fruits</li> <li>- Damaged or over-ripe fruits or vegetables</li> <li>- Salad and any products containing salad such as tabouleh, stuffed vine leaves</li> <li>- Any raw dried fruit such as raisins or products containing these (e.g. muesli, cereal with dried fruits, Bombay mix, confectionary)</li> <li>- Un-pasteurised or freshly squeezed fruit or vegetable juices and smoothies</li> </ul>	<p><b>Fruit and vegetables</b></p> <ul style="list-style-type: none"> <li>- Good quality fruits and vegetables that are well cooked or peeled</li> <li>- All tinned fruits and vegetables</li> <li>- Cooked dried fruit (e.g. fruitcake, flap jacks, cereal bars)</li> <li>- UHT/long life fruit juice</li> <li>- Pasteurised smoothies</li> </ul>
<p><b>Miscellaneous foods</b></p> <ul style="list-style-type: none"> <li>- Uncooked herbs &amp; spices and freshly ground pepper</li> <li>- Un-pasteurised or 'farm fresh' honey and honeycomb</li> <li>- 'Pick and mix' or 'deli-counter' foods e.g. deli olives or other products</li> <li>- Fresh nuts, nuts in shells.</li> </ul> <ul style="list-style-type: none"> <li>- Bottled still mineral or spring water, water from wells, water from coolers, water from fountains and domestic water filters</li> <li>- Ice made from water from above sources</li> <li>- Ice away from home e.g. in a restaurant, Slush Puppies</li> </ul>	<p><b>Miscellaneous foods</b></p> <ul style="list-style-type: none"> <li>- Cooked herbs, spices and pepper</li> <li>- Pasteurised or heat-treated honey - ideally in individual sachets</li> <li>- Ideally, packets should be individual portions (e.g. butter, sweets, pickles)</li> <li>- Processed and cooked nuts e.g. salted or roasted nuts, nuts in cans or nuts in cooked products such as cakes, cereals or confectionary.</li> <li>- Peanut butter</li> </ul> <ul style="list-style-type: none"> <li>- Freshly run tap water or carbonated bottled water</li> </ul>

**This information is based on the British Dietetic Association Policy Statement on the Neutropenic Dietary Advice for Haematology Patients 2016.**

When you go home it is important to follow good hygiene practices; please see separate information entitled 'Food safety' and 'Advice to help avoid infection when you have reduced immunity'.

Further information on 'Eating well with neutropenia' is also available from: Bloodwise [www.bloodwise.org.uk](http://www.bloodwise.org.uk).

# Patient Information

This information has been produced by Coventry Macmillan Dietitians,  
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