

Healthy Eating & Neutropenic Diet

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Healthy Eating

- **Fruit and Vegetables**
- **Regular carbohydrates**
- **Low fat**
- **Low Sugar**
- **Limited alcohol**



Alcohol

- **Linked with increase of developing certain cancers – as little as 1 unit per day**
- **Sensible drinking guidelines: -**
 - 1. Men drink less than 3 units alcohol per day or 21 per week**
 - 2. Women drink less than 2 units per day, or 14 per week**

Alcohol- 1 unit

Half pint standard strength (3-4%) beer, lager or cider

A single measure (25ml) of spirits

A standard 175ml glass wine – 2 units

A large glass of wine – 3 units



Weight

- **Maintain healthy weight**
- **Being overweight increases risk of many cancers**
- **Try to keep weight within normal range (normal BMI)**

- **If aiming for weight loss – 1kg (2lbs) per week**

- **Only eat as much as you need**
- **Eat a balanced diet with lots of fruit and vegetables**
- **Eat less sugar and fat**
- **Be more physically active**



Background

- **In Sept 2005 The BDA produced a professional consensus statement for the use of clean diets**
- **This arose due to the inconsistencies of practice amongst trusts and a lack of published evidence.**
- **BDA Haematology Subgroup – currently update**



Neutropenia

- **Following chemotherapy there is a risk of infection from bacteria or fungus in foods. This is due to:**
 - 1. The white blood cells that would usually fight food poisoning bacteria are at a low level (neutropenia)**
 - 2. The gut lining acts as a barrier between bacteria and the blood stream. Chemo and RT damage the gut lining making it easier**



Neutropenia

- **Neutropenia is defined as a neutrophil count below $1.0 \times 10^9/L$ in patients undergoing conditioning pre transplant and below $0.5 \times 10^9/L$ but increasing post transplant**
- **Limited evidence based on RCT therefore recommendation vary between institutes**
- **London Haematology Dietitians reviewed literature in conjunction with recent consensus – published by Leukaemia Research**

(EBMT, 2008)



Food Safety

- **Shopping – avoid damaged/broken packaging, food from over packed fridges or freezers**
- **Check best before dates**
- **Storage – fridge & freezer temps, shelf positions**
- **Food preparation**
- **Cooking**
- **Eating out**



Neutropenic Diet

- **Foods to avoid: -**
 - **Soft ripened cheese (Brie, Camembert, goats cheese)**
 - **Blue veined cheese**
 - **Raw or lightly cooked shellfish**
 - **Raw/undercooked meat, sushi, smoked items**
 - **Raw eggs or undercooked egg**
 - **Probiotic, live or bio products**
 - **Paté**
 - **All unpasteurised products**
 - **Raw unpeeled fruit or vegetables including salad**
 - **Uncooked herbs, spices and pepper**
 - **Non-drinking water, bottle mineral or spring water**



Any questions?

