

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
Fat-trimmed, lean, tender cuts of baked, broiled, or roasted: Beef Fish Ham Pork Poultry Eggs, cooked well-done Tofu Tuna (water packed) Seafood Low-fat luncheon meats Veggie dogs Veggie burgers	Fried Foods: Fried fish, meat, poultry, eggs Luncheon meats (including Spam) Pickled or cured: Corned beef Fish Hot dogs Meat Pepperoni Poultry Bacon and sausage Beef: Brisket Short ribs Spareribs Tuna (oil packed) Duck Cheese or cottage cheese

Fruit and Fruit Juices

Recommended Foods	Foods to Avoid
Fruit juices and Canned Fruit: Applesauce Apricots Cherries Citrus Fruit cocktail (without pineapple) Peaches Pears Tomato V-8® Fresh Fruit: Bananas	Juices: Prune Canned or fresh: Avocado Berries Citrus fruits Cranberry (fresh or dried) Dates Figs Oranges Pineapple Plums Prunes Raisins Rhubarb All raw fruits (except bananas) All dried fruit

Vegetables

Recommended Foods	Foods to Avoid
Well cooked, tender vegetables: Asparagus Beets Carrots Celery Green Beans Mushrooms Pumpkin Spinach Sweet potatoes and yams without skin Water chestnuts Winter squash Potatoes: Baked, peeled Frozen hash browns Boiled, peeled, mashed	Raw or cooked vegetables 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

Bread and Cereal Products

Recommended Foods	Foods to Avoid
Bread or rolls: Corn White Cereals: Apple Jacks® Cheerios® Corn Flakes® Cream of rice or wheat Farina Froot Loops® Frosted Flakes® Grits Kix® Rice Krispies® Lucky Charms® Crackers: Animal Graham Ritz® Soda/Saltines® Egg or white bagels English muffins Pasta Tortilla, corn or flour White flour White rice Zwieback® Rusk	Bread or rolls, whole grain: Cracked wheat Pumpnickel Rye Whole wheat Raisin bagel or raisin toast Bread with nuts Brown or wild rice Bulgar Cornmeal Cereals: 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

Soups

Recommended Foods	Foods to Avoid
Broth based soups made with allowed meats and vegetables: Beef broth Beef noodle Chicken broth Chicken noodle Chicken rice Vegetable Turkey noodle Vegetable beef	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

Desserts

Recommended Foods	Foods to Avoid
Angel food cake Danish dessert Gelatin Popsicles Soft, plain desserts made with low lactose skim milk*: 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
Caffeine-free beverages: 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	Caffeinated or chocolate flavored carbonated beverages: 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 Fried snack foods: Corn chips Doritos® Potato chips, etc. Garlic Nuts Pickles Popcorn Spices and Condiments: Chili powder Cinnamon Cumin Ketchup Mustard Nutmeg Paprika Pepper Relish Steak sauce Tabasco® or other spicy sauces

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.

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