

Vegetables

Fresh Vegetables

You can eat fresh vegetables – raw or cooked – as long as they are washed well.
Exception: No raw broccoli or cauliflower.

Frozen Vegetables

You can eat frozen vegetables – raw or cooked – as long as they have been washed well.
Exception: Frozen broccoli and cauliflower must be cooked and should not be eaten raw.

Canned Vegetables

You can eat canned vegetables. You do not have to clean or cook canned vegetables.

Vegetables Drinks

You can have vegetable drinks if they are pasteurized.

Food Safety

- Always check expiration dates before opening frozen or canned vegetables or vegetable juices.
- Vegetable cans, boxes, and bags should have no rips, dents, or leaks.
- Wash bags, boxes, and cans before opening frozen or canned vegetables or vegetable juices.
- Clean the can opener before using it.

IS IT SAFE?

Vegetables	Raw	Cooked
Artichokes	yes	yes
Asparagus	yes	yes
Avocado	yes	yes
Bean sprouts	no	yes
Beets	yes	yes
Black beans	yes	yes
Black-eyed peas	no	yes
Bok choy	yes	yes
Broccoli	no	yes
Brussels sprouts	yes	yes
Cabbage	yes	yes
Carrots	yes	yes
Cassava	yes	yes
Cauliflower	no	yes
Celery	yes	yes
Chickpeas	no	yes
Collard greens	yes	yes
Corn	yes	yes
Cow peas	yes	yes
Cucumbers	yes	yes
Eggplant	yes	yes
Field peas	yes	yes
Garbanzo beans	yes	yes
Green beans	yes	yes
Green lima beans	yes	yes
Green peas	yes	yes
Green peppers	yes	yes
Kale	yes	yes
Kidney beans	no	yes

IS IT SAFE?

Vegetables	Raw	Cooked
Lentils	no	yes
Lettuce	yes	yes
Lima beans	no	yes
Mesclun	yes	yes
Mushrooms	yes	yes
Mustard greens	yes	yes
Navy beans	no	yes
Okra	yes	yes
Onions	yes	yes
Pinto beans	no	yes
Plantains	yes	yes
Potatoes	yes	yes
Pumpkin	yes	yes
Red peppers	yes	yes
Soy beans	no	yes
Spinach	yes	yes
Split peas	no	yes
Squash	yes	yes
Sweet potatoes	yes	yes
Taro	yes	yes
Tomatoes	yes	yes
Turnip greens	yes	yes
Turnips	yes	yes
Water chestnuts	yes	yes
Watercress	yes	yes
Wax beans	yes	yes
Yellow beans	yes	yes
White beans	no	yes
Zucchini	yes	yes

Fruits

Do NOT Eat (Allogeneic Patients only)

- Grapefruit or grapefruit juice
- Seville oranges or marmalade made with Seville oranges

Fresh Fruits

- You can eat fresh fruits – raw or cooked – as long as they are washed well.
- Exception: No fresh berries. Berries must be washed and cooked completely.
- Fresh fruit should have no bruises or cracks.

Frozen Fruits

- You can eat frozen fruits – raw or cooked – as long as they are washed well.
- Exception: No frozen berries unless they are cooked completely.

Dried Fruits

You can eat dried fruits.

Canned Fruits

You can eat canned fruit. You do not have to wash or cook canned fruits.

Fruit Cups

You can eat fruit cups packaged and pasteurized at the factory.
You do not have to wash or cook fruit cups packed at the factory.

Fruit Drinks

You can drink fruit drinks if they are pasteurized.

Food Safety

- Fruit cans, boxes, bags, and cups should have no dents, rips, or leaks.
- Always check expiration dates before opening frozen or canned fruits, fruit cups, or fruit juices.
- Wash bags, boxes, or cans before opening frozen or canned fruit, fruit cups, or fruit juices.
- When opening cans, use a clean can opener.

IS IT SAFE?

Fruits	Raw	Cooked
Apples	yes	yes
Apricots	yes	yes
Avocado	yes	yes
Bananas	yes	yes
Blackberries	no	yes
Blueberries	no	yes
Cantaloupe	yes	yes
Cherries	yes	yes
Grapefruit*	no	no
Grapes	yes	yes
Honeydew	yes	yes
Kiwi fruit	yes	yes
Lemons	yes	yes
Limes	yes	yes
Mangoes	yes	yes
Nectarines	yes	yes
Oranges	yes	yes
Papaya	yes	yes
Peaches	yes	yes
Pears	yes	yes
Pineapple	yes	yes
Plums	yes	yes
Prunes	yes	yes
Raisins	yes	yes
Raspberries	no	yes
Seville oranges*	no	no
Strawberries	no	yes
Tangerines	yes	yes
Watermelon	yes	yes

*No for allogeneic transplant patients only.
 These fruits are OK for autologous transplant patients.

Grains

Do NOT Eat

- Popcorn (until you are able to floss your teeth)
- Pasta or potato salads not made in your own kitchen (e.g. no pasta or potato salads from the deli)
- Items from the bakery
- Hot or cold cereals containing nuts
- Cream- or custard-filled pastries and cakes from the refrigerated section of the bakery or grocery store

You Can Have

- Most grains, properly cooked
- Pre-packaged sprouted grain breads
- Packaged crackers and snack foods
- Pre-packaged and homemade breads, muffins, cakes, rolls, donuts, and cookies

Food Safety

- Cook according to instructions.
- Be careful when adding ingredients to grains. Make sure they are safe to eat.
- Bread must be baked and factory sealed or homemade in your own kitchen.
- If you have well water, boil water first before making quick cook grains (like ramen noodles).
- Check expiration dates.

IS IT SAFE?

Grains	Homemade	Factory Sealed	Bakery	Takeout
Barley	yes	yes	no	no
Bread	yes	yes	no	no
Buckwheat	yes	yes	no	no
Bulgur wheat	yes	yes	no	no
Buns and rolls	yes	yes	no	no
Cereal plain	yes	yes	no	no
Cereal with fruit	yes	yes	no	no
Cereal with nuts	no	no	no	no
Cornbread	yes	yes	no	no
Couscous	yes	yes	no	no
Cracked wheat	yes	yes	no	no
Crackers	yes	yes	no	no
Grits	yes	yes	no	no
Macaroni	yes	yes	no	no
Noodles	yes	yes	no	no
Oatmeal	yes	yes	no	no
Pasta	yes	yes	no	no
Pasta salad	yes	no	no	no
Penne	yes	yes	no	no
Pitas	yes	yes	no	no
Popcorn	no	no	no	no
Pretzels	yes	yes	no	no
Quinoa	yes	yes	no	no
Rice	yes	yes	no	no
Rolls	yes	yes	no	no
Spaghetti	yes	yes	no	no
Tortillas	yes	yes	no	no
Wild rice	yes	yes	no	no

Proteins

Do NOT Eat

- Raw or rare meat, fish, eggs, or poultry. Raw meat, fish, eggs, or poultry is restricted for at least 1 year after transplant
- Raw/undercooked eggs or poultry
- Sushi, sashimi, or raw oysters (for 1 year after transplant)
- Raw (unroasted) nuts
- Meat from the deli counter (until Day +30 for autologous patients; 1 year for allogeneic patients)
- Unpasteurized tofu
- Tempeh, miso
- Smoked seafood/ meat spreads (canned spreads are OK)
- Professionally prepared meat and fish salads
- Pickled fish
- Fresh peanut butter

Food Safety

- Wash hands often when handling meat, fish, seafood, eggs, and dairy.
- Packaging should have no rips, dents, or leaks.
- Wash bags, boxes, or cans before opening.
- Always check expiration dates.
- Use a clean can opener.
- Wash egg shells and throw away damaged eggs.
- Wash counters, boards and utensils after contact with meat, fish, seafood, eggs, and dairy.
- Always use a thermometer to find out if meat is cooked completely. Don't rely on looks.
- Use thermometer in thickest part of meat, away from bone. Wash with hot soapy water after every use.
- Always use a clean plate for cooked meat, fish, seafood, eggs, and dairy.

You Can Have

- Meats and poultry cooked to their safe temperature
- Fish and seafood, cooked until flaky and opaque all the way to the middle
- Eggs, cooked until whites are solid white and yolk has thickened
- Beans, tofu, veggie burgers, texturized vegetable protein, and Seitan cooked completely.
- Roasted nuts
- Seitan or meat alternatives
- Pre-packaged sliced meats are OK if microwaved for 15 secs. until steaming

IS IT SAFE?

Proteins	Raw	Cooked	Temp	Notes
Anchovies (canned)	no	yes	-	already cooked
Bean burgers	no	yes	-	cook until hot and tender
Beef steaks and roasts	no	yes	165 °F	use thermometer
Bison	no	yes	165 °F	use thermometer
Black beans	no	yes	-	cook until hot and tender
Black-eye peas	no	yes	-	cook until hot and tender
Catfish	no	yes	-	flaky and opaque to the middle
Chicken	no	yes	180 °F	use thermometer
Chicken eggs	no	yes	-	whites are solid white, yolk thick
Chickpeas	no	yes	-	cook until hot and tender
Clams	no	yes	-	opaque to the middle
Clams (canned)	no	yes	-	already cooked
Cod	no	yes	-	flaky and opaque to the middle
Crab	no	yes	-	flaky and opaque to the middle
Crayfish	no	yes	-	opaque to the middle
Duck	no	yes	180 °F	use thermometer
Duck eggs	no	yes	-	whites are solid white, yolk thick
Falafel	no	yes	-	cook until hot and tender
Flounder	no	yes	-	flaky and opaque to the middle
Garbanzo beans	no	yes	-	cook until hot and tender
Goose	no	yes	180 °F	use thermometer
Ground beef	no	yes	170 °F	use thermometer
Ground lamb	no	yes	170 °F	use thermometer
Ground pork	no	yes	170 °F	use thermometer
Ground turkey	no	yes	180 °F	use thermometer
Haddock	no	yes	-	flaky and opaque to the middle
Halibut	no	yes	-	flaky and opaque to the middle
Ham	no	yes	170 °F	use thermometer
Herring (pickled)	no	yes	-	not safe unless cooked

IS IT SAFE?

Proteins	Raw	Cooked	Temp	Notes
Hot dog	no	yes	-	follow package instructions
Kidney beans	no	yes	-	cook until hot and tender
Lamb chops and roasts	no	yes	170 °F	use thermometer
Lentils	no	yes	-	cook until hot and tender
Lima beans	no	yes	-	cook until hot and tender
Lobster	no	yes	-	opaque to the middle
Miso	no	yes	-	not safe unless cooked
Mackerel	no	yes	-	flaky and opaque to the middle
Mussels	no	yes	-	flaky and opaque to the middle
Navy beans	no	yes	-	cook until hot and tender
Nuts	no	yes	-	must be roasted
Octopus	no	yes	-	opaque to the middle
Oysters	no	yes	-	opaque to the middle
Pinto beans	no	yes	-	cook until hot and tender
Pollock	no	yes	-	flaky and opaque to the middle
Porgy	no	yes	-	flaky and opaque to the middle
Pork (pulled)	no	yes	170 °F	use thermometer
Pork Ribs	no	yes	170 °F	use thermometer
Pork chops, steaks, and roasts	no	yes	170 °F	use thermometer
Rabbit	no	yes	170 °F	use thermometer
Salmon	no	yes	-	
Salmon (canned)	no	yes	-	already cooked
Salmon (nova, lox, kippered)	no	yes	-	not safe unless cooked
Sardines (canned)	no	yes	-	already cooked
Sausage (with beef and/or pork)	no	yes	170 °F	use thermometer
Sausage (with chicken and/or turkey)	no	yes	180 °F	use thermometer

IS IT SAFE?

Proteins	Raw	Cooked	Temp	Notes
Scallops	no	yes	-	flaky and opaque to the middle
Sea bass	no	yes	-	flaky and opaque to the middle
Seitan	no	yes	-	cooked completely
Shrimp	no	yes	-	opaque to the middle
Snapper	no	yes	-	flaky and opaque to the middle
Soy Beans	no	yes	-	cook until hot and tender
Split Peas	no	yes	-	cook until hot and tender
Squid	no	yes	-	opaque to the middle
Swordfish	no	yes	-	flaky and opaque to the middle
Tempeh (pasteurized)	no	yes	-	cook until hot and tender
Tempeh (unpasteurized)	no	no	-	not safe
Texturized Vegetable Protein	no	yes	-	cook until hot and tender
Tofu (pasteurized)	no	yes	-	cook until hot and tender
Tofu (unpasteurized)	no	yes	-	not safe unless cooked
Trout	no	yes	-	flaky and opaque to the middle
Trout (raw smoked)	no	yes	-	not safe unless cooked
Tuna	no	yes	-	flaky and opaque to the middle
Tuna (canned)	no	yes	-	already cooked
Turkey	no	yes	180 °F	use thermometer
Veal (ground)	no	yes	170 °F	use thermometer
Veal chops, steaks, and roasts	no	yes	170 °F	use thermometer
Veggie Burgers	no	yes	-	follow package instructions
Venison chops, steaks, and roasts	no	yes	170 °F	use thermometer
Venison (ground)	no	yes	170 °F	use thermometer
White beans	no	yes	-	cook until hot and tender

Dairy

Do NOT Eat or Drink

- Unpasteurized dairy products (for 1 year after transplant)
- Blue cheese, camembert, feta, brie, gorgonzola, queso fresco, or imported cheese (for 1 year after transplant)
- Cheese from the deli counter (restricted for 1 year after transplant for allogeneic patients)
- Soft serve ice cream (for 1 year after transplant for allogeneic patients); hand packed ice cream or frozen yogurt
- Unsafe ingredients like fresh/frozen uncooked berries, raw nuts, raw honey, etc. that may be added to dairy products

You Can Have

- Pasteurized milk (whole, 2%, 15, skim, chocolate)
- Lactose-free milk or Lactaid tablets if dairy causes pain or discomfort
- Yogurt
- Hard cheese like American, cheddar, Colby, Monterey, Jack, Swiss, Mozzarella, Parmesan
- Pre-packaged, pasteurized ice cream, frozen yogurt, and sherbet
- Ice cream, frozen yogurt, and sherbet that have been pasteurized
- Milkshakes and smoothies, homemade with safe ingredients

Suggestions

- Drink whole milk to get more calories.
- Add cheese to cooked foods to get more protein, calcium, and calories.
- Add protein powder to a milkshake or smoothie to get more protein.
- Eat pudding to get more dairy and calories.

Food Safety

- All dairy must be factory packaged and sealed.
- All dairy products must be pasteurized.
- Check the expiration date.
- Keep dairy very cold. Store dairy in the refrigerator or freezer, never on the counter.
- All ingredients in dairy foods must be safe (no raw fruit, raw nuts, raw honey, etc.).

Milk Products	Is it safe?
Chocolate milk	yes
Frozen yogurt	yes
Ice cream	yes
Lactaid	yes
Milk	yes
Milk 1%	yes
Milk 2%	yes
Milkshake	yes
Raw milk	no
Pudding	yes
Sherbet	yes
Skim milk	yes
Smoothie	yes
Whole milk	yes
Yogurt	yes

All dairy products should be pre-packaged and pasteurized.

Cheese Products	Is it safe?
American	yes
Blue cheese	no
Brie	no
Camembert	no
Cheddar	yes
Colby	yes
Cottage cheese	yes
Cream cheese	yes
Deli counter cheese	no
Feta	no
Gorgonzola	no
Goat cheese	no
Imported	no
Monterey Jack	yes
Mozzarella	yes
Parmesan	yes
Queso Fresco	no
Ricotta	yes
Swiss	yes

Other Foods

Do NOT Eat

Raw honey (for 1 year after transplant)

You Can Have

- Marinades, sauces, and gravies made at home or factory sealed with safe ingredients
- Ketchup, mustard, and mayonnaise. After transplant, start with a new package and store properly.
- Sugar and artificial sweeteners
- Candy made at home or factory sealed with safe ingredients
- Nutritional supplements like Ensure, Boost, Breakfast Essentials, and protein powder
- Oils and vinegars
- Maple syrup

Food Safety

- Check ingredients to be sure they are safe.
- For factory sealed food follow the package instructions for cooking and storage.
- Keep ketchup, mustard, mayonnaise, pickles, etc. in the refrigerator after opening.
- Check expiration dates.

Other Foods	Is it safe?
Boost®	yes
Bouillon	yes, if cooked
Breakfast Essentials®	yes
Brownies	yes
Cakes	yes
Cakes (with cream or custard)	no
Candy	yes
Chips	yes
Cookies	yes
Ensure®	yes
Frozen Yogurt (pasteurized)	yes, if pasteurized
Gelato (pasteurized)	yes, if pasteurized
Gravy	yes
Herbs (factory packaged)	yes
Honey (raw)	no
Ice cream (pasteurized)	yes, if pasteurized
Italian Ice	yes, if pasteurized
Ketchup®	yes
Maple syrup	yes
Marinade	yes, if cooked

Other Foods	Is it safe?
Mayonnaise	yes
Mustard	yes
Nuts (raw)	no
Nuts (roasted)	yes
Oils	yes
Pastries	yes
Pastries (with cream or custard)	no
Pepper	yes
Pickles	yes
Protein powder	yes
Salt	yes
Salt (seasoned)	yes
Sauce	yes
Seasoning packet	yes
Sherbet	yes, if pasteurized
Sorbet	yes, if pasteurized
Spices (factory packaged)	yes
Sugar	yes
Vinegar	yes

Drinks

Do NOT Drink

- Grapefruit juice (restricted for allogeneic patients)
- Raw milk
- Unpasteurized milk and juice
- Bottled spring water
- Alcohol
- Kombucha
- Takeout/restaurant coffee/tea/hot chocolate
- Beverages made with raw eggs
- Fresh apple cider

You Can Have

- City water.
- Any bottled, purified water (not spring water)
- Well water - ONLY if it has been boiled 10 minutes
- Milk and dairy smoothies - be sure it's pasteurized
- Fruit and vegetable juice - be sure it's pasteurized
- Sports drinks
- Sodas
- Hot drinks like coffee, tea, and hot chocolate (if prepared in your home/short-term housing)

Food Safety

- Well water must be boiled 10 minutes before it is safe to drink.
- Any bottled, purified water (not spring water).
- Milk and other dairy drinks must be pasteurized.
- Fruit and vegetable juices must be pasteurized.
- Check expiration dates.
- Keep dairy cold.
- Don't let family members drink directly from drink containers.

Important: Drink at least 2 liters (about 8 cups) every day