

## Nutrition After a BMT Toolkit

Did you know? After a BMT, you will need 50 to 60 percent more calories and twice as much protein in your diet. Eat high protein, high calorie foods.

Speak to your medical team to prescribe medication if discomfort is keeping you from eating.

Our Belongers have shared some excellent tips for managing common problems after transplant that may make it difficult for you to eat.

### Mouth sore tips:

- ❖ Eat lukewarm or cold food.
- ❖ Food should be cooked until tender and soft. Soft foods like soups, pasteurized cheeses, Instant porridge, mashed potatoes, cooked eggs, custards, puddings, gelatin, soft canned fruit.
- ❖ Try adding sauces for extra moisture.
- ❖ Using a straw.
- ❖ Smoothies or milkshakes with ice cream, cottage cheese, yogurt.
- ❖ Sip on pasteurized fruit nectars and fruit-flavored beverages instead of acidic juices.
- ❖ Citrus fruits and juices, pineapple juice, and some tomato products.
- ❖ Salty foods, including broth.
- ❖ Strong spices such as peppers, chili powder, nutmeg, and cloves.
- ❖ Coarse foods like raw fruits and vegetables, dry toast, grainy cereals and bread, and crunchy snacks.
- ❖ Alcohol and mouthwashes that contain alcohol.

### Dry mouth tips:

- ❖ Rinse the mouth often with 1 cup water, 1/4 ts baking soda and 1/8 tsp salt.
- ❖ Drink clear liquids with the meals and between meals.
- ❖ Ask your doctor about saliva substitute.

### Thick saliva

- ❖ Dehydration can cause the saliva to be thick. Drink lots of fluids and rinse the mouth with a saline solution frequently.
- ❖ Eat moist fruits like melon, watermelon.

**Tip** When eating, sit upright. Eating while lying flat on your back can make nausea worse.

### Foods to Avoid:

**TIP** If your appetite is low, try taking a short walk or doing some light exercise, it may help to increase your appetite.

## Tips for adding more calories to your diet

- ❖ Use whole milk instead of skim.
- ❖ Snack on dried fruits, nuts, or dried seeds. You can add them to hot cereals, ice cream, or salads.
- ❖ Add butter, margarine, or oils to potatoes, rice, cooked vegetables, sandwiches, toast, hot cereals, and pasta.
- ❖ Use high-calorie dressings on salads, baked potatoes, and chilled cooked vegetables (such as green beans or asparagus).
- ❖ Add sour cream, milk, or heavy cream to mashed potatoes, pancake batter, sauces, gravies, soups, and casseroles, cake, and cookie recipes.
- ❖ Use mayonnaise, creamy salad dressing, in salads, sandwiches, and vegetable dips.
- ❖ Top your ice cream or unfrosted cakes with sweetened condensed milk. Adding peanut butter to mix the condensed milk will add more calories and flavor.
- ❖ Make homemade shakes and other high-calorie, high-protein drinks.

## Tips for adding more protein

- ❖ Chicken, fish, pork, beef, lamb, eggs, milk, cheese, beans, and tofu are high in protein.
- ❖ Add powdered milk to creamy soups, mashed potatoes, milkshakes, and casseroles.
- ❖ Snack on cheese or nut butters (like peanut butter, cashew butter, and almond butter) with crackers, fruits, or vegetables (apples, bananas, and celery).
- ❖ Add nut butter into shakes.
- ❖ Add cooked meats to soups, casseroles, salads, and omelets.
- ❖ Add wheat germ or ground flax seeds to cereals, casseroles, yogurt, and meat spreads.
- ❖ Add grated cheese to sauces, vegetables, and soups. You can also add it to baked or mashed potatoes, casseroles, and salads.
- ❖ Add chickpeas, kidney beans, tofu, hard-boiled eggs, nuts, and cooked meats or fish to your salads.

Some people are put you on a **neutropenic or food safety diet** to reduce the risk of infection. Here are the foods to avoid if you are on a neutropenic:

- ❖ Raw or undercooked meat and all food and dishes that may contain undercooked meat such as sausages or casseroles
- ❖ Raw or undercooked eggs or foods that might contain them
- ❖ Raw or undercooked seafood such as sushi
- ❖ Raw nuts or unshelled nuts
- ❖ Miso and tempeh products
- ❖ Non-pasteurized milk products and juices, kombucha and other unpasteurized drinks
- ❖ Cheeses with mold, soft cheeses such as brie or feta

- ❖ Deli meats and cheeses
- ❖ Smoked, uncooked refrigerated fish such as nova lox
- ❖ Pickled seafood
- ❖ Raw honey
- ❖ Salad bars and buffets

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