

Nutrition and GI Graft Versus Host Disease

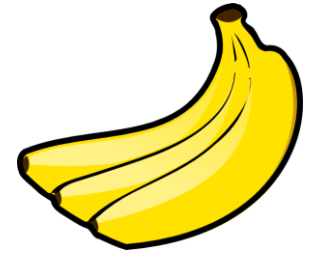
Gastrointestinal graft versus host disease (GI GVHD) is a problem that can occur after an allogeneic stem cell transplant. GI GVHD can damage the intestines making it hard for your body to digest the food and fluids you eat. Symptoms may include nausea, vomiting, mouth sores, heartburn, diarrhea and/or stomach cramping.

Once you start to feel better, use this table as a guide to introduce foods slowly. If stomach pain or diarrhea gets worse, go back to the previously tolerated foods for a few days before trying again.

Food Groups	Clear Liquids	Bland Foods	Soft, Solid Foods	Regular Foods
Dairy	None	Lactose-free milk	Lactose-free milk	All dairy products as tolerated
Meat and Meat Substitutes	None	None	Lean chicken/turkey (baked or broiled) Fish and canned tuna (water packed) Egg or egg substitute	All meats and meat substitutes
Bread, Grain, and Cereal Products	None	Hot cereals such as grits, Cream of Wheat [®] or Malt-o-meal [®] White bread Cold cereals such as corn flakes and Cheerios [®] Plain noodles & rice Saltine crackers	Oatmeal Tortillas Chicken noodle soup or chicken & rice soup	All starches
Vegetables	None	None	<i>Well-cooked vegetables such as:</i> Carrots, mushrooms, green beans, summer squash, potatoes or yam (no skin)	All vegetables
Fruits	None	Strained baby food fruits	Fruits without peel Canned fruits Plain applesauce	All fruits
Beverages	Apple or pear juice Decaffeinated tea Lemon-lime soda and ginger ale Sports drinks Clear nutrition supplements like Boost [®] Breeze	Commercial nutrition drinks like Ensure [®] , Boost High Protein [®] , and Glucerna [®]	All fruit juices except prune juice	All fruit juices
Fats	None	None	Butter or margarine Low-fat mayonnaise or cream cheese	Increase small amounts of added fats
Others	Gelatin Italian ice and popsicles Fat-free broth	Jelly Maple syrup Honey	All	All

Follow these additional tips to help control your symptoms:

- Eat 5-6 small meals per day spaced about 3 hours apart.
- Introduce new foods slowly by adding only 1-2 new foods per day.
- Drink plenty of fluid to stay hydrated.
- Avoid very hot or very cold foods to lower risk of stomach cramping.
- Choose lactose-free dairy products, such as Lactaid[®] milk if you have stomach pain, gas, or bloating after having dairy products.
- The following foods may help bulk the stool: bananas, oatmeal, applesauce, white rice, and finely ground flax seeds (not whole).
- Insoluble fiber may increase gas and diarrhea. These foods include whole grains, beans, nuts, seeds, and skins of fruits.
- High fat foods and caffeine may make diarrhea worse.
- Avoid citrus foods or beverages if they cause heartburn or upset stomach.



If You Have Mouth Sores:

- Choose soft, moist foods like yogurt, milkshakes, and scrambled eggs.
- Popsicles and ice cubes may provide comfort and extra moisture.
- Cut food into small pieces and choose pureed foods if needed. Avoid foods with coarse or hard textures, like nuts, tough meats, raw vegetables, toast, and crackers.
- Avoid acidic foods and condiments such as citrus foods or beverages, vinegar-based salad dressings, olives, mustard, ketchup, soy sauce, BBQ sauce, and vinegar.
- Avoid salty foods, spicy foods, or hot foods.



If You Have Nausea and Vomiting:

- Avoid carbonation and caffeine.
- Sip fluids such as water, clear juices, clear flat soft drinks, decaffeinated tea, and popsicles. Sip fluids in between meals to help settle your stomach and keep you hydrated.
- Choose cool or room temperature foods and beverages to limit strong odors.
- Try bland, soft, and easy to digest foods, like cream of wheat, chicken noodle soup, scrambled eggs, custard, pudding, or sherbet.
- Hard candies like peppermints, lemon drops, and root beer barrels might get rid of the bad taste in your mouth.

