

Healthy Eating After Your Transplant

During the next 4 to 6 weeks, you may find that eating is difficult. Don't worry. After surgery, it takes a while to regain your strength and your appetite. Try some of these hints for healthy eating during this time:

1. Rest for about 20 to 30 minutes before and after you eat.
2. For now, eat any food that you want to eat, so that you take in enough nutrition to heal from surgery.
3. If you are a diabetic or have been told that you have high blood sugars, use sugar free foods. Do not drink more than 1/2 cup of juice each day.
4. Eat lots of protein! Protein will help you to heal from surgery more quickly. Try to have at least 3 cups of milk and 6 to 8 ounces meat each day.
5. Have small meals about 6 to 8 times per day.
6. Eat foods that are soft and moist such as stewed meats and canned fruits.
7. Avoid spicy foods such as tacos, hot peppers and hot seasonings.
8. Try to drink liquids in between meals. You can get more solid foods into you and you won't feel as bloated.
9. If you don't feel like eating a meal, make a milkshake with instant breakfast mixed with ice cream and milk. You can even add fresh fruit to change the flavor and add Calories.
10. If you are still having problems with a lot of gas or are feeling bloated after meals, avoid sodas, onions, corn, broccoli, cabbage, brussel sprouts, and beans.

Herbal Remedies

We recommend that you stay away from herbal remedies. You are taking special drugs that might react with the herbs. Some herbs can be toxic.

Do Not Take:



Asafetida	Germander	Margosa Oils	Senna fruit
Bajiaolian	Groudsel	Mate' tea	extracts
Bush tea	Hops	Mistletoe	Skullcap
Callilepis	Horse chestnut	Pennyroyal oil	Snakeroot
Chaparral	Jin Bu Huan	Pyrrrolizidine	Squaw weed
Chinese herbs	Kava	alkaloids	Valerian
Comfrey	Khat	Ragwort	
Echinacea	Liferoot	Sassafras	
Gentian	Ma Huang	Senecio teas	

Always consult with your doctor or dietitian before taking any herbal remedies or when using any herbs.

After you have fully recovered from surgery, then start thinking about keeping yourself healthy for years to come. Some of the medications that you are taking now to prevent rejection of your new organ may cause you to gain weight and raise your cholesterol. Extra weight and a high cholesterol level are risk factors for heart disease, stroke, diabetes and cancer. Healthy eating may help lower your risk for these health problems. In fact, your whole family can enjoy the following guidelines.

Healthy Food Choices



Food Groups	GOOD CHOICES 	FOODS TO AVOID 
Meat, Poultry and Seafood <i>no more than 5 ounces per day</i> -or- <i>A serving about the size of a deck of cards no more than twice a day</i>	Skinless poultry; fresh fish, shellfish, canned fish packed in water; cold cuts made with lean meat or soy protein; lean beef cuts such as loin, leg, round; extra lean ground beef, pork loin, venison, veal, lean or 97-100% fat free cold cuts	Higher fat meat cuts: ribs, t-bone steak, regular ground beef, bacon, sausage, hot dogs; cold cuts such as salami, bologna; organ meats including liver, gizzards, brains, sweetbreads; poultry with skin including chicken wings; all fried meat, poultry, fish
Eggs <i>no more than 2 egg yolks per week</i>	Egg whites, egg substitutes	More than 2 regular eggs per week
Breads, Cereals and Starches <i>6-11 servings per day</i>	Whole grain breads, cereals, pasta, rice, potatoes; barley, oats, dry beans and peas, low fat crackers and cookies	French fries; baked products such as biscuits, butter rolls, muffins, croissants, sweet rolls, Danish
Fruits <i>2-4 servings per day</i>	Fresh, frozen, canned, and dried fruit such as apples, bananas, berries, etc.	Fruits served with butter or cream
Vegetables <i>3-5 servings per day</i>	Fresh, frozen, canned vegetables without added fat or salt	Vegetables prepared in butter, cream, or cheese sauce

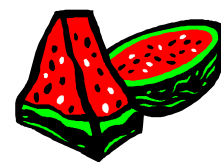


Food Groups	GOOD CHOICES	FOODS TO AVOID
Milk and Dairy <i>3 servings per day</i>	Low fat or fat free: skim, ½%, or 1% milk, low-fat or fat free yogurt, low fat cottage cheese, nondairy creamer	Whole milk, cream cheese, sour cream, high fat cheeses (Swiss, American, feta, cheddar), coffee creamer, ice cream
Desserts	Sherbet, Italian ice, ice milk, frozen yogurt, graham crackers, vanilla wafers, gingersnaps, fig bars, and angel food cake	Cakes (pound cake, cheesecake), doughnuts, pies, cookies, candy bars, coffee cakes and ice cream.
Fats <i>2 Tablespoons per day</i>	Olive, canola, corn or peanut oil; “tub” margarines, non-stick cooking spray	Butter, “stick” margarine, shortening; bacon grease, fatback or salt pork used to season foods
Beverages	100% fruit juice, diet beverages, water	Regular sodas, high sugar juice drinks such as fruit punch

How to Prepare Healthy Foods at Home

1. Here are some tips to prepare your lean meats without adding too much fat:

- * Buy meat, fish, and chicken without added salt, breading or sauces
- * Trim all visible fat from meat, chicken and turkey before cooking
- * Do not deep fat fry
- * Remove all skin from chicken and turkey before eating
- * Bake, broil, roast, stew, grill or pan-fry using nonstick cooking spray
- * Throw away all fat that cooks out of the meat
- * Cool soups, stews & sauces and skim off fat before serving
- * Do not use shortening, butter or bacon grease



2. The **best fat choices** are olive, canola, corn or peanut oil. Use fat-free or light mayonnaise and salad dressings. It is best to choose fats and oils that are low in saturated fat. Be sure to limit the use of oils and margarine to **two Tablespoons** per day because they are high in fat and calories. Fats such as shortening and hard “stick” margarines are sources of “trans” fats and should be avoided. Soft, spreadable margarines packaged in tubs are lower in “trans” fats.

3. The following condiments and flavorings are low in fat and can be included in a healthy diet:
 - * Fresh, dried, and powdered herbs and spices; liquid hickory smoke
 - * Ketchup, mustard, vinegar, Tabasco or hot sauce
 - * Jelly, jam, honey, syrup, chocolate syrup, sugar, sugar substitute
 - * Extracts such as vanilla, lemon, etc... *(when used in low-fat recipes)*
4. Select sensible portion sizes and avoid second helpings to help with weight control.

Salt

Sodium is the part of salt that you need to watch in your diet. A small amount of sodium is needed for your body to function normally. Too much sodium can cause your body to hold extra fluid and possibly increase your risk for high blood pressure.

Learn to read labels for their sodium content. If a food has greater than 400 mg sodium per serving, don't eat it! If sodium appears within the first 3 ingredients, the food is probably too high in sodium.

Avoid these foods:

- * Salt, salty seasonings (such as garlic salt), "lite" salt
- * Olives, pickles, sauerkraut
- * Regular canned vegetables, soups, stews, meat, broth, bouillon
- * Meat tenderizers, accent, soy sauce, Worcestershire sauce
- * Cured or smoked luncheon meats
- * Ham, bacon, sausage
- * Stuffing, macaroni and rice mixes



Dining Out

When you eat out, you do have less control of the ingredients and how meals are prepared. However, you do have control over where you eat, which foods you order, and how much you eat.

1. When eating away from home, choose entrees, potatoes, and vegetables prepared without sauces, cheese, or butter. Choose foods with the words baked, broiled, steamed, poached, or grilled. Avoid foods with the words creamy, cheesy, fried, crispy, hollandaise, or breaded. Ask for salad dressing on the side, and limit toppings such as chopped eggs, crumbled bacon, and cheese. Request soft

margarine instead of butter and use sparingly. Ask about ingredients in foods prepared away from home.

2. Many restaurants serve large portions of foods. To avoid overeating, stop when you are full and take the rest home in a “doggy bag” or split a meal with a friend.
3. When eating fast foods, grilled chicken or lean roast beef are better choices. Try not to “super size” or “double” anything, and order items without cheese.

Calcium

Dairy products are a good source of calcium, which is needed for strong bones. You need at least 3 servings of dairy per day. If you do not like dairy products, you may need to take a calcium supplement such as calcium carbonate. Please discuss with your transplant doctor or the transplant coordinator.

Food Safety Guidelines

Carefully follow these food safety guidelines and shopping tips for healthy eating. This may help to decrease your risk of eating bacteria that can cause rejection.

In the kitchen

- * **No** wood cutting boards or any cutting board that gets grooves in it. Use two cutting boards, one for meats and one for fruits and vegetables. Rinse the cutting boards used to prepare meats and poultry with a dilute bleach solution after cleaning.
- * **No** wooden spoons. Use metal or plastic spoons.
- * Rinse all cans and bottles under the faucet before opening.
- * Wash can and bottle openers after every use.
- * Make sure your refrigerator is 40 degrees inside and your freezer is 0 degrees.
- * Check well water once a year for bacteria or whenever you notice a change in taste, smell or color.

At the store

- * Pick up cold or frozen foods last.
- * Do not buy food in dented or rusty cans.
- * Don't buy foods with today or tomorrow's expiration date on them.
- * Buy:
 - Hand soap in a pump that says it kills bacteria. Place by every sink!
 - Bleach cleanser in a spray bottle. Use on counters, stove, refrigerator, cutting board and in the bathroom.

Cooking at home

- * Use clean towels, sponges and dishcloths every day. You can wash your sponge in the dishwasher or rinse it with bleach.
- * Wash your hands before, during and after you prepare foods, and after going to the bathroom. Wash your hands for 20 seconds with a good, soapy lather.
- * Cook meats to medium well. Seafood and fish should be cooked until it is solid. Poultry should be cooked to well done. **No raw meats or raw seafood.**
- * Use only pasteurized milk products. Soft cheeses such as Brie, Camembert, feta, bleu, and Mexican-style cheeses (queso fresco) are often made with unpasteurized milk. Only eat these products if they are made from pasteurized milk. Avoid cheeses with mold and premixed chocolate milk.
- * Use only pasteurized juices and ciders.
- * Cook eggs until the white and the yellow parts are solid. Stay away from foods with raw eggs such as Caesar salad, custard, homemade ice cream, unpasteurized eggnog and Hollandaise sauce.
- * Use a scrub brush and a mild dishwashing liquid to wash fruits and vegetables. If you are going to eat them raw, peel off the skin.
- * Avoid any raw sprouts such as alfalfa and clover sprouts.
- * Use your microwave or your refrigerator to thaw out foods. **Never** leave foods out on the counter to thaw.
- * When using your microwave to reheat foods, turn the dish often and stir the food to assure even heating.
- * Cook stuffing (rice, bread) outside of meats. **Do not put stuffing inside meats, turkey, chicken or fish.**
- * Dish the meat up and put leftovers in the refrigerator prior to eating.
- * Keep pets away from the kitchen when you are cooking.
- * Keep hot foods hot and cold foods cold.



Storing foods

- * Place milk, juices, cheese, yogurt, fruits, vegetables and meats in the refrigerator, and frozen foods in the freezer. Place meats in the freezer if not using within 2-3 days.
- * Place leftovers (sauces, soups, stews, casseroles) into small containers with tight fitting lids. Label the container with the name of the food and the date. Store in the refrigerator or freezer. Leftovers in the refrigerator should be kept no longer than **3 days**.
- * Keep eggs in their original container. Place on the bottom shelf of your

refrigerator, **not** the door.

Dining out

- * Order all meats cooked at least to medium well. If the meat or poultry has any pink color, send it back to be cooked some more.
- * Do not order raw meat or raw seafood.
- * Ask how sauces and dressings are made. If they have raw eggs or raw meat in them, do not order.
- * Stay away from the salad bars and the buffet bars.
- * Check to make sure everything about the restaurant looks clean. If you have a concern about a restaurant, call your local Health Department. A grade of “A” on a sanitation certificate means the restaurant is following the right food safety guidelines.

Snacking

Snacking can be good for you if you make healthy choices!

Good Choices

- * Fresh fruit
- * Fruit juice bars
- * Vegetable sticks
- * Low fat or fat free yogurt
- * Salt free pretzels
- * Hot air popped popcorn
- * Cereal or low fat cheese with low fat crackers

Limit

- * Potato chips with dip
- * Tortilla and corn chips
- * Cheese puffs
- * Regular popcorn
- * Nuts
- * Party mixes
- * Snack crackers

Final Notes

Good eating habits are one of the keys to recovering from surgery and having a healthy life. Remember to exercise daily and keep your weight within normal limits.

The gift of life has been given to you. Take care of yourself and your transplant with healthy eating! Best wishes for a speedy recovery.



Richmond, VA 23298

This information is a guide for you and your family. The purpose is to help you learn more about your health. Be sure to follow any instructions your healthcare provider gives you for your special needs. If you have any questions, or there is anything you do not understand, please ask your dietitian or doctor.

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