

SAFE EATING WITH LOWERED IMMUNITY

Sometimes called the Neutropenic diet

- **Neutropenia is a low level of white blood cells, known as neutrophils**
- **White blood cells help fight infection – so without them, you are at a higher risk of infections**
- **To reduce the risk of infections, you may need to take extra care with food safety**

The severity of your neutropenia, treatment plan and overall health may guide the level to which you need to follow these recommendations. Check with your dietitian or doctor about how strict you need to be and how long you need to follow the diet.



Foods to avoid include:

- *Raw or rare meats, poultry and seafood*
- *Runny eggs yolks*
- *Unpasteurised foods including yoghurt or milk*
- *Soft cheeses including camembert, blue-vein or brie*
- *Unwashed fruits or vegetables*
- *Pre-prepared items - including takeaway salads/salad bars, sandwiches, sushi, bento boxes and buffet meals*
- *Foods past their use by or best before date*

Ensure safe handling and storage of food

- Wash your hands before food preparation
- Wash all fruits and vegetables (even if being peeled)
- Use clean cooking utensils and surfaces
- Use separate chopping boards and storage containers for cooked and raw foods
- Keep raw foods on the bottom fridge shelf
- Keep hot food hot (> 60°C) and cold foods cold (<5°C)
- Do not reheat food more than once
- Defrost foods in the fridge or microwave (not on the bench)
- Transport food in a cooler bag