

Graft-Versus-Host Disease (GVHD) Diet Guidelines

Graft-Versus-Host Disease (GVHD) is a side effect of a stem cell transplant. It can upset the gastrointestinal (GI) tract. This can cause symptoms like diarrhea, abdominal pain, cramping, nausea, mouth sores or heartburn. Eating small amounts of easy-to-digest foods may help relieve these symptoms.

All foods and drinks listed in this handout are offered on the UW hospital menu. Use this handout to help you order meals and snacks. Your hospital dietitian can provide more nutrition education prior to discharge home.

Group 1: Try these food items first.

Food Group	Choose These Foods
Breads/Grains	Plain white bread Plain white bagel Plain white dinner roll Plain white English muffin Plain white pasta Plain white rice Plain mashed potatoes Plain hot cereal: Cream of Rice™, Cream of Wheat® Cold cereal: Rice Krispies®, Cheerios®, Honey Nut Cheerios™, Corn flakes®, Rice Chex™ Saltine crackers Graham crackers
Fruits	Applesauce Banana Peaches or pears (canned, drained)
Other	Hard candy Popsicles Broth (chicken, vegetable, beef)
Drinks	Decaffeinated tea (avoid peppermint tea) Gatorade® Rice milk, soy milk, almond milk, Lactaid® milk Apple juice or cranberry juice diluted with water
Nutrition Supplements	Ensure Clear™ Gelatin®

Group 2: If you tolerate the foods in group 1, start adding these foods. Continue to include foods from group 1.

Food Group	Choose These Foods
Breads/Grains	Bread (sourdough, rice) Pancakes Tortillas (white or corn) Flat bread (white) Sun Chips® Lightly buttered white pasta
Meats/Proteins	Fish (baked, poached or grilled tilapia, cod, salmon, walleye) Chicken (baked or grilled, skinless) Turkey breast (roasted) Turkey burger Eggs (scrambled, hard boiled, plain omelet) Deli meats (turkey, lean ham) Chicken noodle soup Plain shredded chicken for taco
Vegetables	Carrots, green beans, mashed potatoes
Fruits	Cantaloupe, honeydew, watermelon
Fats *Limit use	Fat-free mayonnaise Fat-free salad dressings Low-fat cream cheese Fat-free sour cream Non-dairy creamer Margarine or butter* Peanut butter (creamy)* Gravies and sauces*
Dairy Take with Lactaid® supplement as needed	Low-fat yogurt Low-fat cottage cheese Low-fat cheese
Other	Mrs. Dash®, cinnamon, cinnamon sugar, brown sugar, salt, honey, jelly, syrup, soy sauce, sugar, sweetener
Desserts Limit to 1 serving per meal or snack	Angel food cake Sherbet Frozen yogurt Italian ice Fruit juice bar Lemon bar Lemon crème cookie Pudding Chocolate chip cookie
Drinks	Clear soda (7UP®, ginger Ale), Gatorade® G2, hot cocoa
Nutrition Supplements	Ensure Plus®, Magic Cup®, Glucerna®, Carnation Breakfast Essentials with Lactaid® milk

Teach Back:

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 1/2019 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#415.