

LOW BACTERIAL DIET

Guidelines for patients with
compromised immune systems

CONTENTS

01	General guidelines	3
02	Which ingredients to choose?	4
03	How long should you follow these guidelines?	5

01 GENERAL GUIDELINES

As a result of the treatment, your child's immune system is weakened. This increases the risk of infections, which can also be transmitted through food. Therefore, we strictly monitor the safety of the food and drinks your child receives. You should do the same at home and carefully follow the rules for a low-microbial diet until your child's immune system functions properly again.

This document consists of two parts: general hygiene guidelines and advice on avoiding high-risk foods.

Shopping

- ▲ Always check the expiration date of the products you buy. Never use expired foods.
- ▲ Choose foods of good quality; never use moldy or spoiled products.
- ▲ Only use products from unopened, undamaged industrial packaging.

Preparation

- ▲ Store and prepare meals in a hygienic environment.
- ▲ Wash your hands thoroughly with warm water and soap before cooking and eating, especially after touching raw meat, chicken, eggs, or fish. After washing, dry your hands with paper towels.
- ▲ Use only intact, well-maintained dishes and kitchen utensils.
- ▲ Wash dishes in the dishwasher or with hot water and detergent. Use clean dishcloths and kitchen towels each time.
- ▲ Defrost frozen foods in the refrigerator or in the microwave; never let them defrost at room temperature! The thaw moisture may not be used and has to be removed.
- ▲ In the microwave, make sure food is heated through to the core: heat once, stir, and heat again.
- ▲ Keep containers of reusable products (chocolate spread, jam, spreads, etc.) clean. Use clean cutlery for each serving.
- ▲ Do not drink directly from a bottle or a can but pour the drink into a glass or drink with a straw.

Storage

- ▲ Do not keep an opened product for more than 48 hours. Write the opening date on the package.
- ▲ Do not keep covered leftovers for more than 48 hours in the refrigerator; reheat thoroughly before eating.
- ▲ Store all meals in a hygienic environment.
- ▲ Keep the refrigerator and remove expired products.
- ▲ Keep the freezer clean. Label frozen products with the date of freezing and remove expired ones.
Do not keep frozen food longer than 3 months.
- ▲ Always store raw products separately from prepared foods.
- ▲ Do not leave perishable products at room temperature for more than 10–15 minutes.
- ▲ Check refrigerator temperature (target value: 4°C).
- ▲ Put purchased food immediately into the fridge, freezer, or cupboard.
- ▲ Cover all food, even in the refrigerator.

02 WHICH INGREDIENTS TO CHOOSE?

Group	Permitted food and drinks	Not allowed
Beverages	- All drinks are permitted except those listed in the column 'not allowed' - Max. 0.5 L of quinine-containing drinks such as Schweppes or tonic	- Tap water in hospital (okay at home) - Well water - Grapefruit juice - Energy drinks
Meat, meats, fish, poultry, eggs, vegetarian food	Only use well baked or well-cooked products - Pre-packaged cold cuts (including salami) - Thoroughly heated meat substitutes - Hard-boiled or hard-cooked eggs - Industrially packaged meat/fish salads - Canned fish - Smoked fish when heated - Heated crustaceans (like shrimps, lobster, ...)	- Raw/undercooked meat, fish, eggs, or shellfish - Non-prepackaged cold cuts - Bulk salads from deli - Smoked fish/shrimp eaten cold - Shells (like mussels, oyster, ...)
Dairy products and fats	- UHT/pasteurized milk and products - Yogurt without live cultures - Packaged dairy desserts - Homemade desserts without raw eggs - Industrial ice cream - UHT or canned whipped cream - Pasteurized, prepackaged cheeses - Butter/margarine/oil	- Raw, unpasteurized milk or yoghurt - Probiotic drinks (Actimel, Yakult, Activia) - Soft-serve or scooped ice cream - Mold cheeses - Raw milk cheeses - Non prepackaged cheese
Fruit and vegetables	- Washed, undamaged fruit/vegetables - Canned/jarred - Pre-washed lettuce - Pre-packaged juices/smoothies - Dried fruit in baked goods	- Sprouts - Non-packaged salads - Unpeeled/uncooked homegrown produce - Takeaway smoothies - Dried fruit - Grapefruit
Herbs and spices	- Dried herbs - Pre-packaged washed herbs - Ketchup/mustard/mayo ... in tubes	- Unheated pepper blends - Homegrown unpeeled herbs - Raw-egg sauces - Honey
Bread, potatoes, cereals, rice, pasta, binders	- All bread - Pasta - Packaged potato dishes from bakery or supermarket	- Unpackaged supermarket bread - Using store slicers - Pastries with raw custard - Cereals with untreated nuts/dried fruit - Non-packaged salads
Nuts, salty snacks, cakes, sweets	- Industrially packaged olives - Chips, popcorn, cookies, sweets, chocolate, ... - Roasted nuts/seeds	- Loose deli items - Unpackaged popcorn or cookies - Pick-and-mix candy - Marzipan - Deli pralines - Untreated nuts/seeds
Prepared meals	- Fries and fried snacks from "friterie/frietkot" (directly from freezer) - Reheated ready meals	- Do not eat at restaurant - Takeaway meals - Buffets - Filled sandwiches

03 HOW LONG SHOULD YOU FOLLOW THESE GUIDELINES?

These guidelines apply throughout the entire treatment period. Once your child's blood values have recovered, the low bacterial diet can be discontinued, but never on your own initiative. Your dietitian and doctor will decide when it is safe to stop the diet.

Questions?

Speak to your dietitian if you have any questions about the low-germ diet or eating problems.

Email: dieet.pho@uzgent.be

QUESTIONS? Write them down here.