

LOUISE'S FOOD LISTS

Use these lists as a guide. Find out if there is a nutritionist on staff to provide more detailed information about what you should be eating and drinking during treatment.

FOODS AND SPICES TO BOOST THE IMMUNE SYSTEM

- Almonds
- Broccoli
- Citrus fruits (except for grapefruit, which may interfere with prescription medication so check with your pharmacist)
- Garlic
- Ginger
- Green tea
- Kiwi fruit
- Papaya
- Poultry
- Red bell peppers
- Spinach
- Sunflower seeds
- Turmeric
- Yogurt

PROTEIN-RICH FOODS

- Beans
- Eggs
- Fat-free or low-fat cheese
- Fish
- Lean beef and pork (tenderloin)
- Skinless white-meat poultry
- Skim or low-fat milk, or almond milk
- Low-fat yogurt

FOODS TO BOOST ENERGY

- Beans
- Eggs
- Fish
- Fruit
- Green tea
- Nuts
- Oatmeal
- Pumpkin seeds
- Soybeans (edamame)
- Spinach
- Sunflower seeds
- Sweet potatoes
- Yams

FOODS TO AVOID IN TREATMENT

- Cold hot dogs or deli cold cuts—*always cook or reheat until the meat is steaming hot in order to avoid any contamination*
- Deli-prepared salads with egg, ham, chicken, or seafood
- Dry-cured, uncooked salami
- Raw sprouts like alfalfa sprouts
- Raw or undercooked beef or other raw or undercooked meat and poultry
- Raw or undercooked shellfish, like oysters—*they may carry the hepatitis A virus and should be cooked thoroughly*
- Raw, unpasteurized eggs or foods made with raw egg, such as raw cookie dough
- Refrigerated pâté—*sorry, foodies!*
- Smoked fish
- Soft cheeses made from unpasteurized milk, such as blue-veined (a type of blue cheese), brie, camembert, feta and goat cheese
- Some types of fish, both raw and cooked, as they may contain high levels of mercury *and this is not good for anyone, but especially if you have a compromised immune system because of treatment*
- Sushi and sashimi, and any raw fish—commercially frozen fish, especially those labeled “sushi-grade” or “sashimi-grade.” *This is safer than other fish, but check with your care team before eating these foods*
- Unpasteurized (raw) milk and milk products, including raw milk yogurt *can lead to fever, vomiting, and diarrhea if they contain bacteria. Pasteurizing removes this danger*
- Unwashed fresh fruits and vegetables, especially leafy vegetables *that can hide dirt and other contaminants*
- Unpasteurized fruit juice or cider
- Undercooked eggs, such as soft boiled, over easy, and poached

Source: Stanford School of Medicine

WHAT TO DRINK

- Apple and grape juice
- Fruit nectars
- Low-salt broth
- Clear soups
- Gatorade or similar electrolyte drinks
- Herbal teas, such as ginger and mint
- Weak black teas
- Bottled water
- Frozen popsicles