Gastrointestinal GvHD Diet Progression

<table>
<thead>
<tr>
<th>Phase</th>
<th>Symptoms</th>
<th>Nutrition</th>
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<tbody>
<tr>
<td>Phase 4</td>
<td>Cramping&lt;br&gt;Large volumes of diarrhoea&lt;br&gt; &gt;500ml</td>
<td>Total gut rest&lt;br&gt;Nil by mouth&lt;br&gt;IV Fluids and TPN</td>
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<td>Phase 3</td>
<td>When diarrhoea is &lt;500mls per day</td>
<td>60 – 100ml clear fluid 2hourly – see list of suitable fluids below&lt;br&gt;IV fluids and TPN continue</td>
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<td>Phase 2</td>
<td>Tolerating phase 3 fluids&lt;br&gt;Stools are brown</td>
<td>Small meals and snacks 2 hourly (low lactose, low fibre, low fat)&lt;br&gt;See ‘Light Diet’ guidelines&lt;br&gt;IV fluids and TPN continue/reducing</td>
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<tr>
<td>Phase 1</td>
<td>Stools are formed&lt;br&gt;Tolerating phase 2&lt;br&gt;Able to manage 50% of energy needs orally</td>
<td>Progress to normal diet through the slow re-introduction of restricted foods&lt;br&gt;Wean off TPN and supplemental IV fluids</td>
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**Phase 4 – Total gut rest**
- Nil by mouth
- IV fluids and TPN

**To move from phase 4 (total gut rest) to Phase 3:**
- Original symptoms need to have improved
- Diarrhoea <500ml/day
- Cramping minimal
- Nausea and vomiting infrequent

**Phase 3 – Clear Fluids**
- No solid foods
- Diluted clear beverages, 1/4 - 1/3 cup every 2 – 3 hours
- Try to take drinks 6 or more times over the day, i.e. breakfast, morning tea, lunch, afternoon tea, dinner and supper
- IV fluids and TPN continue

**Suitable drinks from the hospital menu**
- Apple juice
  - add 2 parts water to 1 part juice
- Apple and orange juice
  - add 2 parts water to 1 part juice
- Pineapple juice
  - add 2 parts water to 1 part juice
- Gingerale (flat)
  - add 2 parts water to 1 part juice
- Lemonade (flat)
  - add 2 parts water to 1 part juice

To order drinks write them directly onto your menu and dilute at your bedside
Phase 2 – Light Diet
To move from phase 3 to phase 2, diarrhoea needs to have stopped
Stools should be forming and are infrequent
No cramping

Dietary guidelines – see ‘Light Diet’ guidelines
Small meals and snacks
Low lactose
Low fibre
Low fat – no fried or fatty foods or pastries
No spiced foods
IV fluids and TPN continue and reducing as oral intake improves

Suitable snacks
Cheese and crackers
Plain sweet biscuits
Fruit Juices, lemonade, gingerale
Fortisip, Ensure Plus - lactose free

Phase 1 – Normal diet

- Stools must be formed
- Gradually introduce new foods one at a time
- If a food is not tolerated, avoid it and try again later
- IV fluids and TPN should be stopping

Foods to gradually re-introduce:
First
Tea, coffee, chocolate beverages
Undiluted fruit juices
Spices – must be cooked
Tomatoes, tomato paste, tomato sauce
Citrus fruits

Second
Additional fruits and vegetables
Fibre containing cereals and breads – porridge, weet-bix, wholemeal breads
Baked beans, lentils, chick peas

Third
Re-introduce milk and other lactose containing milk products
- Cooked or boiled milk as in custards and milk puddings
- Yoghurt
- Ice cream
- Ordinary milk last e.g. cold milk drinks, milkshakes
Light Diet Guidelines GvHD Stage 2

Indication:
The light diet is ordered for GvHD Stage 2 progressing from Stage 3 clear fluids.
Summary: The menu offers easily tolerated foods - low fibre, low fat, low lactose, minimal spices.

Menu Standard:
Low in fibre, < 10g of fibre per day
Low in fat, no fatty or fried foods or pastries
Low in lactose
Minimal herbs and spices

Guidelines for Food Choices

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Foods Allowed</th>
<th>Unsuitable Foods</th>
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| Breads, cereals, rice pasta, noodles | White bread, toast, rolls  
 White rice, pasta  
 Rices, Cornflakes  
 Plain crackers, noodles, Tinned spaghetti | Wholemeal and wholegrain breads, toast, rolls  
 Brown rice, wholemeal pasta  
 Porridge  
 Cereals with nuts, seeds, grains, dried fruits e.g. muesli |
| Fruit               | Stewed/canned apple, peaches, pears  
 Banana  
 Fruit juices | Canned apricots, pineapple, plums, kiwi fruit  
 Citrus fruits  
 Fruit juice with pulp |
| Vegetables          | Peeled steamed potatoes, mashed potato, kumara, pumpkin, carrots, green beans | Skins, seeds, stalks, stringy vegetables, celery, corn, parsnip. No raw vegetables. Gas forming vegetables, brussel sprouts, cabbage, mixed vegetables with corn and peas, onion, silverbeet, tomatoes – raw and tinned |
| Nuts and seeds      | None                                                                           | All nuts, all seeds, eg peanuts, peanut butter                                     |
| Legumes             | Tofu                                                                           | Baked beans, bean salad, chickpeas, lentils                                        |
| Milk and Milk products* | Rice milk*, Soy milk,* Soy yoghurt and ice cream.  
 Fortisip, Ensure Plus  
 Cheese - slices | Cows’ milk, yoghurt, milk puddings and custards, white sauce, cheese sauce, Dairy foods (Calci Yum) Cream, Milkshakes made on BMT |

* Soy milk and rice milk can be ordered on your menu
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<th>Foods Allowed</th>
<th>Foods to Avoid</th>
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<tbody>
<tr>
<td>Meats</td>
<td>Soft tender meats, chicken, fish, eggs</td>
<td>Gristle on meats fat on meat Fatty meats, sausages, bacon, frankfurters, crumbed fried and battered meats, meats in pastry Cooked cheese dishes e.g. pizza, lasagne</td>
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<tr>
<td>Desserts and baked products</td>
<td>Jelly. Plain biscuits, crackers, plain cakes, pikelets, plain scones, banana loaf, marshmallows</td>
<td>Milk based desserts – as above Desserts containing dried fruit, pips, seeds, nuts, fruit loaves, fruit cake and fruit muffins</td>
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<tr>
<td>Miscellaneous</td>
<td>Seedless jams e.g. apricot. Honey, marmite. Sugar. Salt Thin spreads of butter/margarine. Cordials, fruit drinks. Clear soups</td>
<td>Tomato seeds, pastries, deep fried foods. Cream soups Potato crisps and chips</td>
</tr>
<tr>
<td>Beverages</td>
<td>Lemonade, Cordials, Gingerale, Fruit juices</td>
<td>Tea, coffee, Hot chocolate drinks. Cola drinks. Fruit juices containing pulp See above for milk based drinks to avoid</td>
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**In - betweens**

- Crackers and cheese, plain biscuits, plain baking - see above
- Fortisip, Ensure Plus, Fortijuice
- Avoid cows’ milk drinks including milk shakes made on the unit