

INFORMATION RESOURCES FOR FAMILIES

Food Safety after Transplantation

Safe food handling is important for everyone. Many of the foods we eat contain a small number of bacteria. After having a transplant, your child may be at an increased risk of getting an illness from the bacteria in certain foods because they are on immune suppression medication. Foods with higher risks of bacteria should be avoided when possible, and are listed below. Also see: <https://www2.health.vic.gov.au/about/publications/factsheets/Listeria---the-facts>

Your child will need to follow a low bacteria diet following their transplant. This will usually continue for about 6-12 months after transplant or when your doctor advises you to stop the diet.

It is still important to keep up good food hygiene practices at all times, and especially be careful when buying foods outside of the home. Good food hygiene when food is being prepared and stored is important.

Important food hygiene measures

Personal hygiene and food

Everyone has bacteria in their mouth, nose, bowel, and on their skin. Good hygiene is important for everyone.

1. Wash hands well in fresh, hot soapy water before preparing, serving and eating food
2. Keep any sores and cuts covered and change bandages often
3. Touch food as little as possible by using utensils such as tongs. Don't touch cooked and raw foods at the same time
4. Use paper towel to dry hands. Only use a clean tea towel for drying dishes, or let drain. A dishwasher with hot rinse cycle is great.
5. Avoid coughing or sneezing over food

Foods most commonly associated with food poisoning are:

1. Poorly stored cooked meats, uncooked meats, dairy products
2. Reheated meat dishes
3. Seafood, unless cooked and eaten immediately
4. Chicken that is undercooked, cold and stuffed, or has been kept at room temperature
5. Egg and milk dishes kept at room temperature

Buying food

1. Buy fresh, clean food from a reliable retailer.
2. When buying frozen foods, make sure they are:
 - a. Well frozen. Choose items from the bottom of the freezer rather than the top
 - b. Move foods from the shop to your home freezer as soon as possible. Do not leave frozen or cold items sitting in the car for long periods. When you go shopping, bring an insulated container if you think you might be slow getting home.
3. Ensure food is not out of date and has the latest 'use by' date you can find.
4. Make sure containers or tins are not open, broken, damaged or swollen.

Storing food

1. Store and serve food at the right temperature.
2. Serve hot food hot (above 60°C) and cold food cold (less than 5°C).
3. Keep raw meat, fish, and poultry in closed containers in the fridge well separated from cooked foods.
4. Keep all foods away from flies and other pests.
5. Refrigerating and freezing food does not kill bacteria, but cooking food will kill bacteria, so cook food thoroughly.
6. To store cooked food for use later, cool it quickly by storing immediately in the fridge (don't cool by sitting on the bench). Do not keep the stored food longer than 24 hours. Cooked meats have to be used within 12 hours and reheated thoroughly.
7. Store dried foods in a cool dry place, away from heat, moisture or direct sunlight.
8. Read labels for information on how to store foods.

Preparing, cooking and serving food

1. Use separate, clean work surfaces for raw and cooked foods so that any bacteria doesn't get onto the food.
2. Clean chopping boards well, as food particles may get trapped in the rough surfaces.
3. Wash the outside of vegetables before peeling and cooking
4. Wash the outside of fruits before peeling
5. Do not dip the same utensil into different foods and reuse
6. Do not taste food from the utensil used for preparing or serving
7. Avoid chipped crockery and glassware
8. Do not keep food at room temperature - eat food, chill it or freeze it straight away.
9. Use your microwave oven only when you are sure of proper heating. Microwave cooking can leave cold spots in food where bacteria can grow. Best methods of cooking include slow, conventional, or pressure-cooking.
10. Only reheat foods once, discard any reheated food not eaten.
11. Defrost meats in the refrigerator, NOT at room temperature, and use straight away. Never refreeze once thawed.
12. Throw away any food with an unusual smell or colour – 'if in doubt throw it out'

Eating out/takeaway- when your Doctor permits.

Look for:

1. Clean shop and staff
2. Clean, unchipped/ uncracked cutlery, crockery, and glasses
3. A shop that uses utensils for serving food, not hands
4. Fresh food covered and stored at the right temperature

Avoid:

1. Pre-prepared salads
2. Salad/sandwich bars
3. Food left sitting in warming trays for an unknown time

Foods allowed and foods that are not recommended

Food & Drink	Best choice	Not recommended
Water and drinks	<ul style="list-style-type: none"> - Tap water (from metropolitan water supply), ice - Cordial, commercial fruit drinks - Carbonated mineral water & soft drinks, - Flavoured milk - Ice blocks/ icypoles 	<ul style="list-style-type: none"> - Water from water coolers or fountains, tank water - Still bottled mineral water e.g. "Mount Franklin still mineral water"
Dairy products	<ul style="list-style-type: none"> - Fresh pasteurised dairy products - Yoghurt, custard, dairy desserts, - Cream, sour cream 	<ul style="list-style-type: none"> - Unpasteurised milk and dairy products - Soft serve ice-cream - Soft style cheeses, cheese with molds e.g. blue vein, camembert, brie, ricotta, fetta
Eggs, meat and meat products	<ul style="list-style-type: none"> - Cooked eggs (not runny) - Well-cooked fresh meat/ mince/ chicken/ fish - Well-cooked seafood including shellfish - Tinned meat/fish e.g. tuna salmon or 'Spam' - Vacuum packed cold meats (excluding fermented meats) 	<ul style="list-style-type: none"> - Raw/ runny eggs, food that include raw or partially cooked eggs - Raw or undercooked meats/ fish e.g. sushi/chicken - Luncheon/deli meats e.g. ham/ cold cooked chicken - Fermented meat products e.g. salami/ cold sausage/ prosciutto - Paté - Reheated meats
Vegetables and fruits	<ul style="list-style-type: none"> - Well washed raw and frozen fruit - Well washed raw and frozen vegetables - Tinned/ frozen fruit and vegetables - Stewed fruit - Commercial fruit juice - Cooked dried fruit 	<ul style="list-style-type: none"> - Unwashed raw fruit, raw berries - Leafy green vegetables e.g. lettuce, spinach, rocket, uncooked herbs - Freshly squeezed fruit and vegetable juice - Pre-packaged frozen berries - Uncooked dried fruit
Breads and cereals	<ul style="list-style-type: none"> - Individual packets of cereal or large packet left in hospital room/ at home - Fresh or frozen bread from unopened loaf - Portion packets of biscuits or packet in room - Fresh rice, pasta, porridge - Baked beans - 2 minute noodles 	<ul style="list-style-type: none"> - Cereals containing uncooked fruit/ dried fruit - Unprocessed bran - Reheated rice
Butter/ Margarine and spreads	<ul style="list-style-type: none"> - Spreads: butter/ margarine/ vegemite/ jam/ honey, peanut butter - Individual sauce/dressing packets 	<ul style="list-style-type: none"> - Unpasteurised honey - Mayonnaise made with raw egg
Other foods	<ul style="list-style-type: none"> - Individual packets of lollies/ crisps - Milo (new, unopened tin) - Chocolate - Cooked nuts and seeds - Cooked herbs, spices and pepper - Frozen prepared meals (check with Dietitian) 	<ul style="list-style-type: none"> - Uncooked herbs and spices including pepper - Unroasted or raw nuts - Lollies not fresh from a packet - Takeaway food