

Graft-Versus-Host Disease (GVHD) Diet #1

This diet is for patients who have developed **graft-versus-host disease (GVHD)** of the gastrointestinal (GI) tract. Because of GVHD, your GI tract may be inflamed (irritated, swollen, etc.), which affects your ability to properly digest and absorb nutrients from food. This can cause symptoms of nausea, vomiting, stomach pain or cramping, and diarrhea. The foods allowed on this diet are bland, low-fat, low-lactose (low dairy), non-acidic, caffeine-free, and low fiber to reduce GI irritation and help your GI tract tissue heal.

What are my instructions for following this diet?

Add one new food at a time so you know whether you can **tolerate** it (meaning you can eat it without having uncomfortable symptoms). Wait at least 3-4 hours before trying another new food. If any of your symptoms of nausea, vomiting, stomach pain or cramping, or diarrhea increase after you eat, stop eating whatever food you most recently added to your diet and tell your medical team.

The list of foods below is to help guide your decisions on what to eat. It does not include every food that your body may tolerate. While you're in the hospital, please refer to your hospital room service menu when ordering meals.

Try items from this list first, one at a time:

- Chicken or vegetable broth
- Beef bouillon
- Jell-O® (regular or sugar-free)
- Popsicles (regular or sugar-free)
- Caffeine-free tea
- Caffeine-free carbonated drinks (like Sprite®, 7-Up®, or ginger ale)

- Juice (cranberry, white grape, or apple)
- Pedialyte®
- Gatorade® or Gatorade® Zero (lemon-lime flavor is available at Michigan Medicine)

If you are tolerating several of the items listed above, then add foods from this list one at a time:

- Plain baked potato with no skin, or plain mashed potato (not made with milk)
- White rice
- Plain white pasta noodles
- Saltine crackers
- Applesauce
- Banana
- Canned peaches or pears
- Cream of Wheat®
- Grits
- Cream of Rice®
- Corn flakes or Froot Loops® cereal
- Rice Krispies® or Rice Chex® cereal
- Pretzels
- Lactaid® or soy milk
- Green beans (plain and cooked until tender)
- Carrots (plain and cooked until tender)
- Egg or egg substitute (well-cooked, scrambled, hard boiled)
- White bread and toast
- Plain white bagel
- Skinless chicken or turkey breast (baked, broiled, or boiled)
- Baked or poached fish
- Water-packed tuna

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