

Graft-Versus-Host Disease (GVHD)

Diet #2

This diet is for patients with **graft-versus-host disease (GVHD)** of the gastrointestinal (GI) tract who have tolerated the limited GVHD diet #1 without worsening GI symptoms, and who are now ready to expand their food list. Your GI tract is still not working normally, so you should continue to add new foods slowly (no more than 1 new food per meal). If you notice increased nausea, vomiting, stomach pain or cramping, or diarrhea with any new food, stop eating that food and tell your medical team.

This diet includes foods that are easy to digest. It avoids foods that are most likely to irritate your GI tract or cause uncomfortable symptoms. This diet offers foods that are fairly low in fiber (particularly insoluble fiber), fat, and lactose (dairy).

What are my instructions for following this diet?

Every patient is affected by GVHD differently, which is why it is important to continue to follow the “1 new food at a time” rule. Small, frequent meals may be easier for you to tolerate and digest. You can eat each new food with foods that you have been able to tolerate before (for example, after trying white rice successfully, you may try a small amount of tender lean protein along with it).

People with GVHD of the GI tract often are sensitive to lactose (found in dairy products). You may need to take lactase enzymes to avoid uncomfortable GI symptoms from foods that contain lactose.

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.

What foods are recommended for the GVHD Diet #2?

Food type	Examples:	
<p>Protein sources (Meat, fish, and poultry should be baked, broiled, or roasted, and fully cooked.)</p>	<ul style="list-style-type: none"> • Fat-trimmed, lean beef, chicken, turkey, and pork • Lean mild fish (like whitefish, cod, and halibut) • Ground lean meat or poultry • Well-cooked eggs or egg substitutes • Tofu 	<ul style="list-style-type: none"> • Canned, water-packed tuna • Low-fat lunch meats (heated to steaming) • Veggie burgers and veggie dogs • Low-fat cheese • Low-fat cottage cheese • Yogurt • Smooth nut butters (in small amounts)
<p>Fruits and vegetables (washed thoroughly under clean running water or cooked)</p>	<ul style="list-style-type: none"> • Fruit juices • Canned fruits (peaches, pears, apricots) • Applesauce • Ripe bananas • Jellied cranberries and cranberry sauce • Baked, peeled apples • Ripe melon • Avocado (in small amounts) • Ripe mango 	<ul style="list-style-type: none"> • Well-cooked, tender vegetables like asparagus, beets, carrots, celery, green beans, mushrooms, peas, and summer squash • Baked and peeled potatoes and sweet potatoes • Hashbrowns

Food type	Examples:	
	<ul style="list-style-type: none"> • Ripe papaya • Parsley and chives • Water chestnuts • Winter squash 	<ul style="list-style-type: none"> • Boiled, peeled mashed potatoes • Pumpkin • Cooked spinach
Bread and cereal products	<ul style="list-style-type: none"> • Bread or rolls made from enriched and refined corn or white flour • Cereals with less than 3 grams of fiber per serving (like corn flakes, Rice Chex[®], or Rice Krispies[®]) • Animal crackers or graham crackers • Ritz[®] crackers • Saltines • Plain pretzels 	<ul style="list-style-type: none"> • Quick breads or muffins (banana bread, zucchini bread, corn bread) • Egg or plain white bagels • White or sourdough English muffins • Tortillas (flour or corn) • White flour • White rice • Zwieback or rusk
Soups	<ul style="list-style-type: none"> • Broth-based soups made with meats or poultry and tender vegetables • Beef broth or bouillon 	<ul style="list-style-type: none"> • Chicken broth • Chicken noodle soup • Chicken and rice soup • Vegetable soup • Vegetable beef soup
Desserts	<ul style="list-style-type: none"> • Angel food cake • Danish • Gelatin or Jell-O[®] • Popsicles • Plain cake 	<ul style="list-style-type: none"> • Soft, plain desserts made with low-lactose, low-fat milk (like custard, fruit cobbler, pudding, sherbet)

Food type	Examples:	
Milk and dairy products	<ul style="list-style-type: none"> • Lactaid®/lactose free milk • Soy milk • Rice milk • Almond milk • Dream Whip®/whipped topping made with lactose free skim milk 	<ul style="list-style-type: none"> • Lactose free frozen desserts without artificial sweeteners • Yogurt • Skim milk, 1-2% milk, with caution
Fats (eat only in small amounts)	<ul style="list-style-type: none"> • Fat-free or low-fat salad dressing • Low-lactose, low-fat whipping cream • Butter • Margarine 	<ul style="list-style-type: none"> • Low-fat mayonnaise • Low-fat, non-dairy creamers • Cooking oil (in small amounts) • Smooth nut butters (in small amounts)
Drinks	<ul style="list-style-type: none"> • Caffeine-free carbonated beverages (like ginger ale, Sprite®, 7-Up®, orange soda, seltzers, cola) • Gatorade and Gatorade Zero 	<ul style="list-style-type: none"> • Fruit drinks (Kool-Aid®, Hi-C®, Hawaiian Punch®, Tang®) • Decaf coffee and tea (in small amounts) • Herbal tea (in small amounts)
Nutrition supplement drinks	<ul style="list-style-type: none"> • BOOST® (High Protein, Plus, etc.) • Ensure® (Ensure Plus, Enlive, etc.) 	<ul style="list-style-type: none"> • BOOST® Breeze • Ensure® Clear • MCT oil • Beneprotein®

Food type	Examples:
Other foods and seasonings	<ul style="list-style-type: none"> • Hard candy • Gum drops • Jelly beans • Jelly • Marshmallows • Low-fat gravy • Salt • Sugar • Syrup • Spices (in small amounts - check the list below for spices to avoid)

What foods should I avoid on the GVHD Diet #2?

Food type	Examples:
Protein sources	<ul style="list-style-type: none"> • Fried fish, meat (beef, pork), poultry, or eggs • Lunch and deli meats • Pickled or cured meats, fish, poultry (corned beef, hot dogs, pepperoni) • Bacon • Sausage • Oil-packed tuna • Beef brisket, short-ribs, or spare ribs (high-fat cuts) • Duck • Full-fat cheese or cottage cheese • Chunky nut butters
Fruits and vegetables	<ul style="list-style-type: none"> • Grapes • Juices: citrus (orange or grapefruit), prune, tomato, V8® • Raw fruits (except for banana): berries, citrus fruits (like oranges), apples, dates, figs, • Raw vegetables • Cooked or raw artichokes, broccoli, brussels sprouts, cabbage, corn, eggplant, peppers, leeks, lettuce, greens,

Food type	Examples:	
	pineapple, plums, prunes, raisins, rhubarb • Dried fruits	onions, rutabaga, tomatoes, turnips • Tomato sauce • Baked beans • Beans, lentils, or legumes
Bread and cereal products	• Whole grain bread or rolls: cracked wheat, pumpernickel, rye, whole wheat, multigrain • Raisin toast or bagel • Bread with nuts • Brown or wild rice • Bulgur	• Cornmeal • Coarse or whole grain cereals: bran, buckwheat, cracked wheat, puffed wheat, granola, oatmeal, or other cereals that have more than 3 grams of fiber per serving
Soups	• Highly seasoned soups • Milk or cream-based soups or chowders • Tomato soup • Cheese soup • Soup with beans or bacon	• Chili • Chunky types of soup • Split pea or green pea soup • Minestrone • Onion soup • Ramen soups
Desserts	• Artificial sweeteners (other than sucralose): aspartame, saccharin • Candied fruit • Chocolate • Ice cream	• Pastries • Pies • Dessert made with nuts, seeds, coconut, dried fruit, or chocolate

Food type	Examples:	
	<ul style="list-style-type: none"> • Donuts 	<ul style="list-style-type: none"> • Fudgesicles or creamsicles
Milk and dairy products	<ul style="list-style-type: none"> • Whole milk • Cheese and full-fat cottage cheese • Cream • Cool Whip® 	<ul style="list-style-type: none"> • Ice cream • Dairy coffee creamers • Sour cream • Creamy dips (like spinach, artichoke, or cheese)
Fats	<ul style="list-style-type: none"> • Avocado (in large amounts) • Bacon • Cool Whip® • Cream • Cream cheese 	<ul style="list-style-type: none"> • Regular mayonnaise • Regular salad dressing • Shortening • Sour cream • Whipping cream • Chunky nut butters
Drinks	<ul style="list-style-type: none"> • Diet drinks • Cocoa • Alcohol • Caffeine • Peppermint tea 	<ul style="list-style-type: none"> • Caffeinated or chocolate-flavored carbonated beverages (Mountain Dew®, root beer, cola)
Nutrition supplement drinks	<ul style="list-style-type: none"> • Milk-based supplements with lactose: Carnation Breakfast Essentials®, Magic Cup® 	
Other foods and seasonings	<ul style="list-style-type: none"> • Sugar-free candies and gum • Cream Savers® • Candy with nuts, raisins, or seeds 	<ul style="list-style-type: none"> • Popcorn • Garlic or garlic powder • Spices: chili powder, cumin, onion powder, mustard, paprika, pepper

Food type	Examples:
	<ul style="list-style-type: none"> • Fried snack foods: corn chips, potato chips, Doritos®, etc. • Nuts • Pickles • Relish • Steak sauce (A1®) • Tabasco® or hot sauce • Ketchup

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