



Patient & Family Guide
2018

Healthy Eating After Your Transplant



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Healthy Eating After Your Transplant

Healthy eating after your transplant can help control your weight, cholesterol, blood pressure and diabetes.

This means eating a balanced diet by choosing a variety of foods from the 4 food groups every day. Follow *Canada's Food Guide* for serving sizes and the number of servings you need.

Here are some tips for healthy eating:

1. Eat less fat

- Limit margarine or butter, oil, salad dressings, and other fats to 3-4 teaspoons per day.
- Do not eat deep fried foods.
- Choose low fat snacks (such as fruit, vegetables, plain popcorn).
- Enjoy a variety of fish, poultry and lean meats. Limit to 2 servings a day. One serving is the size of a deck of cards (3 ounces/90 grams).
- Limit store-bought baked goods (such as muffins, biscuits, croissants, cookies).
- Avoid “ready to serve” meals like frozen dinners.

- Choose low fat milk products (skim or 1% M.F.)
- Cut down on or remove sources of saturated and trans fats.
 - › Saturated fat is usually solid at room temperature and can **RAISE** unhealthy blood cholesterol levels.
 - › Fatty cuts of meat, organ meats, poultry skin, lard, butter, full fat milk products, cocoa butter, palm oil and coconut oil have saturated fat.
 - › Shortening, hydrogenated margarine and store-bought baked goods have trans fats.
 - › Replace saturated fat in your diet with unsaturated fats like canola oil, olive oil or non-hydrogenated margarine.
- Eat fish 2-3 times per week instead of meat.

2. Eat less sugar

- Eat fewer sweets (such as sugar, regular pop, desserts, jam, honey).
- If you are thirsty, drink water. Drinking regular pop and fruit juice may raise your blood glucose (blood sugar) levels.

3. Eat less salt (sodium)

Too much sodium can make your body hold on to extra fluid, causing swelling in hands, feet and legs, and making your heart work harder.

- Read food labels. Any food with 10% Daily Value (DV) or more for sodium is too high.
- Do not eat canned soups, dried soups, canned gravies or vegetable juices.
- Do not add salt or sea salt during cooking or at the table.
- Do not use salt substitutes (such as NoSalt[®], Nu-Salt[®], Half Salt[™]).
- Do not use seasoned salts such as onion salt or garlic salt. Use onion powder or garlic powder instead.

4. Eat more fibre

- Enjoy whole grain breads and cereals, and vegetables and fruit every day. The fibre in these foods can help keep you feeling full longer. This may help you keep a healthy weight.
- Eat foods like oat bran breads and cereals, dried peas, beans and lentils. The fibre in these foods may help lower your cholesterol levels and help control your blood sugars.

5. Keep a healthy weight

You can reach and keep a healthy weight by eating less fat and by exercising. By losing some weight, you may improve your blood cholesterol levels and blood pressure. Remember to check with your doctor before starting an exercise program.

Make healthy choices from the 4 food groups:

Vegetables and fruit

Buy fresh vegetables and fruits that are in season to save money.

Best choices	Foods to avoid
<ul style="list-style-type: none">• Fresh or frozen vegetables and fruits• Fruit canned in water• Canned vegetables, vegetable juices and soups with no added salt• Avocados	<p>Go easy on:</p> <ul style="list-style-type: none">• Canned vegetables with added salt• Unsweetened fruit juice• Fruit canned in syrup or juice <p>Avoid:</p> <ul style="list-style-type: none">• Deep fried foods
Best choices	Foods to avoid
<ul style="list-style-type: none">• Homemade vegetable soups with fat removed and low salt ingredients	<ul style="list-style-type: none">• Vegetables in cream or cheese sauces• Sweetened fruit juices/drinks

Grain products

Choose whole grains more often. Add oat bran, natural bran or flax to muffins and casseroles to get more fibre.

Best choices	Foods to avoid
<ul style="list-style-type: none"> • 100% whole grain breads, bagels, pita bread, English muffins (2 or more grams of fibre per slice) • 100% whole grain cereals (4 grams or more of fibre and 8 grams or less of sugar per serving) • Homemade hot cereals (oatmeal, Red River®) 	<p>Go easy on:</p> <ul style="list-style-type: none"> • Homemade muffins • Instant hot cereals • White pasta and rice • White bread, rolls and bread sticks • Low fat granola bars (look for no trans fats, 2 grams or less of saturated fat, and 3 or more grams of fibre per serving) • Low fat cookies (no more than one serving (25-35 grams) per day, no more than 3 grams total fat and 0.3 grams saturated fat, 5% or less daily value for fat), e.g., one serving of Simple Pleasures® cinnamon snaps, Honey Maid® graham crackers

Best choices	Foods to avoid
<ul style="list-style-type: none"> • Whole grain unsalted crackers, crisp breads, rye crisps, Melba toast (with no trans fats and 2 grams or less of saturated fat per serving) • Whole grain pasta, brown or wild rice • Quinoa, barley, bulgur 	<p>Avoid:</p> <ul style="list-style-type: none"> • Garlic, egg, or cheese breads/buns • Granola-type cereals • Sugary cereals • Frozen pancakes and waffles • Pre-packaged rice mixes, pasta side dishes, stuffing • Chow mein noodles • Snack crackers • Regular granola bars

Milk products

Read labels for milk fat (M.F.).

Best choices	Foods to avoid
<ul style="list-style-type: none">• Skim, 0.5% or 1% milk• Low fat block cheese (7% M.F. or less)• Low fat cottage cheese (1% M.F. or less)• Soy or veggie cheese (Note: Cheese is high in sodium. You may need to limit how much you eat, to avoid sodium as well as fat.)• Plain low fat yogurt (1% M.F. or less)• Greek yogurt (1% M.F. or less)• Evaporated skim milk• Fat free sour cream	<p>Go easy on:</p> <ul style="list-style-type: none">• 2% milk• Chocolate milk• Cheese with 8-20% M.F.• 2% evaporated milk and condensed milk• 2% cottage cheese, sour cream or yogurt• Buttermilk• Low fat cream cheese• Ice cream, ice milk, frozen yogurt (4% M.F. or less)• Light sour cream <p>Avoid</p> <ul style="list-style-type: none">• Whole milk (3.3% M.F.)• Full fat sour cream

Best choices	Foods to avoid
<ul style="list-style-type: none">• Fortified low fat soy and almond beverages	<ul style="list-style-type: none">• Regular block cheese or cheese slices (more than 20% M.F.)• Regular evaporated milk• Regular cream cheese• Regular or creamed cottage cheese• Yogurt (4% M.F. or more)• Ice cream, ice milk, frozen yogurt (more than 4% M.F.)

Meat and alternatives

To get more fibre and cut down on fat in your diet, try adding chickpeas to salads, beans to casseroles, or lentils to soups or stews.

Eat at least 2 fish servings each week.

Best choices	Foods to avoid
<ul style="list-style-type: none">• Dried pulses (chickpeas, kidney beans, soybeans, navy beans, lentils, etc.)• Fresh or frozen fish (2 or more times per week)• Shellfish• Fish or seafood canned in water (tuna, salmon, clams, etc.); look for lower sodium• Skinless chicken or turkey• Natural nut butters (peanut, almond)	<p>Go easy on:</p> <ul style="list-style-type: none">• Regular peanut butter• Egg yolks (limit to 3 per week)• Canned beans and lentils• Lean beef, pork, ham (limit to 3 times per week) <p>Avoid:</p> <ul style="list-style-type: none">• Duck and goose• Fatty meats (prime rib, T-bone, spare ribs)• Organ meats (liver, kidney, heart, etc.)• Packaged breaded meat, fish or poultry

Best choices	Foods to avoid
<ul style="list-style-type: none"> • Lean or extra lean ground chicken or turkey • Wild game (venison, rabbit, moose) • Egg whites, egg substitutes • Tofu • Unsalted nuts and seeds 	<ul style="list-style-type: none"> • Regular and medium ground beef • Processed/deli meats (pepperoni, salami, wieners, sausages, bologna, bacon, cold cuts, canned meats) • Fish canned in oil • Smoked fish • Chicken wings • Poultry skin • Deep fried foods • Salted nuts and seeds

Other foods

Foods to avoid

- Potato chips
- Buttered popcorn, microwave popcorn
- Coffee cream and blend
- Whipping cream

Foods to limit to small servings once per week

- Croissants, danishes, sweet rolls, tea biscuits
- Store-bought muffins and doughnuts
- Cookie, muffin and cake mixes
- Packaged cookies (with 4 grams or more of total fat per serving)
- Cake, pies, cookies
- Doughnuts
- Cheesecake

Reading food labels

- Check the ingredients list. The ingredient with the greatest amount is listed first. The ingredient with the smallest amount is listed last.
- Avoid products that list saturated fat or salt in the first 3 ingredients, and those that list many fat and salt ingredients.

Example: Onion crackers

Ingredients: Enriched flour, vegetable oil, shortening, beef tallow, palm oil (may contain coconut oil), onion powder, salt, sugar...

There are 5 fats listed, 4 of them saturated fats.

This cracker is not a good choice.

Reading food labels (continued)

- Don't be fooled by foods labelled "**Cholesterol free**" or "**No trans fats.**" This does not mean fat free or low in fat. For example, cholesterol-free french fries with no trans fats may still have lots of fat.
- Some foods are marked "**Light.**" This does not always mean the food is low in fat or calories. It may mean that the food is light in colour, flavour or texture. Read the label closely to see why it is marked "light."
- Read the **Nutrition Facts** table. This tells the amount of fat, sodium, fibre and calories in a specific serving size. Remember: if you eat a double serving size, you have eaten double the amount of nutrients too!
- The Nutrition Facts table also gives the % Daily Value (DV) of many ingredients.

Example: Compare these packages of cookies:

Nutrition Facts	
Serving size	3 biscuits (29g)
Amount Per Serving	
Calories	140
	<small>% Daily Value*</small>
Total Fat 5g	6%
Saturated Fat 0.4g	2%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	4%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
Serving size	3 biscuits (33g)
Amount Per Serving	
Calories	160
	<small>% Daily Value*</small>
Total Fat 7g	9%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	4%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

- › A serving of food that has 5% DV or less of a nutrient is low in this nutrient.
- › A serving of food that has 10% DV or more of a nutrient is high in this nutrient.
- › Try to choose foods low in fat and sodium, and high in fibre as much as possible.

The lower fat cookie is the better choice. It has 2 grams of fibre per serving and has less sodium.

Make your recipes healthy

- **Replace high fat ingredients with lower fat ones, and unhealthy fats with healthier fats.**
 - › Use fat free or low fat yogurt and sour cream.
 - › Use fat free or low fat mayonnaise and salad dressings.
- **Choose unsaturated fats.**
 - › Use non-hydrogenated margarine or oil instead of butter, lard or shortening.
- **Use less of the high fat ingredients.**
 - › Use only part of the fat that the recipe calls for (if it calls for 3/4 of a cup, use only 1/2 or 1/3 cup).
 - › Substitute fruit juice, applesauce or yogurt for half of the oil in muffins that call for more than 1/2 cup of oil.
 - › Use less meat, eggs or cheese than the recipe calls for.
- **Remove the fat.**
 - › Trim off any fat you can see and take off any skin.
 - › Refrigerate gravies, soups or stews until the fat rises to the top of the pot, then skim it off.
- **Change the cooking method.**
 - › Steam, broil, boil, roast, BBQ or microwave without adding fat.
 - › Sauté with water, juice or broth.
 - › Use vegetable cooking sprays.

Eating out

- Choose a restaurant that cooks food in many ways, not just by frying.
- Ask how a menu item is prepared. Ask what kind of fats they use for sautéing.
- Know the terms that restaurants use. For example, sauces such as béchamel, béarnaise and hollandaise are high in fat.
- Ask for sauces on the side and use just a little, or leave them off completely.
- Go easy on added fat. Try not to use margarine or butter on your bread. Ask for toast and sandwiches without margarine or butter. Try lemon juice on your vegetables instead of margarine or butter.
- Trim the fat from meat and remove the skin from poultry.
- Watch out for salads. Some salad items are great choices, but Caesar salad, chicken salad, potato salad, pasta salad, etc. may be high in fat and salt. If adding chicken or seafood to a salad, make sure it is grilled instead of deep fried.
- Ask for fat free or low fat salad dressing on the side and use only a little because it can be high in salt. Try olive oil with vinegar if available.

- Eating fast foods now and then is OK if you choose a small hamburger, a grilled chicken burger that is not breaded, a small sandwich, or a 6-inch sub.
- For subs and sandwiches, choose plain sliced chicken, turkey or beef and add lots of vegetables. Skip the cheese and mayonnaise and ask for fat free or low fat dressing. Have a tossed salad instead of French fries.
- Some foods (like pizza, garlic bread and lasagna) are better made at home because you can use low fat, low sodium ingredients.

Bone health

- Some of the medications needed after transplant may put you at greater risk of developing osteoporosis (a condition which makes your bones brittle and more likely to break).
- You need to get enough calcium and vitamin D in your diet for your bones to stay healthy.
- To keep your bones strong, you will need **1000 to 1200 mg calcium and 800 to 2000 IU vitamin D each day.**

Calcium

- One serving from the list of ‘Milk and alternatives’ has about 300 mg of calcium.

Examples:

- › 1 cup (250 ml) cow’s milk, 1 cup calcium fortified or enriched soy, rice or almond beverage
- › 1.5 ounces (50 grams) Swiss, cheddar or mozzarella cheese
- › 1 cup fat free or low fat yogurt
- › 1 cup orange juice enriched with calcium
- You **may need** calcium supplements if you do not get enough calcium from your food to provide 1000 to 1200 mg per day.

Vitamin D

- **You will need to take a vitamin D supplement.**
- The best source of vitamin D is fish, especially salmon, mackerel, trout and herring (150 to 350 IU per 2 1/2 ounce serving).
- Fortified drinks, such as cow's milk, and soy, rice and almond beverages, have about 100 IU of vitamin D per cup (250 ml).
- **Do not have more than 4000 IU Vitamin D from food and supplements combined per day.**

Your dietitian recommends for you:

- _____ IU vitamin D, _____ time(s) daily
- _____ mg calcium tablet, _____ time(s) daily with a meal

Resources

- Try low fat, high fibre recipes in Dietitians of Canada cookbooks such as: *Great Food Fast*, *Simply Great Food* and *Cook!*.
- Two other excellent cookbooks are *Hold the Salt!* and *Hold That Hidden Salt!* by local dietitian Maureen Tilley.

Want more information?

- › www.heartandstroke.ca
- › www.dietitians.ca

Note: When looking for information online, non-profit agencies such as The Heart and Stroke Foundation and Dietitians of Canada are trustworthy sources.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

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For more information, go to <http://library.novascotia.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.