

NEUTROPENIC DIET? IT'S TIME TO MOVE ON

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The significance of neutropenic diet for patients undergoing HSCT continues to be debated. It has been argued that a low bacterial diet can prevent the occurrence of infection and infection-related death in cancer patients with neutropenia. However, this restrictive regimen could promote malnutrition which in turn is associated to worse clinical outcomes and higher mortality. The administration of neutropenic diets should be questioned. Trifilio et al. reported higher infection rates in patients receiving a neutropenic diet, while there was no difference in mortality between the groups [1].

A recent Cochrane review concluded that no evidence support the use of a low bacterial diet for the prevention of infection and related outcomes [2]. Similar results were shown by a meta-analysis published in 2019 [3]. Some authors proposed replacing neutropenic diets with safe food handling guidelines [4].

SAFE FOOD HANDLING GUIDELINES

In every step of food preparation, follow the four guidelines to keep food safe

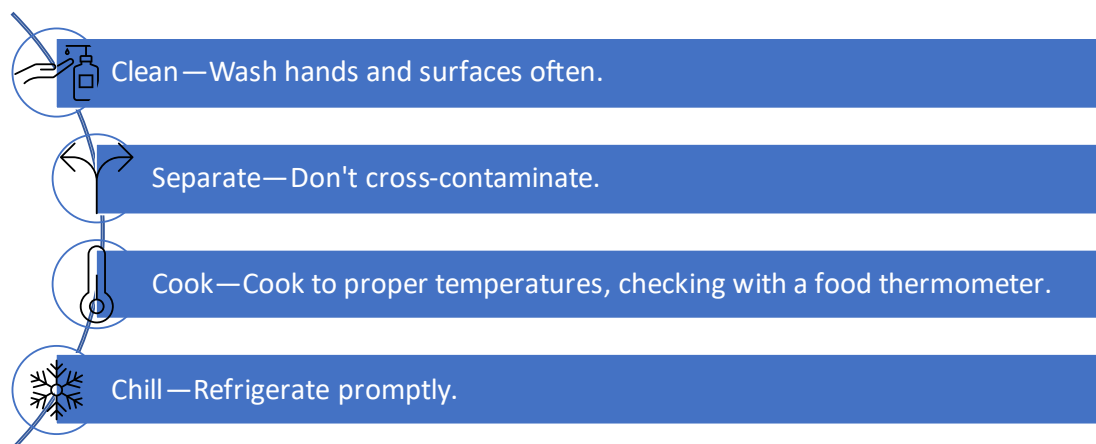


Figure 1 Safe food handling guidelines

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