Progression Diet Levels 1 and 2
for Patients with Graft vs. Host Disease
Patient Education

Your doctor has recommended a special diet called the progression diet because you have developed graft vs. host disease (GVHD) after your stem cell transplant. You need to eat small amounts of easy-to-digest food until you can digest more complex food. The length of time you must stay on this diet depends on the severity of your illness. Clear liquid foods are always allowed. After you are able to tolerate a clear liquid diet with no cramping and minimal stool output, you may begin the progression diet.

Total parenteral nutrition (TPN) is required while you are on this diet. TPN provides the nutrition you need intravenously while your gastrointestinal (GI) tract is not functioning well, giving you time to work toward digesting normal foods properly.

### Progression Level 1

- Introduce new foods from the list below, in the amounts shown and in any order you prefer.
- Try only one new food item at a time.
- Wait at least three hours between trying each new food.
- Continue eating the foods that do not cause cramping or excess stool output.
- Gradually increase the quantity of each food you eat.

<table>
<thead>
<tr>
<th>Food</th>
<th>Date and Time Tried</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applesauce, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots, cooked, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream of Rice, plain, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream of Wheat, plain, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green beans, cooked, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches, canned, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pears, canned, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt, 1 packet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar, 1 packet</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Progression Level 2**

- When you can tolerate progression level 1 foods without an increase in cramping or stool output, your health care provider will allow you to add more foods.
- Continue to follow the directions given for progression level 1 as you try foods listed below.

  - You may use non-dairy creamer with cereals.
  - You may add small amounts of margarine or gravy to moisten food.
  - TPN will continue as needed.

<table>
<thead>
<tr>
<th>Food</th>
<th>Date and Time Tried</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel, plain, white, ½</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread, white, plain or toasted, 1 slice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheerios, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken or turkey breast, baked or grilled, 3 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg, hard-boiled, 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg, scrambled, no milk, 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>English muffin, white, ½</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liquid non-dairy creamer, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low-fat gravy, 2 tablespoons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Margarine, 1 teaspoon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta or noodles, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes, mashed, no milk, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Puffed rice cereal, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice Krispies, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice milk, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soda crackers, 4 to 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soy milk, ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White rice, ½ cup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

When you can tolerate foods in progression levels 1 and 2, your health care provider will order a reduced microbial, low-lactose diet, and the progression of adding more foods will continue.