This document is part of the ACI Diet Specifications for Adult inpatients. It is not to be used for patient education.

Aim
To provide a diet that limits foods that are at high risk of carrying food-borne disease.

Characteristics
Avoids food with a high bacterial or fungal load. Sterile diets are no longer used because there is no evidence to support their use.

Where appropriate, clinicians may consider ordering this diet for patients:
• With neutropenia (neutrophil count ≤ 1000 cells/μL)
• Who are severely immunosuppressed (e.g. some patients post-transplant or those undergoing some cancer treatments)
• With poor gut integrity.

Other risk factors that may need to be considered are age, pregnancy and polypharmacy.

However, as food safety management has improved, the standard hospital diet may be considered safe for the vast majority of immunocompromised patients.

Nutritional adequacy
Nutritionally adequate.

Precautions
Patients ordered this diet must be supervised by a dietitian. As these patients are often malnourished, nutritional supplements may be required. All salads and sandwiches must be served within 24 hours of preparation and contain allowed ingredients. Bottled water must be replaced as needed (at least daily), not topped up or refilled.

Food safety practices must ensure that clean, dry utensils are always used so that bulk packs are not contaminated.

Paediatrics
Suitable for use in paediatrics when combined with an age-appropriate diet.
### Specific menu planning guidelines

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| **Hot main dishes**      | All well-cooked meat, poultry, seafood and vegetarian dishes  
  Serve eggs that are cooked until the white is firm and yolk begins to thicken                                                                 | Undercooked meat, poultry or seafood  
  Raw tofu, smoked fish, tempeh  
  Raw or soft-boiled eggs                                                                                                                                                                           |
| **Sauces, gravies**      | All cooked                                                                                                                                                                                                  | All others                                                                                                                                                                                                  |
| **Starchy vegetables / pasta / rice** | All cooked                                                                                                                                                                                                | All others                                                                                                                                                                                                  |
| **Vegetables**           | All cooked and canned vegetables  
  Vegetables that can be sanitised whole#                                                                                                            | All others including fresh fermented vegetables and pickles                                                                                                                                                 |
| **Soups**                | All hot soups including pasteurised miso products without kelp/seaweed                                                                                                                                     | Cold soups                                                                                                                                                                                                  |
| **Sandwiches**           | Sandwiches must be made on site, contain allowed ingredients and used within 24 hours  
  Pasteurised meats and poultry (cooked in bag) and sliced acceptable with correct food hygiene practices#  
  Hard boiled eggs, canned fish  
  Commercially manufactured and packaged hard cheese (e.g. cheddar)  
  Cottage cheese may be used if served on the day the package is opened  
  Canned pâté and meat spreads                                                                                                                   | Unpasteurised proessed meats and poultry (e.g. some hams, chicken roll)  
  Smoked meat and fish  
  All other pâté and meat spreads (e.g. those requiring refrigeration)  
  Leafy green vegetables, e.g. lettuce, baby spinach, parsley, rocket                                                                         |
| **Salads, dressings**    | Vegetables and fruit that are canned or can be sanitised# as a whole uncut item e.g. tomato, cucumber, zucchini, capsicum, carrot, orange  
  Salads must be made on site, contain allowed ingredients and used within 24 hours  
  Canned salads (e.g. mixed beans, potato salad)  
  Portion packs of commercially manufactured mayonnaise, dressings and condiments                                                                 | Unwashed raw vegetables and sprouts, including mushrooms  
  Leafy green vegetables e.g. lettuce, baby spinach, parsley, rocket  
  Salad dressings made with blue cheese or raw eggs  
  Unpasteurised sliced processed meats and poultry (e.g. some hams, chicken roll)  
  Compound salads e.g. potato salad and coleslaw  
  Cooked and peeled prawns to be served cold                                                                                                        |
| **Breads, cereals**      | All breads, pre-packaged, processed and ready-to-eat including raisin or fruit bread  
  Cooked breakfast cereals e.g. porridge, semolina  
  Plain commercially manufactured breakfast cereals without dried fruit, coconut or nuts (e.g. corn flakes, wheat biscuits, puffed rice) | Raw oats  
  Raw muesli including bircher  
  All other breads and cereals                                                                                                                                                                           |
| **Spreads**              | Large commercially manufactured brands of jam, nut butters and pastes, yeast spreads, marmalade, chocolate hazelnut spread, mayonnaise  
  Spreads in portion control packs or bulk containers which have been handled in a way to prevent contamination  
  Canned pâté and meat spreads  
  Pasteurised honey (including portion control packs) and honey as an ingredient in a cooked meal                                                                                     | Other spreads including tahini and hummus                                                                                                                                                                 |
| Hot breakfast choices | All cooked breakfast items  
Pure maple syrup  
Pure golden syrup | All others |
|----------------------|---------------------------------------------------------------|
| Fruit                | Sanitised whole fresh fruit (e.g. apples, oranges, mandarins, pears, kiwi fruit, stone fruit, grapes etc.)  
Bananas served whole (unpeeled and uncut)  
All canned or stewed fruit  
Fruit from bulk packs must be used within 48hrs of decanting  
Cooked dried fruit (e.g. muffins and cakes containing dried fruit) | Cut fruit  
Fresh fruit with a rough texture (e.g. raspberries, strawberries, rockmelon)  
Uncooked dried fruit |
| Yoghurt              | Commercially manufactured yoghurts, including those with fruit  
Yoghurt from bulk packs must be used within 48 hours after decanting | All other yoghurts, including home made and probiotic yoghurts |
| Desserts             | Desserts and puddings served hot e.g sticky date pudding, apple crumble  
Heat-treated portion-control cold desserts e.g. custard, creamy rice  
Shelf-stable commercially manufactured cakes, pastries and puddings  
Pastries with fillings cooked in e.g. apple danish  
Other commercially manufactured ice creams using allowed ingredients | Desserts containing uncooked eggs e.g. mousse  
Pastries filled with cream or custard after cooking e.g profiterole  
Ice cream with dried fruits, coconut and nuts |
| Milk and cheese      | All pasteurised milk and milk products including cream and sour cream  
Commercially manufactured and packaged hard cheese (e.g. cheddar) including cheese slices  
Cottage cheese may be used if served on the day the package is opened | Surface-ripened cheese (e.g. brie, camembert, blue)  
Soft and semi soft cheese unless used as an ingredient in a cooked dish |
| Beverages            | Pasteurised fruit juices in sealed portions  
Cordial made with potable water and chilled once prepared  
Bottled or portion controlled water  
Drinks made with chocolate powder  
Tea, coffee, carbonated drinks, commercially manufactured energy drinks | Fresh and unpasteurised juices  
Herbal teas  
Fermented drinks e.g. kombucha  
Wine and beer as a beverage |
| Biscuits             | All baked, shelf-stable portion packs of biscuits and crackers | All others |
| Miscellaneous        | Nutritional supplements  
Salt  
Cream  
Plain commercially manufactured popcorn  
Sugar and artificial sweeteners  
Chocolate with allowed ingredients  
Confectionery with allowed ingredients  
Potato crisps  
Baked, shelf-stable muesli bars | Raw nuts and nuts in shells  
Raw oysters  
Herbs, spices and pepper  
Raw coconut |

# As per NSW Food Authority vulnerable population requirements.
References


DATE: July 2017