

# Tips for Eating after Intestinal Transplant

Post-transplant most patients look forward to eating, however, this does not mean it is not difficult nor a learning curve to consume enough to maintain nutrition. Why? This is because many intestinal transplant patients have not eaten to sustain themselves for a long time, if ever. These are post-transplant eating tips from Kayla, a two-time intestinal and modified multivisceral transplant recipient and founder of Transplant Unwrapped.

- Eat **small, frequent meals** throughout the day. Kayla suggests having 5-7 small meals or 3 small meals with multiple snacks in-between.



- **Always** have a **snack and drink** by your side.
  - Every few minutes Kayla makes sure to take a small bite or sip of her drink to keep herself hydrated and slowly increase food intake.



- **Eat** the food you **like**, worry about eating the healthy food later.
  - In the initial post-transplant phase, enjoy food, eat the items you have not had for years due to illness.
  - After the initial phase, if you still crave junk food and are gaining too much weight, you may just need to readjust your diet.
  - Everything can be enjoyed in **moderation**.



- It will take time to learn which foods you will be **able to tolerate**.
  - This will be a trial and error process, and often there will be no rhyme or reason why one food in a food group 'agrees with you' while another one doesn't.
  - Kayla found that high fat food would significantly increase her stoma output, while high sugar had no effect.
  - **Every** transplant **patient will vary**.
- To help figure out what works for you, **slowly introduce** new foods, do not try everything all at once.
  - If you do it all at once, you will not know what worked and what did not.
- As per all post-transplant and immunosuppressed patient recommendations, **avoid raw** and undercooked cuts of meat, fish, and eggs.
  - Do not consume **unpasteurized** milk or cheese products.
  - Avoid deli meats and salads.
  - Avoid buffets and food that has been sitting out for long periods of time.
- Follow **food safety and food preparation** guidelines to prevent cross-contamination.



# Helpful Websites

## National Institute of Diabetes and Digestive and Kidney Disease (NIDDK)

Topics and education on healthy eating and maintaining a healthy weight.

## Choose My Plate

Website by the US Department of Agriculture designed to help with a healthy diet and lifestyle.

## Healthy Eating

Healthy eating tips and recipes from the American Heart Association.

## More Info?



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