

Eating Well with Myelofibrosis

Myelofibrosis (MF) is a rare blood cancer that is part of a group of disorders known as *myeloproliferative neoplasms (MPN)*. Most recommendations by physicians and dietitians on healthy eating for people with MF do not vary greatly from healthy eating guidelines for everyone. It is important to stay hydrated and eat small, frequent meals made up of nutrient-dense foods that will reduce inflammation and support your energy levels.



Talk to your doctor about the diet changes you'd like to make and find out what nutritional resources are available to you. If you have neutropenia, it's important for you to take special precautions and consult with your healthcare team to determine whether the dietary changes are appropriate for you. Through ongoing research, experts who study MPNs are discovering the benefits of eating healthy for people with myelofibrosis.

Foods to Consider

FRUITS



VEGETABLES



WHOLE
GRAINS



NUTS



OLIVE
OILS



FISH



BEANS



TURMERIC



Foods to Limit

FAST FOODS



HIGH- SUGAR FOODS (CANDY)



SUGARED SODAS



FRIED FOODS



ALCOHOL



Work with your healthcare team to develop a meal plan that works best for you.

Notes

References

1. Gersten T, Bunting K. Alcohol and MPNS: your guide. MyMPNTeam. Posted December 1, 2021. Accessed April 27, 2023. <https://www.mypnteam.com/resources/alcohol-and-mpns-your-guide>
2. McCloskey K, Gersten T, ed. Diet and nutrition tips for people living with MPNS. MyMPNTeam. Updated May 17, 2021. Accessed March 14, 2023. <https://www.mypnteam.com/resources/diet-and-nutrition-tips-for-people-living-with-mpns>
3. Scherber R, Mesa R, Ecker R; MPN Quality of Life Study Group. Nutrition recommendations for MPN patients. MPN Research Foundation. Accessed March 14, 2023. https://www.mpnresearchfoundation.org/wp-content/uploads/2021/04/Nutr-Recs-for-MPNs_FINAL_12-4-19.pdf

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