

Preventing and Alleviating Possible Food Intolerances and Issues Following Bariatric Surgery

Dumping syndrome

- Avoid simple sugars, fatty foods, and alcohol
- Eat protein at every meal and snack
- Focus on fiber

Reactive Hypoglycemia

- Low blood sugar usually 45-60 minutes after eating a meal (particularly one high in carbohydrate)
- Symptoms: sweaty, jittery, light-headed, rapid heartbeat
- Always eat protein first
- Avoid simple carbohydrates

Nausea and vomiting

- Avoid advancing diet progression too quickly
- Sip slowly, eat meals over 25-35 minute time period
- Avoid lying down within 1-2 hours of a meal
- Stop eating when satisfied, avoid feeling full
- Take small bites and chew well
- May be caused by food intolerances
- If you experience nausea and vomiting, you may need to go back to clear liquids for up to 24 hours

Diarrhea & Constipation

- Prevent by focusing on fiber (fruit, veggies, legumes)
- Hydration is key
- Avoid high fat and sugary foods
- Watch out for sugar alcohols
- Exercise regularly
- Avoid dairy products – lactose intolerance?
- Try taking a probiotic with meals

Excess gas → Pain

- Avoid straws, chewing gum, and carbonation
- Avoid gulping and/or eating too quickly
- Be proactive when introducing gaseous foods (beans, cabbage, broccoli, etc) by using Beano or GasX
- Avoid dairy products – lactose intolerance?

Shoulder, chest, or abdominal pain (beyond soreness at incision site)

- Contact clinic immediately

Dehydration

- Sip, sip, sip
- Plan out your meal times and when you should be drinking; create a daily schedule to stay hydrated when getting used to avoiding fluids with solid meals

Lactose Intolerance

- Avoid or limit milk and milk products
- Try fat-free soy or lactose free milks
- Intolerance may go away after about 6 months

Alcohol

- Altered absorption following surgery allows for alcohol to get into the blood quicker and stay there long
- Concern of cross addiction, organ damage
- Additional calories
- May lead to dumping syndrome and/or reactive hypoglycemia

Short term hair loss

- Caused by significant, rapid weight loss
- Take vitamins and minerals as recommended
- Ensure adequate protein intake

Tough meats

- Try lean ground meats, fish, moist chicken
- Marinate and tenderize prior to cooking
- Cook using moist methods
- Use a food thermometer to avoid overcooking

Raw fruit and vegetables

- Try canned/ overcooked veggies during progression
- Slowly incorporate the tougher, more fibrous fruit and vegetables
- Take small bites and chew well

Starchy foods that expand when eaten

- Avoid breads, rice, and pastas 4-6 months out
- Toasted breads and whole grains are typically better tolerated
- Oatmeal and quinoa can quickly be added to the diet as they do not swell and cause pain