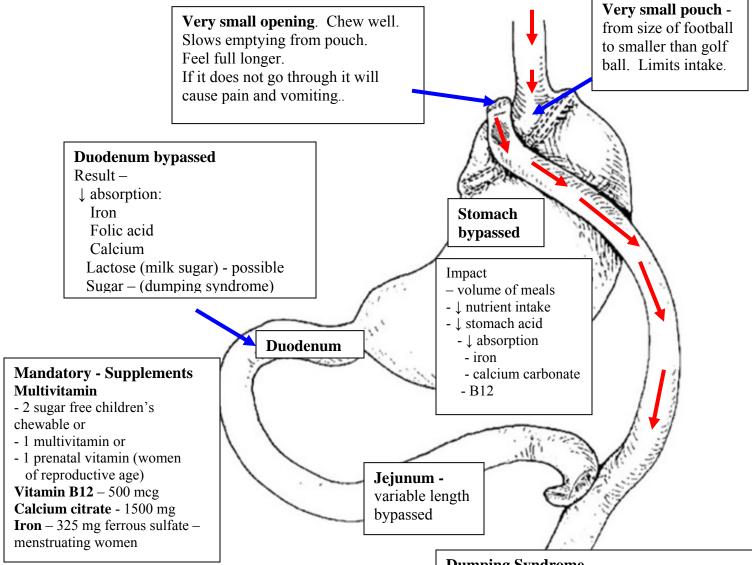
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Impact of Roux-en-Y Gastric Bypass on Nutrition



Diet and Behavioral Changes

Do not eat and drink at the same time.

Eat and drink slowly –

10 - 15 minutes to eat 1 oz.

10 - 15 minutes to drink $\frac{1}{2}$ cup

Small portions - frequently

Pureed – 4 weeks – $\frac{1}{4}$ - $\frac{1}{3}$ cup / feeding Soft diet – 2 weeks $\frac{1}{3}$ – $\frac{1}{2}$ cup / feeding Low fat, "no added sugar", regular consistency – $\frac{1}{2}$ - $\frac{3}{4}$ cup / feeding

Chew well

No alcohol

No sugar

Low fat

Nutrient dense

60 – 80 grams of protein / day

Adequate fluid – 8 cups /day

Dumping Syndrome

Caused by:

Eating and drinking at the same time. Sugar, foods and beverages with added sugar, and sweets.

Symptoms:

Early dumping -10-15 minutes after eating - fullness, nausea, cramping, diarrhea, warm, dizzy, weak, faint, \uparrow pulse, and cold sweat.

Late dumping – 1- 2 hours after eating perspiration, fast heart beat, confusion and loss of consciousness.

Prevention:

No "sweets

No "added sugar"

Sugar substitutes - ok

Wait 30 minutes after eating to drink Wait 30 minutes after drinking to eat