

# DIETARY TERMS

**PROTEIN:** Protein is a nutrient, found in food that is needed by the body to build and repair body cells and tissue. Protein helps the body resist disease. If the body does not get enough protein from the diet, it cannot properly grow or aid in healing. The body would be more susceptible to infection if it did not get adequate protein. To improve the healing process and prevent infection, extra protein is need BOTH before and after surgery.

**SUGAR:** The gastric bypass diet must be low in sweet and sugary foods for three reasons:

1. Even in small amounts, they can make weight loss very difficult. They contain many calories that simply aren't worth the satisfaction.
2. Eating sweet or sugar foods promotes a condition called DUMPING SYNDROME that can occur while eating foods high in sugar after bypass surgery. It occurs when food passes too quickly from the stomach into the small intestine. Symptoms include profuse sweating, nausea, dizziness, weakness and diarrhea that all occur shortly after eating. Many patients state that it feels as if they are having a heart attack.
3. Most sweet and sugary foods don't provide many vitamins or minerals for the amount of calories they provide. Since calories are so limited on the gastric bypass diet, it is important that every food contribute its fair share of nutrients. Sugar simply doesn't do this. You will lack nutrients essential for your health.

A key to avoiding Dumping Syndrome is to check labels. If sugar appears as the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> item on the ingredient list, AVOID IT. Labels are tricky and sugar is still sugar even if the name is not sugar. Learn the tricks and avoid them. Sugar can be listed as: sugar, maple syrup, honey, molasses, corn syrup, corn sweeteners, glucose, lactose, maltose, fructose, sorghum, sorbitol or mannitol. Beverages that contain sugar should be avoided at all times! Sweeteners like Sweet-N-Low, Nutrasweet, Equal, Sunett or Splenda are allowed.

**FAT:** Fat may be difficult to digest after gastric bypass surgery. Too much fat delays emptying of the stomach and may cause reflux, a back up of stomach acid and food into the esophagus that could cause heartburn. Fat may also cause diarrhea, nausea or stomach discomfort. High fat, fried foods and fatty meats are often troublesome. Fat content should be less that 20% of total calories or 4 grams per 200 calories.

**FIBER:** Fiber found in foods like bran, popcorn, raw vegetables, raw fruits (especially skins) and dried beans is allowed, but limited in this diet. There is less space in your stomach to hold these bulky foods and less gastric acid available to digest them. Some kinds of fiber get stuck in the pouch itself or block the narrow opening into the small intestine. Do not take any fiber pills or laxatives without the advice of a physician.

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