

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## Eating Smart to Avoid Gastric Discomfort



Eating after bariatric surgery requires a new set of behaviors. A shift from auto pilot to conscious eating must occur. Little things, such as the size of the bites that you start with, and drinking with meals, have to change. Eating slowly in our fast-paced world can be a challenge and consuming very small food portions is an adjustment. Although all of the eating behaviors are explained well in the Barix Guide to Good Health, getting those new behaviors to feel natural takes a conscious effort and lots practice in the beginning. Occasionally, as you work to make these new behaviors habits and find the foods that work best for your post-bariatric-surgery body, nausea, gas, diarrhea, constipation or reflux can occur.

Making simple adjustments can often alleviate these discomforts. It may be useful to create a food log, to help pinpoint specific times, behaviors, and foods that contribute to the problem. Keep in mind that people tolerate foods and beverages differently, so this is just a starting point. If your symptoms persist or concern you, do not hesitate to contact your surgeon's office.

Here is a quick review of the eating behaviors that work well for most people.

- Progress through the recovery nutrition phases as instructed by your surgeon and nutritionist—don't choose foods that your healing body isn't ready for.
- Take small sips of fluids. Strive to drink 64 oz of fluid a day — remember that everything on the full liquid list counts.
- Find high protein liquids that you enjoy to meet your daily protein goal — you may need to try several products.
- Don't drink with meals (5/30 rule); avoid carbonated beverages and straws for at least 6 months after surgery.
- Eat six small high-protein meals.
- Keep portions small—1/2 cup to 3/4 cup of food at a time.
- Take very small bites and chew well.
- When trying a new food, take a few small bites. If it doesn't feel right—stop.
- Avoid foods/beverages with more than 2 grams of added sugars and those with a high fat content.
- Utilize Barix nutritionists, Barix Connection message boards, your surgeon's staff, and Barix support groups to get help and ideas.

"The greatest discovery of any generation is that a human being can alter his life by altering his attitude."

William James

### NAUSEA

Nausea can occur for a variety of reasons.

- Avoid foods with a high fat content or more than 2 grams of added sugar.
- Use Lactaid® or Digestive Advantage for Lactose Intolerance® with dairy products if they are not well tolerated.
- Take vitamins after meals, not on an empty stomach, if they cause nausea.
- Eat every 2 1/2–3 hours. Going for long periods without eating can contribute to nausea.
- Keep portions small—about 1/2 to 3/4 cup of solid food at one time—and chew well.
- Increase the time before and after meals to drink fluids, to avoid overfilling the pouch.
- Avoid foods that cause nausea.

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## **GAS**

You are more likely to experience intestinal gas after surgery because more of the nutrients are making their way to the large intestine, and gas forms in the upper digestive system if foods or beverages are consumed too quickly.

To keep gas in check:

- Sip slowly. Avoid carbonated beverages. Don't use straws.
- Eat slowly and calmly.
- Limit foods with a higher fat content.
- Eliminate milk and other dairy products for 2-3 days. If symptoms substantially subside, you may be lactose intolerant. Use Lactaid® treated milk, Lactaid® or Digestive Advantage for Lactose Intolerance® to minimize symptoms.
- Look for sugar alcohols on the Nutrition Facts labels of no-added-sugar or sugar-free products. Sugar alcohols do not affect your blood sugar level like most added sugars, but in larger amounts may cause gas and diarrhea. Most people can tolerate a small amount, but larger amounts cause discomfort.
- You may want to consider a probiotic supplement to help increase the number of "good" bacteria in your large intestine. These can help to further break down foods, eliminate gas, and as an added bonus increase the absorption of vitamin B12. Look for a product with 2 billion or more live cultures.
- Try over-the-counter products such as Beano®, Gas X®, or Devrom®.

## **REFLUX**

After surgery, only a very small percentage of the stomach is available to hold food. Your pouch will be full after eating a very small amount. Reflux, foods or beverages coming right back up without force behind it, may indicate that you need to make the following changes:

- Eat slowly. Take smaller bites. Chew foods really well.
- Increase the time before and after meals to drink fluid to prevent overfilling the pouch.
- Avoid caffeinated, carbonated or alcoholic beverages.
- Don't eat right before lying down.

## **DIARRHEA**

Your post-bariatric-surgery body may tolerate foods and beverages very differently than before. If diarrhea is severe or lasts more than two days, contact your surgeon's office. Dehydration can develop quickly. To prevent diarrhea:

- Avoid foods and beverages that are high in fat or added sugars.
- Look for sugar alcohols on the Nutrition Facts labels of no-added-sugar or sugar-free products. Sugar alcohols do not affect your blood sugar level like most added sugars, but in larger amounts may cause gas and diarrhea. Most people can tolerate a small amount, but larger amounts cause discomfort.
- Avoid drastic changes in dietary fiber, which can lead to constipation or diarrhea.
- Eliminate milk and other dairy products for 2-3 days. If symptoms substantially subside, you may be lactose intolerant. Use Lactaid® treated milk, Lactaid® or Digestive Advantage for Lactose Intolerance® to minimize symptoms.
- You may want to consider a probiotic supplement to help increase the number of "good" bacteria in your large intestine. Look for a product with 2 billion or more live cultures.

## **CONSTIPATION**

To encourage regular bowel movements, consider the following:

- Drink a minimum of 64 oz of fluid daily.
- Walk at least 30 minutes daily or the equivalent.

- Add fiber to your diet by increasing fresh fruits and vegetables, wheat bran, beans and other high fiber foods.
- Mix ½ cup of no-added-sugar applesauce with 2 teaspoons wheat bran and Splenda® to taste. Eat cold, or warm in the microwave, for a high fiber source.
- Utilize a fiber supplement such as Fiber Stat® or Benefiber®.

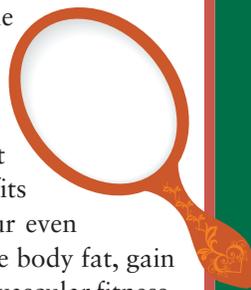
## **BAD BREATH**

During the first weeks following surgery, your body is using fat as its main fuel source rather than carbohydrates. Ketones are produced during this time and are expelled through your breath. This can result in a metallic taste in your mouth and bad breath. It is a temporary situation that resolves as your diet progresses. To combat bad breath:

- Brush teeth and use mouthwash frequently throughout the day.
- Chew sugar free gum or use sugar free mints—use care not to swallow.
- Drink 6 oz of 100% fruit juice daily.

## **IN THE NEWS**

A study conducted by the University of Florida found that the simple act of exercise and not fitness itself improves body image. The researchers found that the psychological benefits of regular exercise occur even in those who do not lose body fat, gain strength or boost cardiovascular fitness. They report that up to sixty percent of people do not like the way their bodies look, and this dissatisfaction with our bodies starts in children as young as five. Negative body image can impact our mental and physical health. The take away message from this study is to move that body on a regular basis and if you have children, take them by the hand and encourage active play.



# CONSIDERING SURGERY

One of the biggest decisions each person faces before surgery is which bariatric surgery to have. Researching each option, talking with people (online or in person) who have had each procedure, and discussing the available options with your surgeon can all guide your decision-making process. There is an abundance

of information (both good, solid information and misinformation) about the surgeries on the Internet. All of the surgeries are effective tools, if accompanied by appropriate lifestyle changes, to help people reach and maintain a healthy weight. The table below summarizes the similarities and differences among these surgical options.

Roux-en-Y Gastric Bypass	Adjustable Gastric Band	Gastric Sleeve
Gold standard, more long-term information available	New technology, promising results	Has historically been used as the first phase of a two surgery process for higher risk patients—now used as a stand alone procedure.
More complex operation.	Less complex operation.	
Rapid weight loss during first year, many achieve 65% of excess weight loss	Typically slower weight loss	Short-term studies indicate that 60–70% of excess weight will be lost within 2 years
Life-long vitamin and mineral supplementation required to prevent deficiencies—higher risk of nutritional deficiencies	Life-long vitamin and mineral supplementation recommended—lower risk of nutritional deficiencies	Life-long vitamin and mineral supplementation required to prevent deficiencies—moderate risk of nutritional deficiencies
Dumping syndrome (intolerance to added sugars)	No dumping syndrome-avoiding simple sugars recommended	No dumping syndrome-avoiding simple sugars recommended
Requires more complex surgery to reverse—should be considered permanent	Requires less complex surgery to reverse—should be considered permanent	Non-reversible—can be converted to mal-absorptive procedure such as gastric bypass
No “appliance” left in body	Non-reactive “appliance” remains in body	No “appliance” left in body
No adjustments required	Requires adjustments for best results	No adjustments required
Hormonal changes often reduce hunger cues; satisfaction typically achieved with smaller amounts of food	No alteration in hunger, but satisfaction typically achieved with smaller amounts of food	Hormonal changes often reduce hunger cues; satisfaction typically achieved with smaller amounts of food
Best results occur with regular exercise	Best results occur with regular exercise	Best results occur with regular exercise
Barix Clinics recommends six small high-protein meals	Barix Clinics recommends six small high-protein meals	Barix Clinics recommends six small high-protein meals
Protein goal to meet daily	Protein goal to meet daily	Protein goal to meet daily
Adequate fluid, mostly calorie free, to be consumed between meals	Adequate fluid, mostly calorie free, to be consumed between meals	Adequate fluid, mostly calorie free, to be consumed between meals

Always be sure to check the [Barix Clinics' Guide to Good Health](#) for the latest nutrition updates and helpful tips!



## WHAT'S NEW

The timeline for advancing the diet after surgery has been modified. Those undergoing surgery will start on full liquids upon discharge; pureed foods one week from discharge; soft foods 2 weeks from discharge; and regular foods 4 weeks from discharge. The emphasis should remain on liquids that are a concentrated source of protein during these recovery nutrition phases. Since each person heals and adjusts to new eating behaviors at a different rate, the diet should be advanced only as tolerated. The Barix Clinics' Guide to Good Health has more details and as always, your Barix nutritionist can answer any questions that you have.

## REWARD YOURSELF

This month, you could earn a **SPECIAL GIFT** for your “It Worked For Me” tips or recipes! Just submit as many recipes and “It Worked For Me” tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by November 30, 2009. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).



## IT WORKED FOR ME

*Posted by Jenise M. on the message boards*

This is good advice with the colder weather and the comfort that warm drinks bring:

Any Whey® (the one that is formulated for mixing with hot foods) usually has

the instructions on the container....but my experience with it is to NOT mix it with super hot liquids because it will clump and that is hard to correct. I'd say mix it with really warm fluids to dissolve it and then warm it up hotter if you want it hotter.

# SUBSCRIBE

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On Track With Barix

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## RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. *Call us today for more information!*

## OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to [http://www.barixclinicsstore.com/share\\_your\\_story.html](http://www.barixclinicsstore.com/share_your_story.html). What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative at 800-282-0066

# RECIPES

### BANANA WALNUT BREAD

Adapted from Starbucks.com

- 2 cups flour
- 1 tsp baking soda
- ¼ tsp salt
- 1 egg
- 1 cup Splenda®
- ½ cup applesauce, no sugar added
- 2 tablespoons buttermilk
- ½ teaspoon vanilla extract
- 3 ripe medium to large bananas, mashed
- ¾ cup walnuts, chopped

Preheat oven to 325 degrees F. Grease a 9 x 5/3 loaf pan and dust with flour. Blend together the flour, baking soda and salt. Set aside. Stir together egg, Splenda® and applesauce. Add in the flour mixture and stir until blended. Stir in buttermilk, vanilla and mashed bananas—mix well. Fold in ½ cup of chopped walnuts (retain ¼ cup) and pour batter into prepared loaf pan. Top batter with remaining ¼ cup of chopped walnuts. Bake for 45–60 minutes, until a toothpick inserted into the center comes out clean. Cool for 10 minutes on a wire rack before removing from pan. Makes 10 small servings.

#### NUTRITION INFORMATION

**PER SERVING:** 204 calories, 6 grams protein, 6 grams fat, 34 grams carbohydrate, 206 mg sodium.

### BANANA OAT BRAN MUFFINS

- 2 ¼ cups oat bran
- 1 tablespoon baking powder
- ½ teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 cup mashed banana
- ½ cup skim milk
- 2 egg whites
- 2 tablespoons vegetable oil
- ½ cup raisins

Preheat oven to 425 degrees F. Spray muffin tins with cooking spray. Combine the dry ingredients in a bowl. In another bowl, mix the milk, egg whites, and oil until well mixed. Add the dry ingredients and stir until well mixed. Fold in raisins. Spoon evenly into 12 muffin tins. Bake for 18–25 minutes or until golden brown. Makes 12 servings.

#### NUTRITION INFORMATION

**PER SERVING:** 106 calories, 5 grams protein, 4 grams fat, 21 grams carbohydrate, 107 mg sodium



## REQUEST A FREE BROCHURE

for you or a friend at 800-282-0066, or [www.barixinfo.com](http://www.barixinfo.com)



Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

Maria Robinson