

Beginnings

Support Group Meeting Information

<http://okcrnynewbeginnings.tripod.com/main/>

Meeting Times & Places

Edmond/North OKC Live Meeting

When: 4th Thursday of each Month

Where: Edmond Medical Center

1 S. Bryant Classroom 1 (Ambulatory Care Pavilion)

Edmond, Oklahoma

Time: 5:45 pm to 8:15 pm

South Oklahoma City Live Meeting

When: Second Saturday of Every Month

Where: Physician's Hospital of Oklahoma Cafeteria

3100 SW 89th Street

Oklahoma City, Oklahoma

Time: 9:30 am to noon

This Month's Topic:

Post-Op Nutrition

After a RNY, the volume the new, smaller stomach can hold is reduced from about 1 quart to about 1 ounce, or 2 tablespoons. Over time, the stomach pouch will stretch until it can hold 4 to 8 ounces, or about 1/2 to 1 cup, at a time. The size of the opening created between the stomach and small intestine is smaller, too & roughly 1/4 inch wide, which slows the rate at which food is emptied from the stomach into the small intestine.

Your surgery was performed only after many other methods of weight loss have been tried and failed. However, the surgery is not an end in itself. It is important to start a program of new eating habits to ensure that weight loss is safe and successful. A regular, simple exercise program and psychological support are often recommended to create a better self-image and a whole new attitude to food.

Vitamin and Mineral Supplements

Since the gastric bypass diet does not provide enough vitamins and minerals on its own, most physicians recommend taking:

- 1 adult or 2 children's chewable multivitamin tablets
- Vitamin B-12 and calcium, as well as Extra iron if needed
- Any other supplements your doctor recommends

Fluids

At every stage of the gastric bypass diet, it is important to prevent dehydration by drinking enough fluids. Tips for doing it right: Drink 1 cup of water or low-calorie beverage between each meal

- Fluids should add up to at least 8 cups (64 ounces) each day
- Sip slowly
- Do not drink for at least 45-60 minutes after finishing meals

The ABC's of Eating Right

In all stages of the gastric bypass diet, the way to eat is just as important as what to eat. Things to remember:

- The new stomach can only hold 1/2 cup at a time
- Eat 3 to 6 small meals a day
- Chew food thoroughly and eat slowly
- Be careful chewing gum
 - It could block the stomach outlet if swallowed
- Do not overeat
- Relax and enjoy your new life
- Listen to your doctor!!!

Nutrition Facts

The gastric bypass diet is designed to bring about significant weight loss. Learning new eating habits and following the diet correctly will help to maintain this weight loss over time. In general, the gastric bypass diet includes foods that are high in protein, and low in fat, fiber, calories, and sugar. Important vitamins and minerals are provided as supplements.

Protein is the nutrient that the body uses to build new tissue. It is important to get enough protein right after surgery, to make sure that wounds heal properly. Over the long term, protein in the diet will help preserve muscle tissue, so that weight can be lost as fat instead. Foods like lean red meat or pork, chicken or turkey without the skin, fish of almost any type, eggs, and cottage cheese are high in protein and low in fat.

Sugary foods include candy, cookies, ice cream, milkshakes or slushes, soda pop, sweetened juices or gelatin, and most desserts. The gastric bypass diet is low in sweet and sugary foods for three reasons.

- First, these foods are high in calories and fat. Even in small amounts, they could make weight loss difficult.
- Second, eating sweet or sugary foods promotes "dumping," a reaction that can occur after the gastric bypass operation. Experiencing the unpleasant symptoms of dumping syndrome may limit the desire to eat sweet foods.
- Finally, most sweet and sugary foods don't provide many vitamins or minerals for the calories they take up and since calories are so limited on the gastric bypass diet, it is important that every food contribute its fair share of nutrients.

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 causes heartburn. Fat may also cause diarrhea, nausea, or stomach discomfort. High-fat, fried foods and fatty meats are common offenders.

Fiber, found in foods like bran, popcorn, raw vegetables, and dried beans, is also limited on the gastric bypass diet. There is less space in the stomach to hold these bulky foods, and less gastric acid available to digest them. Some kinds of fiber could 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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