

Title: Number of servings consumed from each food group in post gastric bypass patients

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Background Gastric bypass patients are provided specific nutritional recommendations based on the USDA food guide pyramid to ensure adequate intake postoperatively. The purpose of this study is to quantify the number of servings consumed from each of the food groups in post gastric bypass patients at various periods after surgery.

Methods This cohort study consisted of patients who had gastric bypass and were seen for routine follow-up. Twenty-four hour food recalls were obtained and analyzed using nutrition analysis software (Food Processor SQL 10.0®). A total of 369 food recalls were collected and results were grouped according to the number of months from surgery. Time points analyzed post-surgery were: ≤ 1 month, 1-3 months, 4-6 months, 7-12 months, 12-24 months, and ≥ 24 months.

Results Patients ≤ 1 month from surgery (n=99) reported consuming an average of 4.1 meat/bean/dairy servings, 0.7 fruit, 0.6 vegetable, 1.1 grain, and 15 g fat, compared to patients ≥ 24 months (n=37) reported consuming 5.1 meat/bean/dairy, 0.7 fruit, 0.7 vegetable, 4 grain, and 38 g fat. Statistical significance between the control group (recommended number of servings) and all other groups is pending.

Discussion The number of servings recommended for post gastric bypass patients are 8 meat/bean/dairy, 2 fruit, 2 vegetable, 2 grain, and limited fats. Our results show that none of the groups consumed enough servings from meat/bean/dairy, fruit, or vegetable, and the amount of fat increased the further the patients were from surgery. Due to the limitations of this study, further research is needed for conclusive results.