

NUTRITION GUIDELINES FOR PREGNANCY AFTER BARIATRIC SURGERY

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Multivitamin supplements

Due to the restrictive nature of the differing bariatric surgeries, it may not be possible to consume all the recommended servings from the five food groups. Hence a pregnancy multivitamin is needed for the whole duration of the pregnancy. Ensure to stop your Bariatric multivitamin and replace it with a pregnancy one. Even if you do not have any nutritional deficiencies before your pregnancy, a full blood test is recommended every trimester to monitor your nutritional status throughout the pregnancy. Recommended Multivitamins: Elevit Pregnancy multivitamin 1xday, Blackmores Pregnancy and Breastfeeding Gold 2xday.

Iron

Pregnancy increases the need for iron in the diet as it is needed for red blood cell production. The growing baby needs to draw enough iron from the mother to last it through the first six months after birth therefore the recommended daily intake for iron increases. Ensure that your multivitamin provides at least 45-60mg of iron per day. You may require more if your iron stores are low before pregnancy, please discuss your needs for supplementation with your doctor. Iron from animal sources, found in meat, fish and poultry is the form of iron that is best absorbed. While iron from plant sources such as eggs, spinach, seeds and legumes is harder for your body to use because its absorption is affected by other foods in your diet.

Helpful hints for better iron absorption:

- including a food high in vitamin C at every meal will help increase iron absorption e.g. citrus foods, tomatoes, capsicum, oranges
- including some meat, poultry and fish with plant sources of iron e.g. spinach or other leafy vegetables for more iron absorption
- avoiding coffee and tea with meals and for one hour after meals as caffeine reduces iron absorption
- do not take your iron supplement with foods high in calcium such as dairy foods as it can reduce iron absorption

Folate (folic acid)

Folate is needed for the growth and development of your baby. Folate requirements increase substantially during the first trimester of pregnancy and it is especially important in the month before you fall pregnant to reduce the risk of spinal bifida. Dietary sources high in folate include green leafy vegetables such as spinach and broccoli, some fruits and fortified cereals. A folate supplement of 5mg per day is required at least one month before

conception and for the first three months of your pregnancy.

Iodine

Adequate iodine in pregnancy is essential for the baby's growth and brain development. Foods that are good sources of iodine include seafood and seaweed, eggs, iodised salt and bread with added iodine. **Ensure your pregnancy multivitamin and mineral supplement includes 150mcg of Iodine.**

	BMI	Recommended weight gain
Underweight	< 18.5	13-18 Kg
Healthy weight	18.5-24.9	11-16 Kg
Overweight	25-29.9	7-11 Kg
Obese	>30	5-9 Kg

Institute of Medicine (2009). Weight Gain During Pregnancy: Re-examining the Guidelines, National Academies Press

REMEMBER

- Eat a varied diet for adequate nutrition, continue to portion your meals on your small plate
- Include 1-2 healthy snacks between meals e.g. fruit/yoghurt. Avoid grazing on snack foods or opting for high calorie/high sugar snacks
- Limit the amount of fat and sugar you eat (avoid junk food & Take away foods)
- Choose low fat dairy products including yoghurt, milk and cheese
- Trim fat off meat before cooking and use skinless chicken
- Ensure adequate fibre (Your daily requirement for fibre is 28g/day, as this may not be possible to achieve through a bariatric diet, a daily fibre supplement is recommended. Try Benenfiber 1-2 serves daily with adequate hydration and increased physical activity to avoid constipation.
- Remember to hydrate to avoid constipation. Aim for 1.5-2 Lt of low calorie fluids, mostly as water. Other low calorie fluids include:
 - o Low fat milk
 - o Coffee/tea with low fat milk ***
 - o Diet/ low joule cordial
 - o Unflavoured Mineral water
- ***Limit caffeinated drinks and food to no more than 3 per day



Nutritional needs during pregnancy will vary according to your pre-pregnancy Body Mass Index (BMI). Eating a healthy diet while you are pregnant is important because what you eat will have an impact on the growth of your baby. Unlike nutritional advice during the weight loss phase, you will require regular meals and snacks to help meet your energy, vitamin and mineral requirements. The amount of weight gain varies for each pregnancy (depending on your starting BMI, refer to table below for guidance).