



**BANISTER
NUTRITION LLC**
CHANGING HABITS
CHANGING HEALTH
CHANGING LIVES

Nutrition Notes

August 2018

- **Bariatric Note:** New best practice guidelines for post-operative bariatric care, advises long-term follow up with an experienced bariatric dietitian. These patients have a lifetime of maladaptive thinking and eating behaviors. A surgical procedure on the gut *is not* going to change years of dysfunctional relationship with food. Follow-up with a dietitian to assess the adequate protein, vitamins, minerals, supplements, change in mental wiring to support mindful eating is needed for several years post-op.
- **FODMAPS-SIBO-IBS:** Gut acronyms – FODMAP is the acronym that describes 5 different short-chain carbohydrates found in foods that include fermentable, oligosaccharides, disaccharides, monosaccharides and polyols. Each of these sugars share three characteristics: poor absorption in the small intestine, rapid fermentation, and high levels of osmotic activity which contribute to bloating, gas, abdominal pain, nausea, diarrhea and/or constipation. Patients with SIBO (small intestinal bacterial overgrowth), IBS (irritable bowel syndrome), functional diarrhea, and non-celiac gluten sensitivity often respond favorably to a low FODMAP diet. This diet has 3 phases to be carried out over an 8-12-week period. It requires diligent guidance/support from a FODMAP experienced RD/LD.
- **Pre-pregnancy Fast Food & Fruit Intake:** A recent study shows a lower intake of fruit and higher intake of fast food are both associated with modest increases in TTP (time to pregnancy) and infertility. There were some limitations with this study, but the *teaching point* for your patients seeking conception is that improving quality of diet may speed up the baby on board situation.
- **Case Study:** 50 y/o male, newly diagnosed type 2 diabetes, A1c 10.4, 50-60 pounds over-weight. The patient's main goal is to control his diabetes with minimal/no medication. We adjusted diet, provided meter and HGM guidance, discussed exercise to lower BGV. Patient walks each morning and evening ½ hour to 1 ½ hours, nine miles on weekends around Lake Hefner, and follows the nutritional guidelines presented. HGM ranges from 109-160, weight loss of 22 pounds – awesome effort!
- **Nutrition/Health Wisdom:** Our bodies are full of wisdom, we just need to take the time to listen to them and respond appropriately. When is the last time your body said, "I'm not actually hungry for food, I'm tired, stressed, and anxious," but you fed your body food anyway because you didn't want to deal with the real issues at hand?

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