

## ABSTRACT

### FOOD INTOLERANCES FOLLOWING ROUX-EN-Y GASTRIC BYPASS SURGERY FOR TREATMENT OF OBESITY

This study reviews the scope of the problem of obesity, the problems associated with surgical treatment of obesity, and the nutritional deficiencies that occur after surgery. A survey was used to identify the common food intolerances following Roux-en-y gastric bypass surgery. Results from the study showed that protein-rich foods are poorly tolerated, especially during first 6 months following surgery. However most food intolerances decreased over time. Common food intolerances appear to be related to the vitamin and mineral deficiencies reported in the literature to occur after Roux-en-y gastric bypass, including vitamin B<sub>12</sub>, iron, and folate. These findings support the need for close follow-up after gastric bypass surgery so that optimal nutritional status can be maintained while losing excess weight.

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