



# NLOSS

North London Obesity Surgery Service

## Healthy Eating in Pregnancy after Bariatric Surgery

### Patient Information

#### Introduction

Congratulations on your pregnancy! It is recommended that when you become pregnant after bariatric surgery, you are monitored once every trimester by the bariatric team.

Healthy eating during pregnancy will help your baby grow and develop and will help your body to cope with the changes taking place.

However, there are a few food safety considerations to keep in mind in addition to the guidance you have received on healthy eating after bariatric surgery. Additionally, your supplement use must be reviewed as not all multivitamin supplements are suitable in pregnancy due to their vitamin A content.

#### Food safety considerations in pregnancy

1. Avoid unpasteurized food and drink.
2. Avoid raw fish and shellfish, e.g., oysters. Sushi, sashimi.
3. Seafood e.g., prawns, squid, mussels, are fine to eat but they must be thoroughly cooked / reheated.
4. Smoked salmon is fine to eat - buy prepacked and use within the package guidelines.
5. Shark, marlin & swordfish should be avoided as they contain high levels of mercury.
6. Fresh tuna once a week OR two small tins of tuna per week are safe to eat.
7. Keep hot food hot and if you are reheating leftovers ensure it has reached 74 Celsius centigrade (165 Fahrenheit).



## Food safety

-**Listeria** is a bacterium that causes only a mild flu-like illness in the mother but may cause miscarriage or severe illness in a new-born baby.

### You are advised to:

- Avoid unpasteurised soft ripened cheeses such as Camembert, Brie and the chevre varieties, unless cooked steaming hot.
- Pasteurised hard cheese, cream cheese, cottage cheese, cheesespread, fromage frais and yoghurts are all safe to eat.
- Wash thoroughly all bought salads/vegetables.
- Cook/heat ready meals until piping hot.

-**Toxoplasmosis** can seriously harm the unborn baby. It is caused by a type of bacteria (toxoplasma) often found in raw meat and cat litter.

### You are advised to:

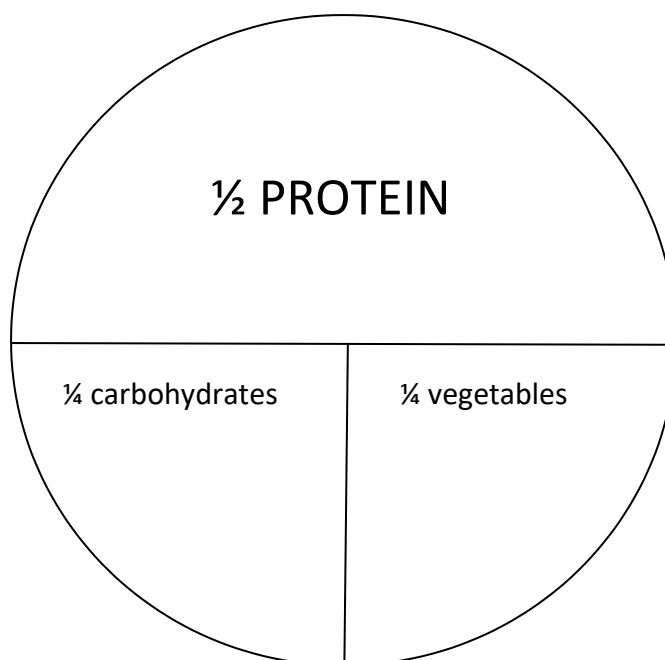
- Wash your hands after handling raw meat.
- Cook meat thoroughly especially things like sausage and mince.
- Wash thoroughly salads and vegetables.
- Avoid unpasteurised milk and cheese.
- Always wear rubber gloves when emptying cat litter and gardening.

-With cured meats, e.g., Parma or Serrano ham, caution is advised. **Salmonella** is a common cause of food poisoning. It does not harm the baby but can be very unpleasant for you.

### You are advised to:

- Cook eggs well and avoid mayonnaise, mousse, etc made with raw eggs.
- Shop-bought mayonnaise and salad creams are pasteurised and safe to eat.





## Protein requirements

Meeting your protein requirements continues to be very important in pregnancy after bariatric surgery but keep the food safety considerations in mind.

Examples of good sources of protein:

*Aim for 60-80g / day from a variety of foods.*

<b>Dairy</b>	High protein yogurts Skim milk in cereal or hot drinks Low fat cheese
<b>Eggs</b>	Scrambled, omelet, hard boiled
<b>Pulses</b>	Lentils, beans, chickpeas, edamame
<b>Meat</b>	Chicken, beef, lamb, pork
<b>Fish</b>	Canned fish e.g., tuna, sardines, pilchards, salmon, white fish
<b>Vegetarian</b>	Tofu, tempeh, Quorn cutlets



## Supplements in pregnancy

### Vitamins and Minerals

After bariatric surgery you no longer process and absorb nutrients the same way you did before surgery. Therefore, to get all the vitamins and minerals your body needs, you will need to continue to take daily vitamin and mineral supplements for life.

Remember to change your regular multivitamin to a pregnancy safe option, recommended **multivitamin** and minerals and **take 2 per day**: (Suitable options)

Seven Seas Pregnancy

Pregnacare

Centrum Pregnancy Care

#### Also remember to take the following:

- Chewable Calcium & vitamin D – 1200-1500mg elemental calcium & 800IU vitamin D /day, such as Adcal D3 (twice daily) or Calcichew (twice daily)
- Additional 2000IU of vitamin D e.g., Pro D3
- 45-60mg of elemental iron
- B12 injections (3 monthly)
- 5mg Folic Acid

### Vitamin A

Vitamin A in the retinol form is teratogenic, which means it is harmful to the fetus.

- **AVOID – retinol form of Vitamin A.**
  - From supplements
  - Liver & liver products
  - Cod liver oil
- **INCREASE – Beta carotene form of Vitamin A**
  - Fruits & vegetables



## Common problems in pregnancy

### Morning sickness

This is very common in the first trimester of pregnancy and is due to hormonal and metabolic changes. It can occur at any time during the day and different people cope with this in different ways.

The following may help:

- Small, frequent meals based on starchy foods e.g., bread, toast, crispbread, banana, breakfast cereals.
- Sip small amounts of fluid throughout the day.
- Try ginger or peppermint tea.

### Cravings and Taste Changes

Many women experience taste changes and /or crave for unusual food items. If you start craving non-food items, please do consult your doctor. If you crave high fat or high sugar foods – eating these can result in dumping syndrome.

### Constipation

This is very common throughout pregnancy.

- Eat foods rich in fibre i.e., wholemeal bread, wholegrain cereals, wholemeal flour, brown rice and whole-wheat pasta. Fruit and vegetables as well as beans and pulses are also good sources.
- Try to have at least 8 to 10 cups of fluids per day.
- Iron supplements can worsen constipation, consult your doctor about changing your prescription if required

### Heartburn

Usually occurs in the last trimester of pregnancy when pressure from the growing baby in your uterus can cause acid to be pushed back up from your stomach.

#### You may find the following suggestions helpful:

- Eat small, frequent meals
- Sit up straight when eating and avoid lying down after a meal for 1-2 hours
- At night, sleep propped up by extra pillows
- Avoid foods that upset you, these commonly include spicy and fatty foods, fizzy drinks and citrus fruits.
- Low fat milk and milk products may help neutralise the acid.



## Weight gain in pregnancy

When you are pregnant your weight increases due to the baby being formed, the placenta, your increased blood volume, fat stores and extratissue laid down in the breasts and uterus.

The specific amount of recommended weight gain will be based on your BMI, please discuss your specific weight goals with your dietitian during your review.

Your baby only weighs a few pounds. Thus, you only need 200 calories on top of what you normally eat in the last trimester. This is equivalent to any of the following:

- A low-fat yoghurt and a banana
- 2 pieces of toast
- 2 biscuits or 2 crackers with cheddar
- A small bar of chocolate or a small packet of crisps

## Exercise

You should try to keep active on a daily basis. You could try:

- Walking for 30 minutes daily
- Water aerobics
- Swimming
- Pregnancy yoga.

It is important that you consult your doctor before you start especially if you were not exercising regularly before the start of the pregnancy.

## Caffeine

In large amounts it can cause you irritability, nervousness and insomnia and by acting as a diuretic it may dehydrate you. It may also cause your baby to be born with a low body weight.

It is recommended that you keep your caffeine intake below 200mg day

Beverage (per one cup)	Caffeine content
Coffee	90-140mg
Tea (Green or Black)	20-5mg
Hot Chocolate	15-20mg
Decaf coffee	3mg



## Monitoring

You will have regular monitoring with your antenatal team in addition to your bariatric team. Please make your antenatal team aware that an Oral Glucose Tolerance Test (OGTT) for Gestational Diabetes may result in Dumping Syndrome or Reactive Hypoglycemia.

## Further Reading

<https://www.nhs.uk/pregnancy/keeping-well/foods-to-avoid>

**Should you need more information, please contact  
our Specialist Bariatric Dietitians on 0207 288 5989.**

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)  
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

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