

Gastric Bypass Patients Succeed Eating High Protein Diet

The first rule for successful weight loss and weight maintenance after Weight Loss Surgery (WLS) is Protein First – that means eating protein for three daily meals, and protein must be 50 percent of food intake. Some bariatric centers advise as much as 70 grams of protein a day. The gastric bypass diet should be high-protein, low-carbohydrate and low-volume. This is what successful WLS patients will eat for the rest of their life if they wish to maintain weight loss after surgery. Animal products are the most nutrient rich source of protein and include fish, poultry and meat. Dairy protein, including eggs, is another excellent source of protein. Nuts and legumes are also good sources of protein, but sometimes difficult for the bariatric patient to consume. Tofu is another remarkable good source of vegetable protein and there are many quality flavorful products on the market for making it easy to incorporate into the diet. Science is proving that a protein rich diet will prompt weight loss and increase energy. The body contains over fifty-thousand different active proteins all made out of the same building blocks: amino acids. Amino acids are made of carbon, hydrogen, oxygen and nitrogen as well as sulfur, phosphorus and iron. Many diseases – including obesity – indicate an amino acid deficiency. WLS patients do not have the luxury of eating high-carbohydrate foods. They must eat lean protein or they will get sick, anemic, and weary. Weight loss will cease if patients eat processed carbohydrates instead of lean protein. Dumping or vomiting may also result if patients do not eat lean protein for the first half of every meal. The distinction must be made between high fat proteins and lean proteins. A gastric bypass patient cannot tolerate high fat proteins such as bacon, fatty beef or sausage products or greasy fried chicken: these foods cause nausea and vomiting. In fact, many WLS patients report even smelling high fat foods, such a fried chicken, makes them nauseous. In addition, these high fat protein rich items are contributors to obesity, clogged arteries and heart disease. High fat foods should be avoided by anyone wishing to control their weight.

About the Author

Pre-menopausal women who were assigned to follow the Atkins diet for one year lost more weight when compared to women who were assigned.

Source: <http://www.productsherbal.com>