Analysis of Protein, Zinc and Selenium intake from food during the first year after Y-en-Roux gastric bypass

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The macro and micronutrients deficiency contribute to the appearance of clinical signs (PEDROSA, 2009). This study aims to quantify the protein, zinc and selenium intake from food, in one year of postoperative Y-en-Roux Gastric Bypass. The sample consisted of 95 patients, 84 (88.4%) women and 11 men (11.6%) with a mean age of 46 (20 to 64) years. Three months after surgery (n=92), the intake of protein, zinc and selenium were: 43.4±12.2 g/day, 7.97±3 mcg/day, 8.06 (0 to 32.24) mg/day, respectively. In six months (n=88), the values were: 48.13 (20.87 to 113.61) g/day of protein, 10.59 (0.21 to 21.30) mg/day of zinc and 3.57 (0 to 38.66) mcg/day of selenium intake. In twelve months (n=95), the intake was 51.28±13.92 g/day of protein, 9.61 (1.83 to 15.18) mg/day of zinc and 5.58 (0 to 28.96) mcg/day of selenium. As regards protein intake, was lower than the recommendation (min 60 g/day). The consumption of zinc and selenium varied in the three periods. With 12 months of zinc consumption was adequate (6.8 to 9.4 mg/day). However, the selenium intake was below the recommendations set (45 mcg/day). It is concluded that after surgery, in addition to balanced diet orientation, should be encouraged use of protein supplements, vitamins and minerals.

Biography
Magda Rosa Ramos da Cruz graduated in Nutrition from the Federal University of Paraná (1999) and Masters of Technology in Health at the Pontifical Catholic University of Paraná (2006). She is a nutritionist’s at the Center for Advanced Paraná Videolaparoscopy (CEVIP), and a specialization course coordinator in Nutrition Functional Medicine and Herbal Medicine, a Professor of nutrition course of Pontificia Universidade Católica do Paraná (PUCPR). She has experience in the area of Nutrition, with emphasis on Morbid Obesity, acting on the following topics: morbid obesity, bariatric surgery, functional nutrition and herbal medicine.

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