Nutrients with High Risk of Deficiency:

Iron

• Blood loss can cause iron deficiency anemia.
• Symptoms: tiredness, weakness, getting out of breath easily
• See your doctor for a CBC if you experience these symptoms.
• Liver and lean hamburger are rich in iron.
• Ask your doctor if an iron supplement is needed.

Vitamin B12

• B12 is normally absorbed in the ileum, thus deficiency is common with the BCIR.
• Symptoms: tingling in hands and feet leading to anemia
• If these symptoms occur, vitamin B12 injections may be needed.

Nutrients with Moderate Risk of Deficiency:

Vitamins ADEK, Sodium, Chloride, Magnesium

• These vitamins and minerals can be poorly absorbed with a BCIR, or with vitamin K not made in the body.
• Inform your doctor that these nutrient levels should be tested.
• Eating a balanced diet of healthy foods can prevent deficiency.
• For help in planning a balanced diet, go to: www.choosemyplate.gov
• Do not take supplements or increase your salt intake without first talking to your doctor.

Fiber

• You may need to eat a low fiber diet depending on how your body adjusts.
• Soluble fibers are more beneficial than insoluble fibers.
• Good sources of soluble fiber: pinto beans, oatmeal, flaxseeds, and brussels sprouts

What to do:

• Talk to your primary care doctor about the vitamins and minerals mentioned.
• They may not know much about the BCIR; explain about possible malabsorption.
• Ask your doctor to recommend a dietician.
• Eat a balanced diet of whole and fortified foods to get all the nutrients needed for health and wellness.
Reasons you may develop nutrient deficiencies with a BCIR:

- Normally the colon compacts waste, by absorbing water, and produces vitamin K.
- Lack of the colon can lead to salt loss and vitamin K deficiency.
- The ileum absorbs some nutrients, so formation of the pouch can cause malabsorption.
- Blood is lost when emptying the pouch, which can lead to iron deficiency anemia.

Research was completed by Heidi Jenkins at Weber State University 2014

Sources of images used:
http://healthfavo.com/human-digestive-system-labeled.html
https://www.facebook.com/BountifulBasket/photos