

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

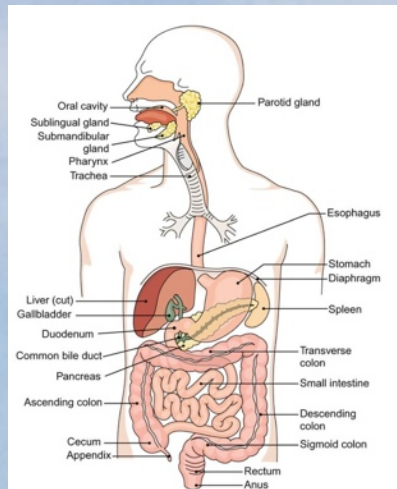
- You may need to eat a low fiber diet depending on how your body adjusts.
- Soluble fibers are more beneficial than insoluble fibers.
- Good sources of soluble fiber: pinto beans, oatmeal, flaxseeds, and brussels sprouts



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:



Research was completed by Heidi Jenkins at Weber State University 2014



- *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.

Sources of images used:
<http://healthfavo.com/human-digestive-system-labeled.html>

<https://www.facebook.com/BountifulBaskets/photos>

NUTRITIONAL INFORMATION FOR BCIR PATIENTS

