

ASSESSING EATING BEHAVIOR AND SATISFACTION WITH THE DIET OF PATIENTS WHO HAVE UNDERGONE BARIATRIC SURGERY (BYGR).

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Background: Post-operative bariatric surgery patients often demonstrate inappropriate eating behavior and report dissatisfaction with their diet. **Objective:** To assess the Eating Behavior (EB) and Diet Satisfaction (SA) of patients who have undergone bariatric surgery - Roux-en-Y Gastric Bypass (RYGBP) in a private practice in Campinas, in the state of São Paulo, Brazil.

Design: Cross-sectional study.

Material and Method: Study carried out between May 15, 2013 and July 15, 2014 with patients who had undergone RYGBP at least 2 months before. Patients were asked to answer the EB and SA questionnaires. Student's t-test was used to compare the final score with the following variables: gender, weight and BMI (Body Mass Index). Pearson correlation coefficient was used for assessing the correlation of the final score with the numeric variables (surgery duration, pre-surgery weight, pre-surgery BMI, current weight and current BMI), and the factors that influence the score were assessed by means of linear regression with a significance level of 5%.

Results: The sample (N = 62) was composed of 50.8% women with an average age of 39.6 years and average surgery duration of 8.04 months, in addition to preoperative BMI of 41.96 kg/m². Regarding their satisfaction with the current diet, 53.9% of the individuals classified it as excellent or good. 67.7% of the patients had between 5 to 7 meals a day, and 46.7% of these patients reported lunch to be their most important meal of the day. 36.6% of the patients reported that they did not have any aversion or intolerance to food. Among the food intolerances reported by patients, milk was present in 16.1% of the cases, followed by fats in general (11.3%) and sweets (8.1%). Regarding vomiting, 71% denied its occurrence. **Conclusion:** The following were observed: practice of proper eating habits, good level of satisfaction with the current diet and low food intolerance after RYGBP.