

# Treating Post-Bariatric Surgery Hypoglycemia

## Level 1 Approach

We recommend the Level 1 approach as a first line of treatment after consulting with your Medical Weight Management provider or dietitian.

1. Avoid high glycemic carbohydrate foods, such as cereal, well cooked pasta, rice, rice noodles, cereal, gnocchi, polenta, crackers, bread, tortillas, pretzels, potatoes, corn, tropical fruits, banana, melon, soda, juice, sweets.
2. Include protein at every meal and snack. Protein foods include chicken, fish, pork, beef, turkey, tofu, edamame, eggs, cottage cheese, and Greek yogurt.
3. When choosing lower glycemic carbohydrates, keep portions as small as possible. Lower glycemic carbohydrates include sweet potato, vegetables, apples with skin, berries, plain yogurt, bean, lentils, whole wheat pasta (cooked al dente).
4. Eat protein foods first, then vegetables. If consuming carbohydrate foods, eat them last and keep the amount very small. This may help lower the rise and drop of blood sugar after eating.

**Some examples of meals using the Level 1 approach include:**

- Plain Greek yogurt with ¼ cup of sliced strawberries
- Cottage cheese with ¼ cup of blueberries
- Chicken with roasted broccoli
- Chicken chili
- Shrimp with ¼ cup of whole wheat al dente pasta and a low sugar tomato sauce
- Turkey and hummus in a lettuce wrap with 2 apple slices
- Scrambled eggs with salsa and ¼ cup of black beans
- Grilled chicken with ¼ cup of roasted sweet potato
- Tofu stir fry with veggies (no rice or noodles)

## Level 2 Approach

We recommended the Level 2 approach when Level 1 does not resolve hypoglycemia.

1. Avoid all high carbohydrate foods. Carbohydrates should only come from non-starchy vegetables (ex. lettuce, broccoli, cauliflower, spinach, cucumber, peppers, green beans, zucchini, yellow squash)
2. Include protein at every meal and snack. Protein foods include chicken, fish, pork, beef, turkey, tofu, edamame, eggs, cottage cheese, ¼ cup of nuts or seeds would also work for a snack once a day
3. Eliminate artificial sweeteners (Sweet n Low/saccharin, Equal, Splenda/sucralose, acesulfame potassium, Nutrasweet/aspartame) and consider eliminating more “natural” sugar substitutes like stevia and monk fruit.

**Some examples of meals using the Level 2 approach include:**

- Cottage cheese and cucumbers
- Baked fish with sautéed spinach
- Steak and sautéed green beans
- Zucchini boats filled with ground turkey sautéed in spices and a low-sugar marinara sauce
- Scrambled eggs with turkey bacon
- Chili-rubbed pork tenderloin with grilled peppers
- Meatballs with zucchini “noodles” with a low sugar marinara sauce
- Shrimp scampi and sautéed kale
- Roasted salmon with lemon and tzatziki sauce
- Greek salad with chicken and lemon with olive oil for the dressing

## Level 3 Approach

**When hypoglycemia persists despite making dietary changes**, it is generally time to consider treatment with medication. Medications are considered at this point. Please call **303-861-3400 (TTY 711)** to schedule an appointment with Dr. Gilden or Dr. Timsina.