Abstract
Objective: To characterize the food habits, nutritional status and quality of life of patients in the postoperative period of bariatric surgery to Fobi-Capella. Methods: Analytical cross-sectional study was conducted with 66 patients underwent bariatric surgery and monitoring by the staff of the Hospital Universitario Oswaldo Cruz (HUOC), in northeast Brazil. A questionnaire was applied in witch was covered sociodemographic characteristics, and demographic information related to eating habits, and also evaluated the quality of life by the method BAROS. Results: The tolerance to food, the category “hardly eaten” were reported food such as meat, chicken, rice, raw salad and corn meal and that “not eaten” were corn meal, followed by sweets, meat and chicken. There was a reduction of total body weight and BMI and, consequently, the increase in PEP% over time. Regarding quality of life, it can be observed which is classified as “good” for most patients in both groups of 6-18 months and 18 months. Conclusions: Our results demonstrate that bariatric surgery showed satisfactory effects in this population, however the need for continuous nutritional education work, especially in groups of more than 18 months postoperatively.

Keywords