

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

MEAL PLANNING

Setup for success by making sure that all of the ingredients for healthful foods are at your fingertips when you need them. We all need the same basic ingredients—healthful meals, snacks, and beverages for work, home, commuting and play—how those ingredients are combined is an individual recipe. Healthful food choices and meals do not just happen. They are planned for and created. Investing a little time and energy into planning pays off in many surprising ways.

Planning increases the likelihood that healthy foods will be available and selected over less healthy choices. It also increases the chances that protein and fluid goals will be met and foods with less than 2 grams of added sugar and a low to moderate fat content will be consumed. It means fewer runs through the drive thru and fewer skipped meals. It even means fewer calories—studies show that people eat about 250 fewer calories when eating a meal at home as compared to eating in a restaurant. So planning ahead means that you will eat better.

Saving time (and who doesn't need extra time) is a bonus to planning. Purchasing all of the snacks that you will need for the week from the grocery store will save you time. No need to stand in the cafeteria line or

"By failing to prepare, you are preparing to fail."

Benjamin Franklin

make a trip to the vending machine. Purchasing your lunch foods from the grocery store and making your lunch the night before may allow you to take a walk with a co-worker and then eat lunch at your desk. Dinners are a breeze when you have planned ahead, purchased the foods you need, defrosted the meat and are ready to prepare a quick meal when you arrive home. You may even be able to talk a spouse or older child into getting the meal started while you hit the gym on the way home. This is a definite time saver over standing in front of the refrigerator when you get home with no ideas of what you are going to prepare.

You can save money by planning ahead. Scan through the local grocery sales flyer, plan your meals and snacks for the week, purchase items needed for meals and snacks (you may want to stock up on frequently used sales items), and then prepare meals and snacks to be eaten away from home daily. This system cuts way back on the need for costly unplanned restaurant meals. Don't forget your



beverages.

Buying bottled water (or other beverages) from the grocery store on sale can save you 80–90% over single bottles purchased at a convenience store.

The structure of planning ahead may make you feel more in control, better balanced and less stressed. Achieving your health goals will leave you with a sense of accomplishment and a give a boost to your self-confidence.

Well, hopefully you've been sold on the benefits for planning ahead for a healthier diet. How do you get started? Start with your overall goals. Your Barix Nutritionist provided you with a protein, fluid, added sugar and fat goal. *The Guide to Good Health* also outlines some other strategies for success. These include six small meals, vitamin and mineral supplementation and not drinking with meals. There are many ways to meet those goals.

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Build your meal plan around those goals, taking into account your personal preferences.

Based upon these goals, plan your meals and snacks for the week. Because we are mostly creatures of habit, once this meal plan is in place, you can make minor modifications each week and be good to go. Write the meals out on a calendar. Next make your shopping list based upon your weekly meal plan. Put together your snacks, beverages and lunch the night before. In the morning just grab and go.

Keep things in perspective. Even the best-designed plans sometimes go awry. Just redefine your goals, if necessary, and get back on track. You have not failed. Life just doesn't always work on our schedule.

"A good plan is like a road map: it shows the final destination and usually the best way to get there."

H. Stanley Judd

RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information.

Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. Call us today for more information!

HEALTHFUL TIDBITS

EAT TO SATISFY YOUR BODY'S NUTRITIONAL REQUIREMENTS

"How much should I eat?" This is a common question, for those who have just had surgery and for those who have had surgery a year or more ago. There is not a single answer that is right in all situations. Initially, most find that they are eating to meet their body's nutritional requirements. They strive hard to obtain enough protein and fluid. Over time, they may find that their choices of foods and portions are not necessarily tied to what their body needs to be healthy. There are many factors, other than hunger and satiety, which determine the amount of food that we eat. These might include mood; the availability of foods; triggers (such as driving by a favorite restaurant); portion size served; enjoyment factor of the food; and speed of eating.

There is not a magic formula that takes away the need for good judgment and moderation in the amount of food eaten, but there are some strategies that can help.

- Following the Barix Nutrition Guide is a good way to ensure that your eating habits are well balanced and portions are in control. Approximately one-half to one cup of food at a sitting works well for most.
- A three-ounce portion of meat, fish or poultry (about the size of a deck of cards) provides about 21 grams of protein and is an adequate portion for most people.
- Six small meals keep blood sugar levels even and encourage smaller portions.

- Put snacks into portion controlled bags.
- Ask for a take home container at the beginning of the meal and put $\frac{1}{2}$ to $\frac{3}{4}$ of the meal in the container before starting to eat.
- Eat slowly and chew foods completely.
- Do not drink with meals--this can push the food out of the pouch—allowing larger portions of food to be consumed
- Do not graze all day—meals and snacks should have a beginning and end.

IT WORKED FOR ME

Submitted by Kelsey H.

I found that after my surgery I needed to find ways to calm myself down when feeling stressed or overwhelmed. I didn't even realize before surgery that food had fulfilled that role. I began a nightly ritual that helps me to calm down each evening. After putting the kids to bed, I make my favorite cup of sugar free hot apple cider, light a single candle, and sit down in the quiet living room. Sometimes, I just sit there. When I am really stressed, I try hard to think positive thoughts or think about all of the things that I am grateful for. It works. I no longer find myself wanting to run to the kitchen again and again during the evening.

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REWARD YOURSELF



RECIPES

This month, you could earn a **\$25 GIFT CERTIFICATE** for your “It Worked For Me” tips or recipes! Just submit as many recipes and “It Worked For Me” tips as you like. The most original and creative will be awarded a \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by January 31, 2008. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.

OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

REQUEST

A FREE BROCHURE FOR YOU

OR A FRIEND

at 800-282-0066,

or www.barixinfo.com



QUESTIONS

ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative at 800-282-0066

CHERRY OAT MUFFINS

- 1 1/4 cups unbleached flour
- 1 1/4 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2/3 cup all fruit black cherry jam
- 1/3 cup apple juice concentrate (100% juice)
- 1/2 cup cherry juice concentrate (100% juice)
- 3 Tablespoons canola or safflower oil
- 1/4 cup water
- 1/3 cup egg substitute
- 1 1/2 cups thin-rolled quick oats

Preheat oven to 350 degrees. Sift together flour, baking powder, baking soda, and salt. Set aside. In a separate bowl, lightly beat egg substitute, and stir in all wet ingredients. Pour liquid mixture over dry ingredients, and mix with a fork, just until moistened. Then gently fold in oats.

Fill muffin cups 3/4 full, and bake at 350 degrees for 18 to 23 minutes. Muffins are done when a toothpick inserted comes out clean.

Let cool 10–15 minutes for non-stick removal of paper muffin cups. Serve warm or at room temperature, not refrigerated. Makes 12 servings.

NUTRITION INFORMATION

PER SERVING: 185 calories, 4 grams protein, 5 grams fat, 30 grams carb, and 12 mg sodium.

CHEESECAKE

Submitted by Kendra Z.

- 1 cup cottage cheese, fat free, small curd
- 2 Tbsp instant cheesecake no-added-sugar pudding mix

Blend together with a wand mixer or blender. Portion into 2 containers and refrigerate. *Optional:* top with fresh fruit. Makes 2 servings.

NUTRITIONAL INFORMATION

PER SERVING: 97 calories, 14 grams protein, 0 fat, 10 grams carb and 560 mg sodium.

WHAT'S NEW?

Barix recommends that most of your beverages be calorie free with the exceptions of up to 6 ounces of fruit juice, 24 ounces of low fat milk or a protein shake meal replacement. Research backs up this good advice. It seems the number of calories from beverages has increased from 12% of the daily caloric intake in the 1960's to 21% of the caloric intake in 2002. The calories came from soft drinks, alcoholic beverages, 100% fruit juice, and fruit drinks. The study didn't mention the calories from coffee drinks—but the popularity of coffee drinks has really soared since 2002, and with many of the coffee drinks topping off at 400 calories or more, the calories can really add up. Beverages are typically an additional source of calories, not a replacement for food. This has a big impact on the calorie in/calorie out balance. Just an extra 100 calories a day adds up to a 10# per year weight gain.



“A good plan today is better than a perfect plan tomorrow.”

George S. Patton