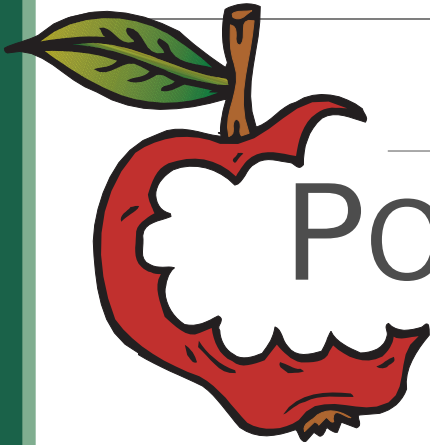


# THE BARIX™ SUPPORT GROUP GUIDE

For Education and Support of all Barix Clinics Patients



*Establishing Nutritional Balance*

## PORTION CONTROL

The trend towards larger portions is evident everywhere. Frozen diet meals advertise larger portions. Automobile manufactures are making cars with larger cup holders. Newer additions of cook books specify fewer servings per recipe. Restaurants use larger dinner plates. Current sizes of french fries, hamburgers, and soda pop are 2–5 times larger than in the 1960s. In fact, the portion size of current market place foods almost always exceeds the standard serving size. Some of the largest excess over the USDA (United States Department of Agriculture) standards were in the cookie category (700% larger); the pasta category (480% larger); the muffin category (333% larger); the steak category (224% larger) and the bagel category (195% larger). Food companies have found that large portions increase profits and attract consumers seeking value.

The average American today consumes 148 more calories per day (one study had this figure at 300 more calories a day) than the average American consumed in the 1980s. One hundred and forty-eight calories a day doesn't sound like a

lot of food. It is the difference between a regular sized hamburger and a quarter pound hamburger; an extra two tablespoons of salad dressing; half of a small apple bran muffin; an ounce of Pringles®; an ounce and a half of cheese; five Hershey® kisses (regular or sugar free); seven ounces of wine; eleven ounces of soda pop; eleven ounces of orange juice; an extra 3-ounce serving of lean meat or a few large spoonfuls of macaroni and cheese.

Healthy foods, comfort foods, junk foods, or sugar free sweets...those one hundred and forty-eight calories can sneak in so easily throughout the day that we're not even aware of them. But signs of those extra calories begin to make an appearance. If you are in a weight loss mode, your weight loss may begin to slow down to a crawl. If you're in a maintenance mode, you may notice your clothes begin to tighten. A pound on the tummy, a pound on the hips...slowly those one hundred and forty-eight extra calories make themselves known. If no action is taken, a year later, 15 extra pounds will adorn your body and the year after that...another 15. Scary stuff. So what's a person to do?

### EDUCATE YOURSELF

The American Institute for Cancer Research finds that most Americans believe that the kind of food that

they eat is more important in managing their weight than the amount of food that they eat. Most people are not able to identify standard serving sizes for foods. They know that baked chicken is a better choice than fried chicken, but have little idea about an appropriate serving or portion size. It is important to keep in mind that overall good nutrition and total calories consumed are more important for weight management and good health than eliminating or severely restricting a specific nutrient.

### ESTIMATE PORTION SIZES

Take the time to measure out single serving sizes onto your plates and bowls for one day, then remember what a serving looks like and "eyeball" it the next time. Estimate three ounces of meat as the size of a deck of playing cards, the palm of a woman's hand, or a computer mouse. A half-cup serving of fruit, rice, pasta, or vegetables is the size of a half of a baseball or a small fist. Your thumb is about the size of an ounce of cheese. A small hand in the position to hold a tennis ball is a one-cup serving of milk, yogurt, or fresh greens.



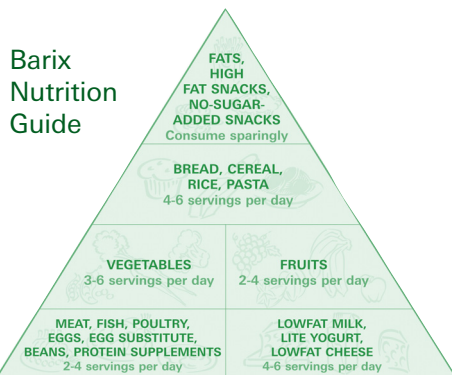
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Most people are driven to eat by what they see rather than how they feel. By putting too much food in front of you, you will perceive this oversized portion as normal. If you begin to serve smaller portions, you will soon perceive this amount of food to also be normal. You will be satisfied with smaller amounts of food.

## SET YOURSELF UP FOR SUCCESS

The *Barix Nutrition Guide* is a great way to plan out a balanced, healthful diet. Keeping portions small and eating six small meals a day will keep your energy high and your hunger at bay. To establish new habits, plan out your meals for a month and then keep a food log to track what you are actually eating. You may be surprised by the little extras that you were not aware of.



## AVOID PITFALLS

Serving meals family style encourages second portions. Instead, prepare your plate with appropriate portions in the kitchen and do not go back for seconds. Never eat out of the bag or carton. Ask for a “to go” container when your food arrives at a restaurant. Before eating, remove all but an appropriate portion from your plate and put it into the “to go” container immediately. You may want to share a restaurant entrée with one or two other people. These simple steps can keep your calorie consumption in line with your weight management goals.

# HEALTHFUL TIDBITS

The U.S. Health and Human Services and the U.S. Department of Agriculture have issued Dietary Guidelines for Americans 2005. The guidelines have been updated based upon science and good sense. There is no magic pill or formula in the

guidelines. The message is, if people want to look and feel better, they need to lower their fats and carbs; eat more fruits and vegetables and exercise. The basic recommendations are found below. For a printed handout, go to: [healthierus.gov/dietaryguidelines/](http://healthierus.gov/dietaryguidelines/).

## DIETARY GUIDELINES FOR AMERICANS-2005



### 1. Learn how to read food labels:

- Pay close attention to how many servings you are eating
- Check the calories in each serving
- Check the “% Daily Value” of each ingredient

### 2. To get your daily calorie allotment, eat good foods. Don't focus on just one kind of food, or consistently avoid any nutritious kind of food. Foods and beverages which should be limited, include:

- Saturated and trans fats
- Cholesterol
- Added sugars
- Alcohol. If you do use alcohol, limit consumption of these “empty” calories to one drink daily for women, and no more than two daily drinks for men. A drink is one 12-oz beer, one 5-ounce glass of wine, or one drink of 1.5 ounces of 80-proof distilled spirits. Empty calories are those foods that add little, if any, nutritional value to your diet; they can leave you hungry.

### 3. Keep your weight the same—don't eat or drink more calories than you burn. Maintain a balance of calories—what you eat to those you burn. To lose weight over time, eat a little less and exercise a little more every day.

### 4. Get regular exercise. It's good for your body and for your mind.

- Get at least 30 minutes of physical activity most days of the week.

- For maximum benefit, most people can get vigorous exercise or longer-duration exercise.

- To lose weight, get about 60 minutes of moderate or vigorous exercise most days of the week. Don't offset this by eating more.

- To keep weight off, get 60–90 minutes of moderate-intensity physical exercise most days. Examples include exercises such as walking briskly, swimming recreationally, or bicycling 5–9 mph on level terrain.

### 5. Recommended daily foods:

- Get 2 cups of fruit
- Get 2.5 cups of vegetables
- Eat a variety of vegetables
- Get 3 ounces or more of whole-grain foods
- Get 3 cups of fat-free or low-fat dairy foods

### 6. Avoid fats:

- Fewer than 10% of your calories should come from saturated fats.
- Keep cholesterol consumption below 300 milligrams per day.
- Avoid trans fats as much as you possibly can.
- The fats you do eat should mostly come from fish, nuts, and vegetable oils. Keep total fat between 20–35% of your total calories.

### 7. Carbs aren't all bad. You should:

Continued on Page 3

*Dietary Guidelines  
Continued from Page 2*

- Choose fiber-rich fruits and vegetables and whole grains.
- Choose foods with as little added sugars or sweeteners as possible.
- Avoid sugary and starchy foods and beverages.

**8. Avoid salt, increase potassium:**

- Get less than 1 teaspoon of salt a day. **Note:** most of the salt we eat comes from processed foods.
- Eat lots of potassium-rich fruits and vegetables, such as bananas, prunes, raisins, or potatoes with skins.



# IT WORKED FOR ME...

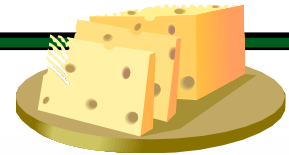
I keep food, exercise, and mood journals that no one else reads so I can be totally honest. I am a firm believer in these. Sometimes when you think you're overeating, you're not. Other times, you think that you

can let it slide, but you really shouldn't. If you keep it on paper, you have proof of what you have done, and maybe why you did it. The journals help me.

—Submitted by Kelly S.

## Chili Cheese

*Submitted by Lisa N.*



- 12 oz cream cheese, fat free
- 1 can Hormel® Turkey Chili, 99% fat free
- 4 oz cheddar cheese, shredded

Spread cream cheese on the bottom of a 1-quart glass casserole. Top with chili. Sprinkle shredded cheddar on top. Bake at 350 degrees Fahrenheit until cheese is bubbly and melted. Serve with baked tortilla chips. Makes 12 servings.

**NUTRITION INFORMATION PER SERVING:** 100 calories; 11 grams protein; 4 grams fat; 5 grams carbohydrate; 366 mg sodium.

## Slow Cooker Casserole

*Submitted by Kelly S.*

- 1 pound extra lean ground beef (can substitute chicken or turkey)
- 1/2 pound ground turkey sausage
- 1 yellow onion, minced
- 2 tsp. garlic powder
- 1/2 tsp. salt
- 1/2 pound white mushrooms, sliced

- 1 10-ounce package frozen spinach, thawed and squeezed dry and chopped
- 2 Roma tomatoes, cut the tops off, squeeze out the seeds and chop
- 1 medium green bell pepper, seeded and chopped
- 6 eggs beaten
- 3/4 cup skim milk
- 1/2 cup shredded cheddar cheese

In a non-stick frying pan brown burger and sausage. Drain and rinse in hot water to remove excess fat. Place cooked meat in a large bowl. Spray a frying pan with nonstick spray and sauté mushrooms, onion and green pepper over medium heat until they become soft. Stir often. Add cooked vegetables to meat. Stir in garlic, salt, spinach, and tomatoes. Mix well. In a separate bowl, whisk together eggs and milk. Fold into meat and vegetable mixture. Cook in quart crock pot on low heat setting for 7–8 hours or until eggs are set. This could also be a great breakfast and you can start it the night before. Spread cheese over top of casserole and cook until melted. Makes 10 1-cup servings. *Options: replace salsa for tomatoes and top with fat free sour cream; add black beans; add frozen hash browns.*

**NUTRITION INFORMATION PER SERVING:** 302 calories; 24 grams protein; 14 grams fat; 7 grams carbohydrate; 430 mg sodium.



To receive a free **RECONSTRUCTIVE SURGERY GUIDE**, **CALL 800-282-0066** or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information.

Our reconstructive surgery program is currently performed at our centers in Michigan and Illinois—and we are planning to expand our program at Scottsdale, AZ; Langhorne, PA; Wylie, TX; and Columbus, OH facilities in the next few months.

# OTHERS CARE. PLEASE SHARE.

Special thanks to Kelly S. and Lisa N. for the "It Worked For Me" tips and recipes. Please send comments, ideas, recipes, and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

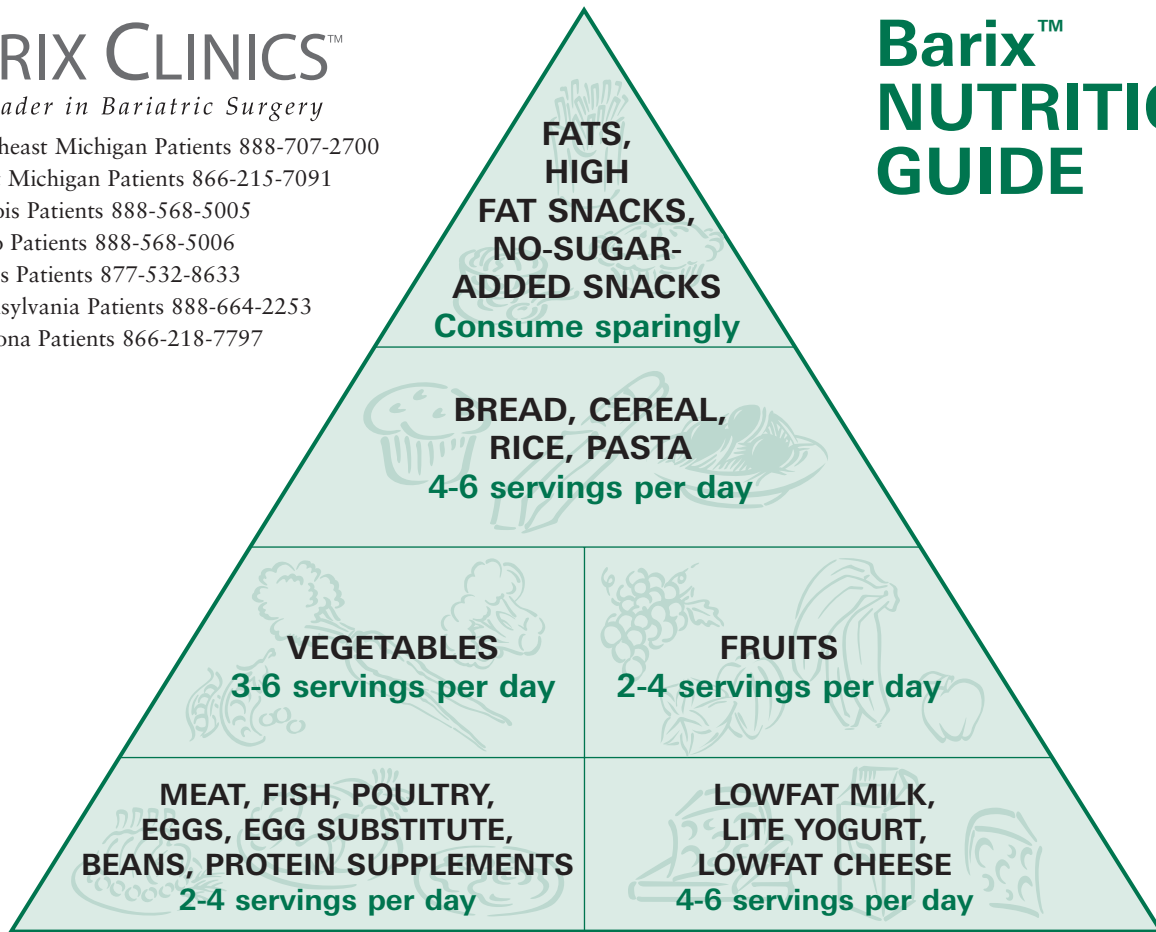


Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story on the "Share Your Success" section of the Patient website. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

**REFER a Friend: Call 800-282-0066 or REQUEST a FREE INFORMATION GUIDE for a FRIEND: [www.barixinfo.com/sgg](http://www.barixinfo.com/sgg)**

**BARIX CLINICS™**  
America's Leader in Bariatric Surgery

Southeast Michigan Patients 888-707-2700  
 West Michigan Patients 866-215-7091  
 Illinois Patients 888-568-5005  
 Ohio Patients 888-568-5006  
 Texas Patients 877-532-8633  
 Pennsylvania Patients 888-664-2253  
 Arizona Patients 866-218-7797



**USING  
 THE Barix™  
 NUTRITION  
 GUIDE**

- ➔ Start at the bottom of the guide with protein-rich foods/beverages and climb your way up to the nutrient-dense fruit and vegetable level. Finish off with a healthy dose of whole grain foods.
- ➔ Six small meals and snacks help you meet your protein needs – keep your blood sugar levels even, your energy level high and keep portions small.
- ➔ Limit the number of no-added-sugar desserts and treats. Often these are not much lower in calories than their sugar-laden counterparts.
- ➔ Enjoy!



The Barix Clinics patient website features an online Cookbook and other helpful advice. Contact a Patient Service Representative at 800/282-0066 for access.

**SERVING SIZES**



**Meat, Fish, Poultry, Eggs, Egg Substitute, Beans, Protein Supplements**

Meat, Fish, Poultry	2 oz.
Eggs	2 each
Egg Substitute	1/2 cup
Beans	1/2 cup
Protein Supplements	1 scoop



**Lowfat Milk, Lite Yogurt, Lowfat Cheese**

Lowfat Milk	4 oz.
Lite Yogurt	4 oz.
Lowfat Cheese	1/2 oz.



**Bread, Cereal, Rice, Pasta**

Bread	1/2 slice
Bagel	1/4
Pasta	1/4 cup
Rice	1/4 cup



**Vegetables**

Fresh or Frozen	1/4 cup
Raw Leafy Greens	1/2 cup



**Fruits**

Fresh, Canned or Frozen	1/4 cup
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**Fats, High-Fat Snacks, No-Sugar-Added Snacks**

These foods are a concentrated source of calories and provide few other nutrients. Consume sparingly.