

THE BARIX™ SUPPORT GROUP GUIDE

For Education and Support of all Barix Clinics Patients

"WHAT'S FOR DINNER?"

The convenience of **FAST FOODS** has made them a popular choice, but at what cost? So how do you **CHOOSE** healthy options?



Fast food is relatively inexpensive, fast, and convenient with fewer groceries to purchase up front and no mess to clean up after. It allows family members to each choose their favorite foods and eliminates (well OK, at least minimizes) whining about what's for dinner. With the work and child rearing responsibilities of most families, it is no wonder one third of all Americans will choose a fast food meal today. Fast food has helped us to solve the problem of "what's for dinner?" but is there a cost to this new way of feeding our families and ourselves? Fast food meals are often blamed, at least in part, for contributing to the current obesity epidemic. Most fast food meals tend to be large portions of foods and beverages that are high in fat, calories and added sugars. Often entire food groups are missing, providing meals that are lacking in many vitamins, minerals and fiber. Take a Happy Meal® for example: a cheeseburger, french fries and a Coke provides your little tyke with 650 calories, 23 grams of fat and 890 mg of sodium and not one of the 6 servings of fruit and vegetables recommended (No, the French fries do not count!). How

about for the teens and adults in your life? A Crispy Chicken Sandwich meal with a large fry and soft drink tallies in at 1,340 calories, 48 grams of fat and 1,440 mg of sodium. The biggest problem is that these calorie dense foods do not satisfy us as much as they should for the calories they provide. We find we're hungry for more a few hours later. A study done at Penn State University suggests that big portions of calorie dense foods (such as most fast foods) boost calorie consumption without providing additional satisfaction when compared to foods with lower caloric density. *Is there a way to find the convenience that our lives demand without jeopardizing our health in the process?*

THE FIRST STEP is to realize how unhealthy a typical fast food meal really is. Then look for opportunities to improve its nutritional value. The fast food giants are beginning to get the message that Americans (and the rest of the world) love the convenience and taste that they provide, yet need (even if we don't always really want) healthier convenience food choices. They have begun to offer some healthier menu choices, although most

still have a long way to go before fast food and "good for you" can be used in the same sentence. As we show the fast food giants that we are willing to choose their healthier offerings, they will provide even more healthy options for us. *In the meantime, enjoy the advantages of fast food cautiously.*

TIPS FOR CHOOSING HEALTHIER OPTIONS

- Take your fast food choices home to eat where you can supplement with low fat milk, fresh fruit, carrot sticks, and your favorite low sugar/low fat salad dressing.
- Look at the nutrition information prior to ordering your meal and base your choices on the lower fat, calorie, and added sugar options available.
- Talk to your children about how their food choices impact their health. Limit soft drinks, fries, and fried foods.
- Newer fruit and salad options can be healthful choices. Look at the nutrition information to insure that fat, sugar and calories are inline with your nutritional needs. Don't forget to check out the salad dressings or yogurt toppings.

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- When evaluating a fast food meal, utilize the individual maximum amount of fat grams per meal provided by the Barix nutritionist (found on the front page of the *Guide to Good Health*); no more than 2 grams of added sugar; and a good source of protein.
- Evaluate the caloric density before you choose. Food with a high caloric density encourages you to consume more calories than needed to maintain a healthy body weight.
- Keep your beverages calorie free except for up to 6 oz of 100% juice daily and 24 oz of skim milk. Drink prior to eating or wait 30 minutes after eating to prevent “flushing” foods out of the pouch.
- Limit foods with a high caloric density. Your body senses fullness or satiety after a eating a certain weight of food no matter how many calories it contains. The caloric density of a food is simply the number of calories it provides per ounce.



Calorie dense foods—those containing 68 calories or more per ounce are no more filling or satisfying than other foods.

To calculate the caloric density of a food, divide the calories by the serving size in ounces. For example, an 8 oz serving of a frozen chicken and vegetable bake dinner provides 360 calories. The caloric density is $360 \div 8 = 45$. So this frozen entrée has a caloric density of 45. This is less than 68, so if the sugar and fat are in line, it is a good food choice.

- Fast food portions are large. Eat 1/2 of a sandwich or salad and save the rest for a snack 2–3 hours later.
- Order sandwiches without sauces or mayonnaise. Order salads with low sugar and low fat dressings if available or carry your own dressing.



BARIX BETTER CHOICES

To qualify for a Barix Better Choice, menu items will have a caloric density of 68 calories per ounce or less, have 30% or less of its calories from fat and have 2 grams or less of added sugar.

FOOD/BEVERAGE	SERVING SIZE (OZ)	CALORIES	CALORIC DENSITY	FAT (GRAMS)	PROTEIN (GRAMS)
SUBWAY					
6" Ham Sandwich	7.5	290	38	5	18
6" Chicken Breast Sandwich	7.9	330	42	5	24
6" Roast Beef Sandwich	7.5	290	38	5	19
6" Turkey Breast Sandwich	7.5	280	37	4.5	18
6" Turkey and Ham Sandwich	7.8	290	37	5	20
6" Subway Club	8.6	320	37	6	24
6" *DM Veggie Delite	5.6	230	41	3	9
6" DM Turkey Breast	9.4	340	36	6	28
6" DM Turkey and Ham	10.0	360	36	7	31
6" DM Ham	10.0	380	38	7	28
6" DM Roast Beef	9.4	360	38	7	29
6" DM Subway Club	11.6	420	36	8	39
6" DM Oven Roasted Chicken	10.3	430	42	8	39
Gr. Chicken and Spinach Salad	10	140	14	3	20
Subway Club Salad	13.7	160	12	4	18
Veggie Delite Salad	10.7	60	6	1	3
*Double Meat = (DM)					

MCDONALD'S

Chicken McGrill, without mayo	6.3	300	48	2.5	27
Caesar Salad with Gr. Chicken	10.6	210	20	6	28
Apple Dippers (without carmel)	2.2	35	16	0	0
1% Milk	8	100	13	2.5	8
Minute Maid Apple Juice	6.8	90	13	0	0
Orange Juice	12	140	12	0	0

WENDY'S

Side Salad	5.5	35	6	0	2
Fresh Fruit Cup	5.6	80	14	0	0
Baked Potato, plain	10	270	27	0	7
Baked Potato, sour cream & chives	10.4	340	33	6	8
Baked Potato, broccoli & cheese	13.7	440	32	15	10
Chili, small	8	220	28	6	17
Grilled Chicken Filet, only	3.5	120	34	2.5	23
Ultimate Grilled Chicken Sandwich	7.5	360	48	7	31

BURGER KING

Chicken Whopper w/o mayo	8.4	410	48	7	38
BF Veggie Burger w/o mayo	6.8	340	50	8	23
Side Garden Salad	3.5	20	6	0	1
Fire-Grilled Chicken Garden Salad	11.5	210	18	7	25

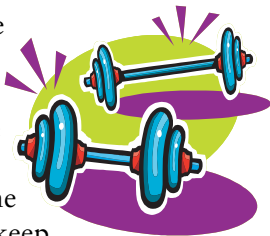
TACO BELL

*FS Ranchero Chicken Taco	4.5	170	38	4	12
FS Grilled Steak Soft Taco	4.3	170	40	5	11
FS Gordita Baja–Chicken	5.1	230	45	6	15
FS Gordita Baja–Steak	5.1	230	45	7	13
FS Bean Burrito	7.1	350	49	8	13
FS Burrito Supreme–Chicken	8.0	350	44	8	19
FS Burrito Supreme–Steak	8	350	44	9	17
FS Fiesta Burrito–Chicken	6.6	350	53	9	16
FS Tostada	5.9	200	34	6	8
FS Enchirito–Beef	6.7	270	40	9	12
FS Enchirito–Chicken	6.7	250	37	5	17
FS Enchirito–Steak	6.7	250	37	7	14
Bean Burrito	6.6	370	56	10	14
Tostada	5.7	250	44	10	11

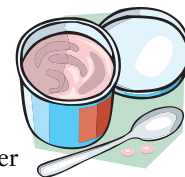
*Fresco Style = (FS)

IT WORKED FOR ME!

A simple weight lifting plan at home with dumbbells helps to tone muscles and keep metabolism in high gear. Twenty minutes 2–3 times each week is all it takes. Look online or pick up a magazine or book to find a routine that works for you. Have several weight increments available so that as your strength increases, you can challenge your muscles.



What's New?



Need fiber in your diet? New Dannon Light 'n Fit[®] with Fiber blends fiber and delicious fruit with Light 'n Fit[®] nonfat yogurt. Each 4 oz container of Light 'n Fit[®] with Fiber provides 70 calories and 3 grams of dietary fiber. It has a smooth and creamy texture with the same great taste you expect from Light 'n Fit. Try it in peach, strawberry or apple flavors.

Swiss Cheese Chicken

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|---|---------------------------------------|
| 1 pound chicken breast, boneless, skinless | 1 Tbsp. butter, light |
| 2 Tbsp. all-purpose flour | 1/2 cup chicken broth, reduced sodium |
| 3/4 tsp. pepper | 1/4 cup white wine |
| 1/4 tsp. salt | 1/4 tsp. dried oregano |
| 2 slices Swiss cheese, reduced fat, cut in half | |

Flatten chicken to 1/4 inch thickness. In a shallow bowl, combine flour, pepper and salt. Place a piece of cheese on each piece of chicken; tuck in ends and roll up. Secure with toothpicks. Roll in the flour mixture.

In a large nonstick skillet, brown roll-ups in light butter on each side over medium heat. Stir in the broth, wine and oregano; bring to a boil. Reduce heat; simmer, uncovered for 10-12 minutes or until chicken juices run clear. Remove toothpicks before serving. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 192 calories, 28 grams protein, 6 grams fat; 4 grams carbohydrate; 313 mg sodium.

Strawberry Banana Delight

Submitted by Alta B.



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|---|---------------------------|
| 1 pkg. (4 serving size) cook and serve sugar-free vanilla pudding | 1 cup sliced strawberries |
| 2 cups water | 1 medium banana, sliced |
| 1 pkg. (4 serving size) sugar free strawberry-banana gelatin | |

Combine pudding and water in saucepan. Heat until thickened. Add the gelatin powder and mix well. Set-aside until cool.

In the bottom of an 8 x 8 glass baking dish, place sliced strawberries and banana. Pour pudding and gelatin mixture over the strawberries and refrigerate until set. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 60 calories; 1 gram protein; 0 grams fat; 12 grams carbohydrate; 274 mg sodium.

Optional Protein Boosts: Add 1 scoop of protein powder to the pudding and water or stir in 1 oz of Wild Cherry ProStat[®] to the cooled pudding gelatin mixture prior to pouring over fresh fruit.

Flavor Option: Substitute the flavor of gelatin and fruit, such as orange gelatin and mandarin oranges.



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Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, Illinois, Pennsylvania, and Texas—and we are planning to expand our program at our Scottsdale, AZ, facility in the next few months.

Reward Yourself!

This month, you could earn a \$25 GIFT CERTIFICATE for your “It Worked for Me” tips or recipes! We’ll reward the top two tips and recipes with a choice of “healthy” gift cards. Tips must be submitted no later than August 31, 2005. This month, thanks to Alta B. for the recipe. Please send comments, ideas, recipes, and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.

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America's Leader in Bariatric Surgery

OTHERS CARE. PLEASE SHARE.



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.

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