

# THE BARIX™ SUPPORT GROUP GUIDE

For Education and Support of all Barix Clinics Patients



## DO CALORIES COUNT?

### HEALTHFUL HABITS THAT IMPACT ENERGY BALANCE

To answer this question, let's start with basic review of how calories work. A calorie is a measure of energy. Foods and beverages provide our bodies with energy. Our bodies use energy for each and every function, from the beating of our hearts and the digestion of food to going on a hike. If we consume more calories than our body requires, the extra energy is stored as fat tissue. If energy output is greater than energy intake, energy from fat tissue is released and weight loss occurs. Beyond this basic equation, is an area that we really do not know much about. Everyone knows someone that appears to eat a lot and remains slim and another who seems to smell food and gain weight. And what about the phenomenon of rapid weight gain that follows a weight loss? There are differences in the way that our bodies handle calories and the calorie equation is not as simple as it first appears.

The only nutrients that supply calories are protein (4 calories per gram), carbohydrate (4 calories per gram), and fat (9 calories per gram). The all-important vitamins and minerals that our bodies cannot function without come free of

calories. Eliminating entire food groups or a specific nutrient has not proven to be effective at long-term weight loss. A more sensible approach is to consume a healthful mix of protein, carbohydrates and fat.

The Barix Nutrition Program does not focus on counting calories. It stresses important behaviors to making good food choices that will allow the body to have a healthful weight loss. These behaviors are:

- Eat six small high protein meals/snacks
- Keep portion sizes to  $\frac{3}{4}$  – 1 cup at each meal
- Drink fluids 30 minutes after meals to prevent “flushing” foods out of the pouch
- Avoid foods and beverages with more than 2 grams of added sugars
- Limit food with a high fat content
- Obtain adequate fluid—choose calorie free fluids except for up to 6 oz of juice daily and up to 24 oz of skim milk
- Daily multi-vitamin and mineral supplementation
- Exercise regularly
- Choose the recommended number of servings from the Barix Nutrition Guide (see page 3)

When these behaviors are followed, the result is adequate nutrition to nourish the body and support a healthful weight loss. Each time a follow-up visit is made, the nutritionist will review the foods and beverages that are chosen and make recommendations for changes if needed.

For most, calorie counting is not necessary to obtain the desired weight loss. A person choosing large amounts of 100% juice to meet the fluid requirement will significantly increase calorie intake. The nutritionist will recommend that most of the fluids come from non-caloric sources. If this person makes the change to non-caloric beverages, they should not have to count calories from all sources to be successful.

Other habits that can impact the energy balance are skipping meals, eating larger portions, choosing high fat foods or foods high in added sugar on a regular basis, or forcing food out of the pouch by drinking with meals.

Regular exercise can tip the calorie balance in two ways. First, calories are required for the activity.

*Cont. on Page 2*



Additionally, those that maintain a regular exercise program throughout the weight loss phase, limit the muscle tissue loss. This results in a higher daily energy (calorie) requirement or metabolism.

By following the Barix Nutrition Program recommendations, adequate nutrition for a healthful weight loss is obtained. Not following any of the recommendations can decrease the opportunity to be as successful as possible.

As the weight loss goal comes into sight, the energy balance gets close to equilibrium, and energy intake is closely balanced with energy output. At this point, it may be useful to count calories to identify choices that may need adjustment. A word of caution, lowering calories below a certain point appears to be counterproductive. The body senses that it is starving and works hard to conserve all energy output. Your Barix nutritionist can help you to establish a healthful calorie goal. You may want to estimate your caloric needs by plugging your information into the formula below.

**MEN**

$66.47 + (6.25 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) (6.76 \times \text{age in years}) \times \text{activity factor}$

**WOMEN**

$655.10 + (4.34 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) (4.68 \times \text{age in years}) \times \text{activity factor}$

**ACTIVITY FACTORS**

- 1.2=sedentary (mostly sitting)
- 1.3=light (a teacher)
- 1.4=moderate (a nurse)
- 1.5=heavy (a roofer)

To sum it all up, calories do count, although counting calories is not necessary if you focus on the Barix Nutrition Program recommendations. Making healthful lifestyle choices will enable you to reach and maintain your weight loss goals without feeling like you are following a lifelong diet.



“The Barix Nutrition Program does not focus on counting calories. It stresses important BEHAVIORS to making good FOOD CHOICES that will allow the body to have a healthful weight loss.”

# IT WORKED FOR ME!

Whenever I return from the grocery store I immediately cut up the fruit and vegetables and make serving size packages that I can just pull out of the refrigerator. Doing this makes planning for my busy days each week easier because I can reach in and grab what I need without a lot of work. I also appreciate this when I need something to snack on. You know what it is like to go to the fridge and open it looking for something to eat right now! It's right there, portion packed and ready to eat—making healthful food choices a breeze.

—Submitted by Wendy H.

## HEALTHFUL Tidbits



Depression is a disease that can affect anyone. It can be caused by imbalances of chemicals in the brain, stressful events, or the use of medications or substances. Depression may cause physical symptoms in addition to the more widely recognized emotional symptoms. Physical symptoms of depression can include:

- Headaches
- Back pain
- Muscle aches and joint pain
- Chest pain
- Digestive problems
- Exhaustion
- Sleeping problems
- Changes in appetite or weight
- Dizziness or lightheadedness

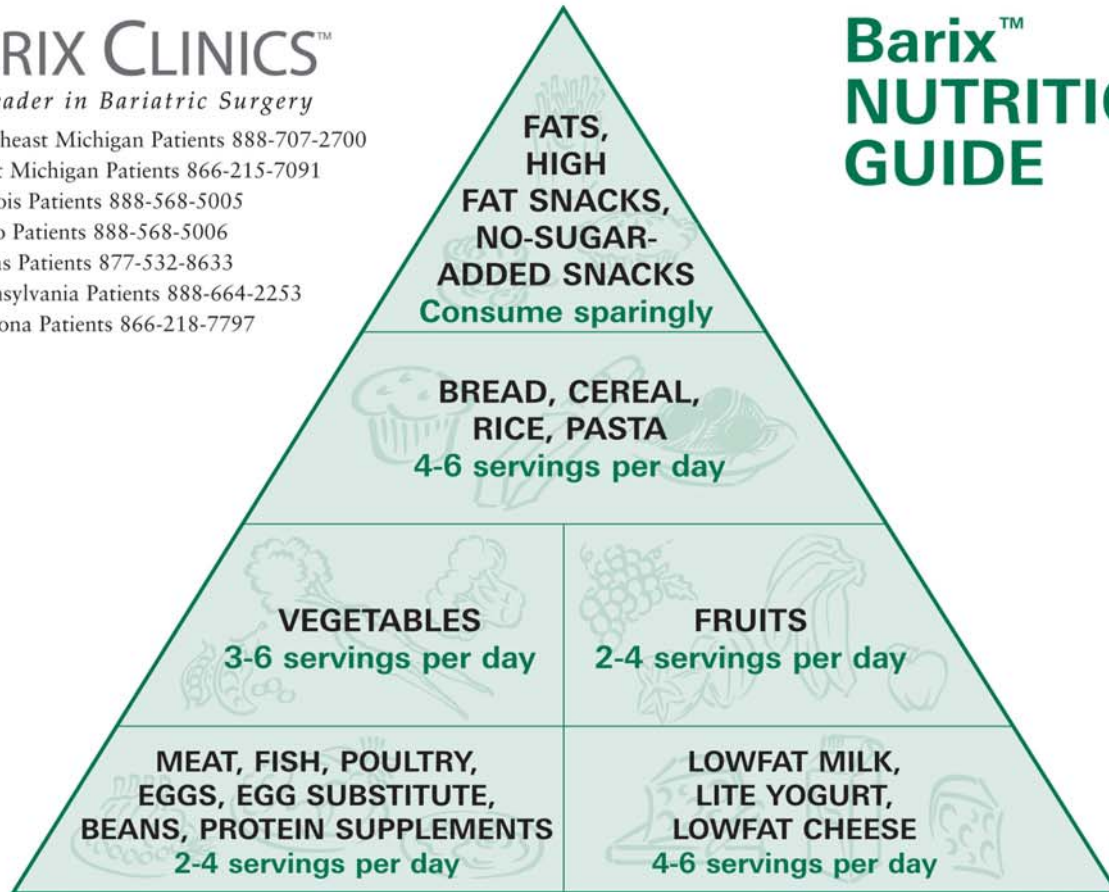
These symptoms may be caused by other physical problems and should be checked out by your doctor, but sometimes these physical symptoms are caused by depression. These symptoms aren't just in your head; they are caused by real changes in your body. Treatment of depression can help to reduce or resolve physical symptoms that occur due to depression. Talk to your doctor or therapist if you suspect depression. There is treatment that can help.

Source: WebMD



DEPRESSION

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 |
|-------------------------|---------|



**Fats, High-Fat Snacks, No-Sugar-Added Snacks**

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

# WHAT'S NEW?

**D**igestive Advantage for Lactose Intolerance® is a once a day treatment for the symptoms of lactose intolerance. In addition to providing lactase, the enzyme needed to breakdown the sugar (lactose) in milk and dairy products, Digestive

Advantage also provides lactobacillus. Lactobacillus is a “good” bacteria which utilizes sugars in the intestine-so that the symptoms of lactose intolerance disappear. The



product needs to be used daily to keep an effective level of bacteria. The makers, Rofay Biomedical state that it is safe to use on a long term basis with limited reports of some gas on the first days of use as the only reported side effects. Give Digestive Advantage a try and enjoy dairy products again.

## REWARD Yourself!

**T**his 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 October 30, 2005. This month, thanks to Janine M., Wendy H., and Sherry W. for the tips and recipes. Please send comments, ideas, recipes, and “It Worked For Me” tips to Deb Hart, RD, LD at [dhart@foresthalth.com](mailto:dhart@foresthalth.com).

### Tuna Melt Submitted by Sherry W.

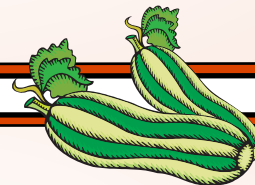
3 oz tuna, packed in water, drained  
¼ cup egg substitute  
2 crackers crumbled  
1 oz of shredded cheese (Mozzarella or Colby)

1 Tbsp. Miracle Whip Free®  
dash of lemon pepper  
dash of garlic powder  
dash of lemon juice

Mix all ingredients together. Make into two small patties. Spray a non-stick frying pan with non-stick cooking spray. Cook patties for a couple of minutes on medium heat until it reaches the desired firmness. Flip patties and repeat. Makes 2 servings.

**NUTRITION INFORMATION PER SERVING:** 137 calories, 17 grams protein, 5 grams fat, 4 grams carbohydrate, 404 mg sodium.

### Moist Zucchini Bread Submitted by Janine M.



½ cup vegetable oil  
½ cup vanilla yogurt, no added sugar  
2 cups Splenda®  
¾ cup egg substitute  
2 cups raw shredded zucchini  
2 cups whole wheat pastry flour

1 teaspoon baking soda  
1 teaspoon salt  
½ teaspoon baking powder  
3 teaspoons cinnamon  
3 teaspoons vanilla  
Dash of nutmeg

Blend oil, yogurt, and Splenda together in a bowl. Add egg substitute and zucchini, stir. Sift dry ingredients together and add to the Splenda mixture. Add vanilla. Stir in nuts and/or raisins if desired. Bake in two loaf pans (coated in non-stick cooking spray) at 300°F for 45–60 minutes. Makes 16 servings.

**NUTRITIONAL INFORMATION PER SERVING:** 125 calories, 4 grams protein, 7 grams fat, 12 grams carbohydrate, 267 mg sodium.

## 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.

### REFER a FRIEND!

Call **JULIE** at 800-282-0066, ext. 1425, or **REQUEST a FREE INFORMATION GUIDE for a FRIEND:** [www.barixinfo.com/ssg](http://www.barixinfo.com/ssg)

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 all our centers in Michigan, Ohio, Illinois, Pennsylvania, Texas, and Arizona.

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

