

THE BARIX™ SUPPORT GROUP GUIDE

For Education and Support of all Barix Clinics Patients

HEALTHFUL HOLIDAYS 2005

HEALTHFUL HOLIDAY TRADITIONS THAT KEEP YOU FEELING GREAT!



The hustle and bustle of the holiday season is almost upon us. The holidays typically encourage people to indulge in high-fat, high-calorie foods that are low in nutrients. This is also the time we're most likely to make excuses for skipping exercise. Take time to plan some new healthful holiday traditions that will keep you in sync with your healthy lifestyle habits throughout the season. Feel and look great this holiday season. Best wishes for a very blessed holiday season to you and your family.

HEALTHFUL HOLIDAY HABITS

Watch the calories: make use of the wide variety of reduced-fat dairy products available, such as nonfat sour cream, whipped cream and whipped cream cheese.

Fluids: Stay hydrated. You are more likely to drink dehydrating beverages such as alcohol, coffee, tea and sodas. Dehydration can cause you to feel hungry so try to drink at least 6–8 cups of water a day.

Meal Times: Don't skip meals; the resulting hunger and low blood sugar can lead to overeating. Don't pass up favorite foods or deprive yourself completely, moderate consumption is the key. Plan meals by keeping in

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TRADITIONAL HOLIDAY FARE—BARIX STYLE

APPETIZERS

Base appetizers on fresh or roasted vegetables, fruits, lean meats, breads and reduced-fat cheeses. Choose raw vegetable crudités and fresh fruit with low-calorie dressings instead of cheese spreads or high-calorie dips.

STUFFING

Bake stuffing in a covered casserole dish, rather than in the turkey where it absorbs a lot of fat. Sauté onions and celery in 1 tablespoon of butter or margarine and then use chicken or turkey broth for additional moisture.

TURKEY

Roast the turkey on a rack so the fat drips away from the bird. Eat the white meat without skin.

GRAVY

Use a fat separator for the roasting pan juices and skim off all fat before making the gravy or place the dripping in the freezer for a few minutes and as the fat rises to the top, skim it off. Use a dry package of turkey gravy mix for added flavor and thickening.

DESSERTS

This is a great time to try out some new sugar-free versions of your family's traditional favorites. Don't risk spending your holidays dumping.

POTATOES

Mash the potatoes with chicken broth and canned, evaporated, skim milk. The evaporated milk has twice as much protein as regular milk and gives potatoes a delicious creamy texture. Hold the butter—no one will notice!

VEGETABLES

Use pineapple and/or orange juice thickened with cornstarch as a glaze for carrots or sweet potatoes. Try adding a pinch of pumpkin pie spice to the glaze. Sprinkle hot vegetables with dill for flavor instead of butter. Use low fat canned cream soup in the traditional green bean casserole.



Cont. from Page 1

mind the demands you'll have on your schedule that day. Don't skip meals before big holiday meals—keep to your routine by eating three small meals and three snacks. After dinner, go for a long walk!

Set Up Your Environment for

Success: Don't tempt yourself by keeping trigger foods or comfort foods around the house—increasing the likelihood that you will make poor choices or overeat. If you are staying with family or friends, ask them if you can have a space in the refrigerator and keep foods on hand to snack on like lean deli meats, cottage cheese, nonfat cheese sticks, etc. Have a small snack before you go to a party or holiday dinner. In situations that have been difficult previously, make a plan of action ahead of time—think about what you will eat, how much you will eat, and what you will do if tempted to make poor food choices.

Celebrations: Before you leave home, eat something light or drink a protein shake. When you attend holiday festivities, don't station yourself near the buffet table. Make a clear-cut decision to distance yourself from all goodies. Alcoholic beverages pack on the calories so if you're drinking alcohol, stick to light beer or a champagne spritzer. To satisfy your sweet tooth, find sugar free alternatives. If you are at the mercy of the dinner host, eat modest amounts of the foods offered and fill up on

foods with more fiber and fewer calories. Make a small plate and skip the seconds. Be selective at the buffet table and take small samples of other high-calorie foods since most of the time we just want a taste. Take a

favorite low fat, no added sugar dish to holiday parties. Focus on the conversations, not the food.

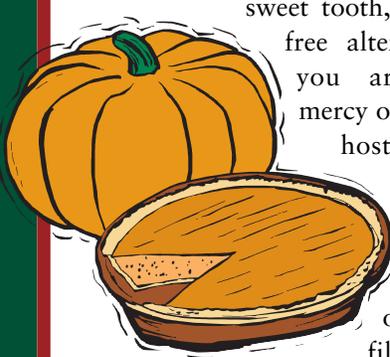
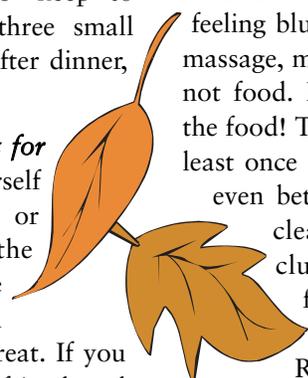
Emotional Health: If you find yourself feeling blue, soothe your spirit with a massage, manicure, pedicure, or facial—not food. Enjoy the season, not only the food! Take a meditative moment at least once a day (once an hour works even better) to breathe deeply, and clear your mind of all the clutter. Enjoy friends and family. Share laughter, cheer. Celebrate and give thanks. Remember what the season is all about.

Shopping: When you shop, eat before you leave home so you won't resort to cookie breaks. Take easy to carry snacks with you such as protein bars, turkey jerky, soy nuts or HandiSnacks® cheese and cracker packs. Many restaurants offer low fat milk if you get in a pinch.

Keep it in perspective: Just because it is the holiday season doesn't mean you should give yourself the license to eat everything that passes by. Factor in the little extras into your daily intake.

Exercise: Try to exercise or get some physical activity daily. Besides increasing metabolic rate, exercise can reduce depression and anxiety, which are more commonly experienced during the holiday season. Center entertainment around activities like carol singing, ice skating, roller-skating, swimming, sledding, cutting down your own Christmas tree, making snowmen, having a snowball fight, cross country skiing, bowling, whirly ball or other activities that keep you moving and aren't centered around food. Busy schedules can bump you off your routine, but try to keep as close to your typical schedule as possible.

Miscellaneous: Use the 1–10 rating system during holiday meals. Rate each food that is passed on a 1–10 scale — 1, not appealing through 10, WOW, my favorite! Eat only 9's and 10's. Pass up the rest!



IT WORKED FOR ME!

One problem I encountered after about two years post op was the vending machine at work. I noticed it is absolutely full of nothing but junk and empty carbs and fats. To help myself avoid making my way to the vending machine, the night before when fixing fix dinner, I fix enough so that there is enough for me to take to work the next day. I get it all set up the night before by putting it into portion-sized dishes. I get my entire lunch prepared including snacks, drinks etc. This way I avoid any involvement with the vending machine at all. I have found that if I put time in the preparation of my lunch I am much less inclined to go to the vending machine at all.

—Submitted by Dan K.



GIVE THANKS

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

—Melody Beattie

WHAT'S New

Barix Clinics are offering additional products to help you reach your protein goal. Nectar® Whey Protein Isolate comes in delicious fruity flavors that dissolve in water. In fun fruity flavors such as Fuzzy Navel, Roadside Lemonade, Lemon Iced Tea, Strawberry Kiwi, Very Cherry, Crystal Sky, Caribbean Cooler and Apple Ecstasy meeting your protein needs will be a cinch. Matrix Simply Vanilla and Perfect Chocolate mix easily with skim milk (or water) for a creamy taste treat. Any Whey is a tasteless protein that mixes easily in your favorite smoothie and can be used for cooking and baking. We are excited about these new protein options for you. Ask for a sample next time you are in the office.

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

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call Cindy at 614-203-3932 or Toll Free 888-242-9039

Barix Holiday Eggnog



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| 1 scoop Matrix 5.0™ Simply Vanilla | ¼ tsp. vanilla extract |
| 1 cup skim milk | Nutmeg or cinnamon sprinkled on top if desired |
| ¼ cup liquid egg substitute | |
| 1 Tbsp. instant vanilla pudding, sugar free | |

Blend all ingredients together until well mixed. Drink right away or chill up to 10 hours, stir well and drink. Makes one serving.

NUTRITION INFORMATION PER SERVING: 248 calories; 37 grams protein; 3 grams fat; 18 grams carbohydrate; 531 mg sodium.

Gelatin Delight

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| .03 oz. pkg. sugar-free pineapple gelatin (4 serving size) | 8 oz. fat-free cream cheese, softened |
| 2 – .03 oz. pkg. sugar-free orange gelatin (4 serving size) | 2 ½ cups skim milk |
| 2 cups boiling water | 3 oz. instant, vanilla pudding mix, no-added-sugar |
| 15 oz. can crushed pineapple, packed in water or pineapple juice | 8 oz. Cool Whip Lite® |

Combine pineapple and orange gelatin with 2 cups boiling water. Stir to dissolve and add crushed pineapple, including juice. Set aside. Combine softened cream cheese, milk, and pudding mix. Beat until smooth and thickened. Stir in gelatin mixture. Pour mixture into a glass dish and chill overnight. Spread Cool Whip® Lite evenly on top before serving. Makes 20 servings ½ cup servings.

NUTRITION INFORMATION PER SERVING: 75 calories; 4 grams protein; 0 grams fat; 13 grams carbohydrate; 305 mg sodium.

"We can only be said to be ALIVE in those moments when our HEARTS are conscious of our TREASURES."

— Thornton Wilder

Holiday Spiced Tea

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| 12 cups water, divided | 1 (6-ounce) can frozen orange juice concentrate |
| 6 tea bags | ¼ cup fresh lemon juice |
| 4 cinnamon sticks | Garnish: lemon slices, orange slices, whole cloves and cinnamon sticks |
| 2 teaspoons whole cloves | |
| 1 ¼ cups SPLENDA® No Calorie Sweetener, Granular | |

Bring 8 cups water to a boil. Pour over tea bags into large heat resistant bowl; cover and steep 5 minutes. Remove tea bags, squeezing gently. Stir in SPLENDA® Granular, orange juice, and lemon juice. Combine 4 cups water, cinnamon sticks and cloves in a small saucepan; bring to a boil, cover, and simmer 20 minutes. Pour mixture through a wire-mesh strainer into tea mixture, discarding spices.

Pour into mugs and serve tea hot with lemon and orange slices, whole cloves and cinnamon sticks. NOTE: Add additional SPLENDA® Granular, to taste. Makes 16–6 oz servings.

NUTRITION INFORMATION PER SERVING: 20 calories; 0 grams protein; 0 grams fat; 5 grams carbohydrate; 1 mg sodium.

Crustless Spinach Quiche

Submitted by Kristeen R.



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| 4 Large eggs | 1/3 cup chopped sweet onion |
| 1/2 pkg. frozen spinach thawed, drained | 1/3 cup chopped ham |
| 1 1/2 cups of small curd low-fat cottage cheese | 2 Tbsp. Parmesan or Romano grated cheese |
| 1 cup Swiss shredded cheese | |

Mix all ingredients, pour into 8 inch pie pan or mini muffin pan. Sprinkle top with Parmesan or Romano cheese. Bake at 325 for 40 minutes. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 129 calories; 15 grams of protein; 7 grams of fat; 4 grams of carbohydrate; 490 mg sodium.

Lemon Poppy Seed Bread

Submitted by Alta B.

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| 1-8 oz box Lemon Sweet'n Low® | 2 Tbsp. applesauce, no added sugar |
| Snack Cake Mix | 3 egg whites |
| 1-1 oz box lemon pudding, sugar free | 1/2 cup hot water |
| 2 Tbsp. vegetable oil | 2 Tbsp. poppy seeds |

Mix all ingredients. Spray loaf pan with pan coating. Place mixture in pan and bake at 350°F for 40-50 minutes. Makes 8 servings.

NUTRITION INFORMATION PER SERVING:

Lemonade Cheesecake

Submitted by Alta B.

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| 8 oz cream cheese, fat free, softened | 4 graham crackers, full cracker sheets, crushed |
| 1 tsp Crystal Light lemonade mix, dry | 1/3 cup Splenda® Granula |
| 1/4 cup milk, skim | 3 Tbsp. light margarine (50% less fat and calories) |
| 1/2 cup prepared vanilla pudding, no-added-sugar | |
| 1/2 cup Cool Whip Free® | |

Mix graham cracker crumbs, Splenda, and light margarine. Press into an 8" pie pan. Beat first 3 ingredients until smooth. Fold in vanilla pudding and cool whip. Pour into crust. Chill several hours prior to serving. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 153 calories; 7 grams protein; 4 grams fat; 20 grams carbohydrate; 311 mg sodium.

REWARD Yourself!

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 November 30, 2005. This month, thanks to Dan K., Kristeen R., and Alta B. for the tips and recipes. Please send comments, ideas, recipes, and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

"What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one DIETS. I mean, why else would they call it Thanksgiving?"

—Erma Bombeck

GIVE THANKS

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

