

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



December Holidays

The year 2008 was quite a year with a Presidential election, gas prices rising to new heights and then falling again, and Barix Clinics helping another 2,200 people begin a journey of improved health and happiness. As you commit to a lifestyle that promotes a healthy weight, we commit to helping you find practical ways to make that

lifestyle work for you. In this issue, you will find ways to make your family's favorite recipes healthier, some new no-added-sugar recipes that are sure to become holiday favorites, and some wonderful products that just make life a little nicer.

This all goes along with our philosophy that you should enjoy small amounts of the very best (no-added-sugar) foods.

So here's to a year of great beginnings for many of you and to a new year full of opportunities to become healthier and happier.



Recipe Makeovers

- Mash potatoes with low-sodium, fat-free chicken broth and canned evaporated milk for rich tasting potatoes. Hold the butter—no one will notice.
- Replace sugar with Splenda in baked goods. Add ½ teaspoon baking soda in addition to each cup of Splenda used. Baking time may be shorter.
- Use 75% of the liquid oil, margarine or butter called for in the recipe. Substitute applesauce for half or more of the butter, shortening or oil in a recipe. You may need to reduce the baking time by about 25%.
- Use water, broth or cooking spray in a nonstick pan in place of oil or butter for sautéing.
- Roast or steam vegetables to bring out their natural flavor.
- Buy frozen, seasoned vegetables that you can just heat and serve.
- Use fat-free sour cream, yogurt or cream cheese for dips.
- Use 2 egg whites or ¼ cup egg substitute in place of an egg.
- Use orange juice instead of butter or brown sugar for sweet potatoes.
- Make pies with only one crust or make a fruit crisp instead. Use already prepared no-added-sugar fruit fillings or use a sugar sub and fresh or frozen fruit.
- Refrigerate or use a gravy separator to skim the fat when making gravy.
- Use low fat cheese in recipes or to serve with crackers.
- Use lean cuts of meat, such as pork tenderloin.
- Use 100% frozen fruit juice concentrates to sweeten your favorite baked goods. The naturally occurring fructose should allow the yeast to rise and the product to brown.

Holiday Tips

Watch liquid calories. It is easy to consume a lot of extra calories without knowing it.

Prepare one striking no-added-sugar dessert and offer fruit instead of cookies and candy.

Mix equal amounts of fat-free salsa and low-fat cottage cheese for a festive appetizer to serve with homemade whole-wheat pita chips or fresh veggies.

Have sugar-free flavored syrups on hand when guests arrive and a few great recipes for hot holiday drinks.

Keep the focus on the real reasons for celebrating the holidays. Spend your time and energy accordingly.

Keep up on your sleep and exercise program. Don't skip meals.

Take time to pamper yourself with a long walk, a trip to the spa or just a long hot tub soak. You will feel rejuvenated and keep stress at bay.

Keep it simple. Ask for help. Have fun. Enjoy.

HOLIDAY RECIPES

MAPLE WALNUT SANDIES

- 1/2 cup unsalted butter, at room temperature
- 4 tbsp. Splenda®
- 1 tsp. pure maple extract
- 1 tsp. pure vanilla extract
- 1 1/3 cups ground almonds
- 2 tbsp. oat flour
- 2 tbsp. Any Whey unflavored protein supplement
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1/3 cup finely chopped walnuts

Preheat oven to 300° F. Cream butter until smooth. Beat in sweeteners and extracts. Whisk ground almonds, oat flour, whey protein, baking powder, salt and walnuts together until evenly combined. Stir into the butter mixture until blended. Drop by level tablespoons on a parchment lined cookie sheet, two inches apart. With oiled finger tips, flatten the cookies out to 1/4-inch thickness. Bake for 12–15 minutes until golden brown. Transfer to a rack to cool. Store refrigerated and tightly covered between layers of waxed paper. Makes 16 cookies.

NUTRITION INFORMATION PER COOKIE: 132 calories, 4 gram protein, 13 grams fat, 3 grams carbohydrate, 36 mg sodium.

WHIPPED ORANGE FRUIT SALAD

- 1 box sugar-free orange gelatin (8 serving size)
- 1 15 oz can mandarin oranges, drained
- 1 8 oz tub of sugar-free Cool Whip®

Prepare gelatin according to package directions and chill until soft but not firm. Add whipped topping and beat with electric mixer until well blended. Stir in oranges and chill for four hours. Makes 12 servings.

NUTRITION INFORMATION PER SERVING: 72 calories, 0 grams protein, 2 grams fat, 12 grams carbohydrate, 40 mg sodium.

LIGHT AND FLUFFY NO-BAKE PUMPKIN CHEESECAKE

- 2 8-oz packages fat free cream cheese
- 1/3 cup Splenda®
- 1 8-ounce tub light whipped topping
- 1 cup canned pumpkin
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- 1 prepared graham cracker piecrust

In a mixing bowl, combine cream cheese, Splenda, whipped topping, vanilla, and pumpkin pie spice and beat until fluffy. Add pumpkin and mix well. Pour into graham cracker crust and chill until set. Serve when cold. Garnish with whipped topping, if desired. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 233 calories, 12 grams protein, 8 grams fat, 29 grams carbohydrate, 165 mg sodium.

CHERRY COBBLER

- 1 cup self-rising flour
- 1/2 cup Splenda®
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 cup skim milk
- 1/2 cup margarine, melted
- 1 can no-added-sugar cherry pie filling
- 2 cups Lite Cool Whip®

In a mixing bowl, combine flour, Splenda, and cinnamon. Add skim milk and stir until blended. Pour melted margarine into a casserole dish and pour flour mixture over margarine. Pour pie filling over the top of flour mixture and bake in a 350 degree oven for one hour. Let stand for ten minutes and serve while warm. Serve with a generous dollop of Lite Cool Whip. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 196 calories, 4 grams protein, 9 grams fat, 24 grams carbohydrate, 335 mg sodium.

CRAB MEAT SPREAD

- 8 oz lump crab meat, drained and shell pieces removed
- 4 tbsp light mayonnaise
- 1 tbsp finely chopped green scallion tops or chives
- 1 tbsp fresh lime or lemon juice
- Assorted crudité (red pepper strips, cucumber slices, and carrot sticks)
- 1/2 cup pomegranate seeds

Mix crab meat with mayonnaise, scallions, and lime juice. Mound crab meat mixture in the center of a platter and sprinkle with pomegranate seeds. Arrange colorful vegetables around the plate. Makes 16 servings.

NUTRITION INFORMATION PER SERVING: 26 calories, 3 grams protein, 1 gram fat, 0 grams carbohydrate, 1 g fat.

SUGAR-FREE RUSSIAN TEA

- 4 1/2 teaspoons sugar-free orange drink mix
- 3 1/2 teaspoons sugar-free lemonade drink mix
- 1/4 cup Splenda®
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves

Combine all ingredients, mix well. Store in an airtight container. Add 1/4 teaspoon to 3/4 cup of hot water, stir and enjoy. Makes about 20 servings.

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



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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!*

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/share_your_story.html. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient
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HOLIDAY TREATS

Holiday treats may need to be re-defined to include some wonderful sugar-free indulgences. Here are a few to get you started. Be sure to log your favorite on the Barix Clinics message board and get some great ideas from others.

DAVINCI'S SUGAR FREE SYRUPS (DAVINCIGOURMET.COM)



These great syrups now come in an array of 45 sugar-free flavors including Eggnog, Gingerbread, Butter Rum, Vanilla, Hazelnut, Peppermint Patty and other holiday flavors. Steam fat-free milk, add a shot of espresso and your favorite sugar-free DaVinci syrup flavor. Great for holiday desserts and drinks.

GODIVA SUGAR FREE CHOCOLATE ASSORTMENT (WWW.GODIVA.COM)



The full flavor of Godiva chocolates without the sugar. The assortment includes milk chocolate, dark chocolate with crunchy almond and dark chocolate with crunchy pecan and crisped rice and comes boxed and tied with a ribbon and snowflake ornament.

ALPINE SUGAR FREE CIDER



Great flavor packed into just 15 calories. Alpine Sugar Free Spiced Cider is a quick, convenient and delicious treat for cold weather. It is available at your local grocer or from many online sites.

CANDY CANES



Candy canes are a favorite holiday treat. Spangler makes sugar-free candy canes sweetened with Splenda. Crush candy and sprinkle on top of sugar-free chocolate mousse, melt in a cup of sugar-free hot cocoa or just enjoy.

CHAI TEA

David Rio has a rich, delicious, sugar-free chai tea mix. Available online: http://www.superiorteas.com/Orca_Spice_case_p/drosc12.htm



"I have always thought of Christmas time, when it has come round, as a good time; a kind, forgiving, charitable time; the only time I know of, in the long calendar of the year, when men and women seem by one consent to open their shut-up hearts freely, and to think of people below them as if they really were fellow passengers to the grave, and not another race of creatures bound on other journeys."

~Charles Dickens~

CONSIDERING SURGERY

Start working on your winning attitude right now. Every person undergoing bariatric surgery has the same opportunity to develop lifestyle habits that support a healthy weight. Some may have health conditions that make it more challenging to exercise or a greater emotional attachment to food, but the biggest factor that determines weight loss success may be the attitude that one embraces. Some excerpts from Winner vs. Losers by Wolf Rinke follow. *Do you recognize your attitude?*



Winners say,
If it is to be, it is up to me.

Winners translate dreams
into *reality*.

Winners work *harder*
than losers.

Winners make *commitments*
not promises.

Winners say, I'm good,
but *not as good as I can be*.

Winners *learn* from others.

Winners see *opportunities*,
not problems.

Winners *do it*,
not just talk about it.

Winners are willing
to *pay the price*.

Winners *expect* success.

"And the Grinch, with his Grinch-
feet ice cold in the snow, stood
puzzling and puzzling, how
could it be so? It came without
ribbons. It came without tags.

It came without packages,
boxes or bags. And he puzzled
and puzzled 'till his puzzler was
sore. Then the Grinch thought
of something he hadn't before.
What if Christmas, he thought,
doesn't come from a store. What
if Christmas, perhaps, means a
little bit more."

~Dr. Seuss~



REWARD YOURSELF

This month, you could earn a SPECIAL GIFT 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 special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by December 31, 2008. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

IT WORKED FOR ME

Submitted by Beverly P.

I LOVE ice cream and a lot of the no-sugar-added flavored ice creams are either too high in fat or too high in sugar alcohols. So, I made a couple of adjustments to get the flavors I want without it bothering my system.

Cookies and Cream: I take 1/2 cup of no-sugar-added low fat frozen yogurt (Kroger has a great version of this) and crumble a no-sugar-added cream-filled cookie (like an Oreo) over the top. Yum!

Caramel or Fudge Sundae w/ Nuts: take the same ice cream and break apart a couple of sliced almonds over the top. Then you can add a little bit of either no-sugar-added chocolate syrup or no-sugar-added caramel topping. This gives the crunch of a sundae without all the fat from peanuts!

Blueberries and Cream: sometimes I don't want ice cream but still want something sweet and cold. So, I take some frozen blueberries and add 2 Tbsp. of light or sugar-free whipped topping. Mix these two together for a tasty, low fat, frozen treat! The blueberries are also a great source of antioxidants.

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