

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Dining Out

Dining out is a favorite way to celebrate special events, enjoy a good meal without all of the clean-up, nourish while on-the-go, or connect with family and friends. Many of us eat in restaurants several times a week. We all know that, in general, restaurants serve large portions of foods that tend to be higher in fat and calories than home cooked meals. Thinking through your food choices ahead of time can help you keep fat and calories in line when dining out. See if you can pick up some new strategies to enhance the positive nutrition impact of your restaurant meals.

Get the facts. You can often look at restaurant menu and nutrition information before you head out the door by looking at the restaurant's website or www.healthydiningfinder.com. Choose restaurants that provide nutrition information over those that do not. Some restaurants identify healthier fare on the menu. Use caution—these options are often lower in fat and calories, but not necessarily in sugar.

Have it "your way." Look at the menu creatively and don't be afraid to ask for what you want. If you would like shrimp cocktail as your entrée, the sauce left off your dish or the breakfast melon for dessert, ask. Ask how things are prepared and if alternatives are available, such as grilled chicken breast in place of crispy fried chicken tenders on a salad.

Strategies to **maximize** positive nutritional impact of restaurant meals.

Keep portions small. Ask for a "to go" container at the beginning of a meal. Put the extra food in it right away rather than waiting until the end of the meal. Split meals. Order a healthy appetizer or a la carte rather than an entire meal. Avoid buffets or all-you-can-eat specials.

Watch the fat. Order baked, broiled or steamed in place of fried. Ask for high fat sauces or dressings on the

side. Avoid croissants, biscuits, quiches, pastries, pot pies. Substitute a baked potato or a side of vegetables for french fries. Skip the mayonnaise or special sauce. Limit cheese. Choose wisely at the salad bar—avoid potato salad, pasta salad, marinated vegetables, and creamy dressings. Choose broth-based soups over cream soups.

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HEALTHFUL ITALIAN DINING

Low fat pasta, nutrient-rich tomato sauces, heart-healthy olive oil, and health-promoting garlic are reasons to choose Italian foods. Take these steps to insure that your Italian meal is healthy.

- Choose a light olive oil and vinegar-based dressing for your salad; hold the croutons, cheese and creamy dressings.
- Hold the bread basket. The garlic butter makes bread difficult to resist when it is right in front of you.
- Choose minestrone soup, grilled calamari, grilled eggplant, grilled peppers, prosciutto with melon, or chilled gazpacho as an appetizer or as your entrée. Italian appetizers are often rich in vegetables.

- Consider a chicken dish with a tomato-based sauce.
- Choose a small side order of pasta and a side of vegetables: mix together and top with a tomato-based sauce.
- Order pasta with tomato or red/white clam sauce.
- If you really want a high fat sauce, ask for it on the side and use sparingly—a little flavorful sauce goes a long way.
- Hold or limit the cheese.
- Avoid fat and calorie laden alfredo sauce, carbonara sauce and Parmigiana dishes.
- Choose thin crust pizza with light cheese and loads of vegetables.



HEALTHFUL MEXICAN DINING

Rich spices and a wide variety make Mexican dining a favorite. If you know how to navigate the high fat options and limit portions, Mexican foods can be a healthy choice.

- One of the biggest dangers can be the chip basket. Ask everyone to put a small handful on their side plate and send the basket back with the waiter. Enjoy chips with low fat, nutrient-rich salsa. Guacamole is a concentrated source of fat and calories. If it is a favorite, control the portion.
- Chicken, shrimp or steak fajitas are rich in flavor and vegetables. Enjoy with a generous serving of salsa and a small sprinkling of cheese, sour cream or guacamole. Enjoy with or without the flour tortilla.
- Grilled chicken dishes and chicken tacos are often lower fat options.
- Pile on lettuce, tomato, salsa, picante sauce or fresh pico de gallo for authentic flavor without the fat.
- Look for Mexican restaurants with fresh veggies, grilled chicken and seafood, fresh salsa and beans.
- Chili, chicken chili, or black bean soup make great appetizers or entrees.
- Rather than ordering a traditional taco salad, which can top 1,000 calories, order a side salad and grilled chicken, and top with fresh pico de gallo, a small dollop of sour cream or guacamole, and a few crushed taco chips for crunch—no need for salad dressing.
- Choose soft tacos over crunchy tacos.
- Avoid quesadillas which tend to be loaded with cheese and cooked in oil.



Every man should be born again on the first day of January. **Start with a fresh page.** Take up one hole more in the buckle if necessary, or let down one, according to circumstances; but on the first of January **let every man gird himself once more**, with his face to the front, and take no interest in the things that were and are past.

Henry Ward Beecher

NEW YEAR

New Beginning!



HEALTHY CHINESE DINING

Chinese is the most popular ethnic cuisine in the United States. Chinese menus offer lots of healthy vegetables, lean protein sources and a wide range of foods and flavors. Deep fried selections, high fat sauces, and monosodium glutamate can be pitfalls to the otherwise healthy menu options.

- Learn the language. Choose Jum (poached); Kow (roasted); or steamed.
- Choose vegetable-heavy dishes, with stir fried chicken or shrimp.
- Keep portions small. Order family style and share dishes, getting a taste of it all. Leftovers make a great lunch.
- Choose a spring roll (100 calories) in place of an egg roll (200 calories)
- Avoid battered, deep fried selections. These can top 1400 calories per order.
- Fried rice and lo mein don't seem too greasy when you eat them, but a serving ranges from 1100-1500 calories.

IT WORKED FOR ME

Posted on the message board by Colleen

Here is a tip to help keep your food warm. My husband was tired of either cold food or having to warm his food up all the time. I was thinking of how to fix this as I went to bed and came up with the idea of a hot water bottle. Put boiling hot water in the hot water bottle (just enough so that it is a flat surface). Place the water bottle on a hot pad to protect your table and set the plate of food on top. No more trips to the microwave! It works great and it keeps your food warm for the whole meal.

CONSIDERING SURGERY

Starting to think about food differently, exercising regularly, and losing a few pounds are positive ways to prepare for bariatric surgery. Rather than crash dieting, choosing foods with a low caloric density can help you to shed a few pounds while providing your body with well-balanced nutrition.

Studies have found that your body senses fullness or satiety after eating a certain weight of food no matter how many calories it contains. Calorie-dense foods—those containing 68 calories or more per ounce—are no more filling or satisfying than other foods. To find the caloric density of a food, simply divide the calories per serving by the number of ounces in a serving. For example, cottage cheese has 82 calories in a 4 oz serving. Dividing 82 by 4, you find a caloric density of 20. Cottage cheese satisfies with a low calorie level. Fast foods tend to be particularly calorie dense.

Choose most of your foods with a caloric density below 68 such as fresh fruits, fresh vegetables, lean meats, low fat dairy products and some whole grain products. Highly processed foods, many restaurant foods and fast foods have higher caloric density—providing additional calories without additional satisfaction. They easily provide 100 extra calories or more per meal—as the *In the News* section study found—resulting in a 30# weight gain in just a year. Bottom line—limit foods with a high caloric density.

WHAT'S NEW

A Barix Clinics best seller, Nectar has a new flavor, Strawberry Mousse. It's delicious mixed with milk, or add frozen strawberries and blend for an extra special treat. Matrix 5.0 is now available in smaller 2# canisters as well as the economical 5# bag.

IN THE NEWS

As research delves deeper into the causes of obesity, information comes forth that can lead to better prevention methods. A new study in the December 11, 2008 issue of the *New England Journal of Medicine* indicates that some people may be genetically driven to choose foods that are more calorically dense. In this study, children were offered a variety of foods. Those with a specific gene variation ate the same amount of food by weight than the children without the variant, but the foods chosen had a higher caloric content. They consumed about 100 calories more at each of three meals. This may not seem like a significant increase in calories, but over a 12 day period, this would result in weight gain of one pound. In a year, it would translate to a 30 pound weight gain.

The researchers found only a change in behavior (choosing the more calorie-dense foods), not a change in metabolism. This is good news. People can learn to choose foods with a lower caloric density. The real key is prevention. And teaching children to choose foods with a lower caloric density more often can help them maintain a healthy weight. See the related article on caloric density in the *Considering Surgery* section.

We will open the book.
Its pages are blank. We are going to put words on them ourselves. The book is called **Opportunity** and its first chapter is **New Year's Day**.

Edith Lovejoy Pierce



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 January 31, 2009. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

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"People can **learn** to choose foods with a lower caloric density. The real key is **prevention**."

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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 Service Representative at 800-282-0066

RECIPES

FRESH CORN SALSA

2 cups frozen sweet corn, thawed
1 medium tomato, seeded and chopped
¼ cup finely chopped sweet onion
1 jalapeno or Serrano pepper, seeded and chopped
¼ cup chopped cilantro
2 tbsp. fresh lime juice

Combine corn, tomato, onion and pepper in a medium bowl. Add cilantro and lime juice. Toss well. Refrigerate until ready to serve. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 67 calories; 2 grams protein; 0.5 grams fat; 14 grams carbohydrate; 5 mg sodium.*

TAMALE PIE

2 tsp. canola oil
1 medium onion
1 large green pepper
1 pound extra-lean ground beef
1 tbsp. chili powder
1 16-oz can corn
1 28-oz can jalapenos
1 4-oz can sliced olives
1 ½ cups corn meal
1 tsp. salt
4 cups fat free milk
½ cup 2% milk shredded cheddar cheese

Preheat oven to 400 degrees F. Use a large skillet to sauté onion and pepper with canola oil over medium heat. Crumble beef and cook until done. Add chili powder, corn, tomatoes, jalapenos and olives. Simmer for 20 minutes. Transfer to baking dish (11 x 7).

Combine cornmeal, salt and milk in a 2 quart saucepan. Stir consistently on medium heat until thickened. Spread mixture over the top of the baking dish. Sprinkle with cheese. Place in oven and bake for 20–25 minutes until top is golden brown. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 369 calories; 24 grams protein; 8 grams fat; 50 grams carbohydrate; 664 mg sodium.*



ITALIAN CHICKEN

4 boneless, skinless chicken breasts
1 cup no-salt-added marinara sauce
1/2 cup reduced fat shredded mozzarella cheese
1/4 cup freshly chopped basil

Preheat oven to 450 degrees F. Tear 4 sheets of foil wrap measuring 12" by 18". Place one chicken breast in the center of each foil sheet. Spoon 1/4 of the marinara sauce over each chicken piece, followed by cheese and basil. Bring up the sides of the foil and fold the top edge over twice. Seal the edges, leaving enough room for air to circulate inside. Place each packet on a large cookie sheet and bake in the oven for 20 minutes. Unseal foil packets carefully, as the steam will be extremely hot. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 239 calories; 43 grams protein; 6 grams fat; 4 grams carbohydrate; 275 mg sodium.*

CHINESE GARLIC CHICKEN

1 pound boneless, skinless chicken breasts
3 tbsp light soy sauce
2 tbsp dry sherry
4 garlic cloves, finely minced
2 green onions, finely chopped on the diagonal
½ tsp sesame oil
1/4 tsp chili paste
2 tbsp chicken broth for stir-frying

Mix together 1 tablespoon of light soy sauce and 1 tablespoon of dry sherry. Cut the chicken into bite-sized cubes and add to the bowl. Marinate for about 20–25 minutes.

Combine the sesame oil, chili paste, remaining light soy sauce and remaining sherry in a bowl and set aside. Heat wok and add chicken broth. After the chicken broth is heated, add the marinated chicken. Stir fry on high heat until chicken is browned. Add the garlic and green onion. Stir in the remaining ingredients. The total cooking time should be about 5 minutes. Serve hot with rice. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 206 calories; 37 grams protein; 5 grams fat; 2 grams carbohydrate; 516 mg sodium.*