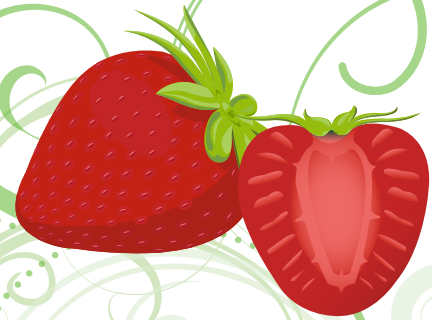


ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Closest to Nature



It is difficult to keep up with the ever-changing nutrition recommendations and conflicting scientific studies to determine “just what should I eat”? To a large extent your health is determined by your food and lifestyle choices. Science backs up the old saying, “You are what you eat.” So, simply put, choosing a healthful, balanced diet and making good eating, exercise and lifestyle choices will have a positive impact on your enjoyment of life.

Choosing healthy foods sounds pretty basic, but what defines a food as healthy or not so healthy? There are some foods that will meet your body's nutritional requirements better than others. Our bodies' nutritional needs are best met when we choose a variety of foods from different food groups. There is no single food or food group that can provide your body with optimal nutrition. Each food group provides unique and specific nutrients for optimal health. This issue is dedicated to helping you to choose foods in their least processed and closest to nature form.

During the first year after gastric bypass surgery, it is important to reach a slightly higher protein goal. Consuming foods and beverages that are concentrated sources of protein is essential to meeting daily protein

needs. After the first year, protein goals are adjusted downward to 45-55 grams of protein for women and 60-70 grams for men. This is about the same time that interest in foods begins to resurface. Choosing more fresh fruits and vegetables is a healthy way to satisfy hunger and to maintain weight loss.

In the last century, the modern Western diet has dramatically changed. Some of the changes have positively impacted

our health. The availability of fresh fruits and vegetables throughout the year, the fortification of foods with essential nutrients, and the technology of refrigeration, improving the quality and safety of our food supply, have been positive changes. On the down side, many of our foods are now highly processed, have a high caloric density and many additives. In addition, convenience and large portions encourage over-consumption, and sugar intake is at an all-time high. We have a

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To Choose Closest to Nature Foods:

- Choose low fat meat/fish/poultry and dairy products to meet protein goals.
- Consume 5 servings or more of fresh fruits and vegetables (this is difficult to do during the first year after gastric bypass).
- Choose whole grain products with minimal processing and added simple sugars.
- Choose foods from the perimeter of the grocery store.
- Choose fresh or frozen fruits and vegetables, or canned without additives when fresh are not available.
- Cook at home more. Eat out less.
- Read labels and compare. Purchase quality products that don't contain potentially harmful additives. Try to purchase foods with 5 ingredients or fewer listed.
- Shop at a co-op or farmer's market for fresh local produce or choose organic when possible from the grocery store.
- Plant a garden and grow some of your own produce.



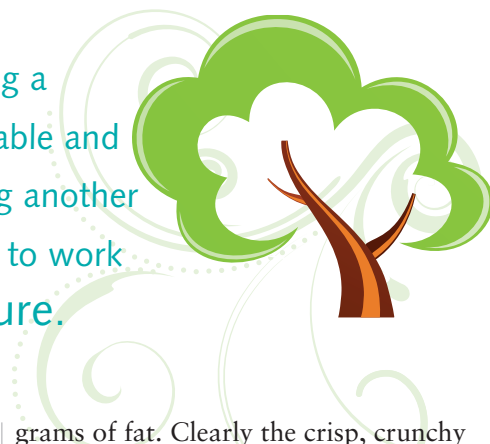
(Closest to Nature, from page 1)

greater opportunity to choose healthier foods, but the lure of quick, convenient and inexpensive processed food often wins out.

Food processing has been around for centuries and originally had two purposes: to make the food more digestible or to keep food preserved for consumption at a later time. Food processing more recently evolved to sell quick snacks, drinks and meals that appeal to our basic love of sweet and salty tastes. Most of the foods that we eat today have been processed in some way. For example, milk is a processed food. It has been heated to a high temperature to kill the bacteria, had the fat removed and had vitamins added. But when you look at the ingredient listing for milk, you will see ‘milk, vitamins A and D.’ There is not a long list of ingredients that you can’t pronounce, don’t know what they are or why they were added to the product. Although they both could be classified as processed foods, it would not be fair to lump skim milk and Pop Tarts into the same nutritional category.

The American Institute for Cancer Research recommends limiting processed foods (particularly processed foods high in added sugar, or low in fiber, or high in fat) as part of its eight steps to reducing the risk of cancer. The Real Age Diet website cautions that eliminating processed foods from your diet is not a practical solution, but minimizing your intake of unnecessary ingredients or highly processed, nutrition-poor foods is a good idea. They go further to recommend that you opt for fresh, whole foods when available and choose foods that have been minimally processed so you can reduce the potential negative aspects of certain processed foods. Michael Pollan, author of *In Defense of Food*, suggests that you: choose mostly foods that have fewer than 5 ingredients; don’t consume anything with high fructose corn syrup; shop the perimeter of the grocery aisles;

As hard as we try, taking a phytochemical out of a vegetable and adding it to a pill or fortifying another food with it just doesn’t seem to work as well as Mother Nature.



purchase foods from a local farmer’s market or co-op when possible.

Let’s take a closer look at this concept of closest to nature. Take for example an apple. In its original form, it provides 81 calories, 18 grams of naturally occurring sugar and almost 4 grams of dietary fiber. Process the apple into apple juice and it will have 112 calories in 12 oz, 28 grams of sugar and almost no dietary fiber. The higher concentration of sugar without the stabilizing fiber means that the sugar will quickly find its way to your bloodstream, making your system work hard to restore blood sugar balance. In addition, natural flavors, sweeteners or preservatives may be added. Make it into applesauce and it ends up with 110 calories, 26 grams of sugar and no fiber in a 4 oz serving. Again, natural flavors, sweeteners and preservatives may be added. Continuing down this line of thought, if you process the apple into a slice of apple pie, it will provide 400 calories, 31 grams of sugar and 19

grams of fat. Clearly the crisp, crunchy sweetness of nature’s apple cannot be improved upon. When choosing healthful foods, consider what has been taken out or added during processing. Choose foods in their natural form when possible.

The understanding of nutrition is constantly growing. In recent years the health-boosting benefits of phytochemicals have been discovered. Phytochemicals are substances found in plants that contain disease-preventing compounds. You are probably familiar with one type of phytochemical called antioxidants. Antioxidants help the body to prevent damage that can lead to cancer, heart disease and strokes. Known antioxidants include Vitamins C, E and A; selenium (a mineral);

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Benefits of Closest to Nature

- Nutrient-dense food (less loss of nutrients due to processing).
- Fewer additives (including simple sugars).
- More fiber.
- More of the nutrients that have yet to be identified.
- Potentially less risk of cancer, heart disease, obesity and other diseases.
- Higher satiety level—feeling full longer, naturally limiting calories.
- Decrease of carbon footprint. It takes less energy for local farmers to deliver their goods to a local market, than for produce to be shipped from around the world.

(Closest to Nature, from page 2)

and carotenoids (the compounds that give plants their color). It has been estimated that more than 100 different phytochemicals may be found in one serving of vegetables. As hard as we try, taking a phytochemical out of a vegetable and adding it to a pill or fortifying another food with it just doesn't seem to work as well as Mother Nature. These nutrients, some already identified, some remaining to be identified, seem to work in synergy where the benefit of the whole is greater than that of the parts. As the evidence grows, the message is clear—eat 5 servings a day from the fruit and vegetable groups.

As mentioned earlier, food processing went from a way to preserve food to consume later or to make foods more digestible to a way to market quick foods and beverages that appeal to our natural love of the tastes 'sweet' and 'salty.' Many of these foods don't even resemble something that our ancestors would have recognized as food. Again, think of the apple...perfectly portioned, with no added sugar, sodium or fat: moderate in calories and free from processing. Compare a bag of chips that are high in sodium and fat, highly processed and bulk packaged to encourage over-consumption. It would be so easy to mindlessly eat ½ a bag of chips while watching TV and load up on 1000 calories, but more difficult to eat the equivalent amount of calories in the form of apples—it would take 12 medium sized apples.

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HEALTHFUL TIDBITS

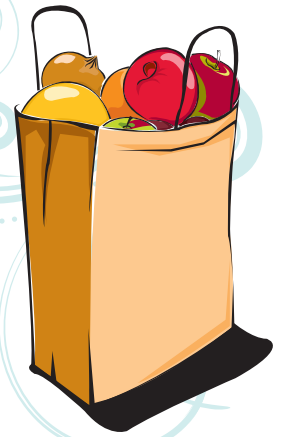
Not only can cooking and eating at home help you on the way to eating fewer processed foods, but studies have shown that kids who eat frequently with their families are less likely to use alcohol, tobacco, or drugs. It's not about the food, but connecting together as a family. Spending time together builds healthy families.

Here are some ideas to get you started. Plan meals in advance allowing everyone to have input. Let each family member be "in charge" of one meal each week. Even the youngest children can help choose the entrée or select a choice green pepper from the grocery store or market. Buy a kid friendly cookbook to help the process. Kids will



be more excited about eating meals and more willing to try new things that they helped to prepare. Get the bread maker out of the attic (didn't we all buy those 6 or 7 years ago?) and make fresh bread from scratch. Get creative and let the kids use cookie cutters to cut food into fun shapes, have theme meals or put a blanket on the floor and have a picnic.

Preparing meals together
can be part of making
health a family priority.



CONSIDERING SURGERY

A small weight loss prior to surgery is beneficial; it shrinks the liver and makes the surgeon's job easier. For this weight loss, rather than thinking about what you will take away from your diet, look instead at what you can add to your diet. Add in fresh fruits and vegetables. By simply adding 4-5 ½ cup servings of fresh or frozen vegetables and 2 ½ cup of fresh fruit servings it is likely that a slight weight loss will occur. This happens because the fruits and vegetables are full of fiber with a low caloric density. So you will fill up on these foods and have less room for higher caloric foods. Here's how

you do it--in place of a frozen meal for lunch, eat a box (2 ½ servings) of frozen veggies and a small amount of lean meat, fish, poultry (perhaps left over from the previous evening's meal). Have a good-sized salad with dinner and some fresh fruit for a snack and you've got it.

You may also want to add in some additional movement. Exercise is a key component to a healthy weight loss. Find ways to fit exercise into your schedule before surgery and you'll be a step ahead of the game.

BARIX NUTRITION GUIDE

The Barix Clinics Nutrition Guide was developed to help you choose the right amount of each type of food to fuel your body for optimal health. Foods have been divided into food groups based upon the nutrients they provide. Simply plan your day to include the recommended number of servings from each group. Take note that the serving sizes listed are small. Remember to take a complete multi vitamin and mineral supplement daily and choose healthful foods within each group.

MILK GROUP

Foods and beverages from this group are generally a good source of protein and calcium. Choose 4–6 small servings each day.

Choose	Serving Size	Avoid
Skim, 1/2%, 1% milk	1/2 cup	Flavored coffee creamer
Low-fat buttermilk	1/2 cup	Regular yogurt
Sugar-free nonfat yogurt	1/2 cup	Regular ice cream
Low-fat frozen yogurt (no added sugar)	1/2 cup	2%, whole milk
Low-fat cottage cheese	1/4 cup	Cream
Low-fat cheeses	1/2 oz	Sour Cream Cheese

MEAT GROUP

Foods from this group are generally a very good source of protein. Choose 4–6 ounces of lean meat, fish, or poultry daily. Prepare with limited amounts of fat.

Choose	Serving Size	Avoid
Lean cuts of meat with visible fat removed	2 oz	Higher fat cuts of meat
Baked, broiled, steamed fish or shellfish	2 oz	Beef brisket
Poultry, with skin removed	2 oz	Ground beef
Eggs or egg substitutes	2 each	Short ribs
Dried beans and peas	1/2 cup	Organ meat
Low-fat refried beans	1/2 cup	Bacon
Low-fat Garden Burgers or Veggie Dogs	2 oz	Luncheon meat
Lean deli meats	2 oz	Peanut butter
Low-fat hot dogs or bologna	2 oz	Fried meats Meats with breading

FRUIT GROUP



Foods from this group are generally good sources of vitamins and fiber. Choose whole fruits in place of juice when possible. Choose a good Vitamin C source, such as an orange or grapefruit daily. Choose 2–4 small servings per day.

Choose	Serving Size	Avoid
Fresh fruits	1/4 cup or 1/2 small	Fruit pie filling
Frozen fruits without added sugar	1/4 cup	Canned fruit in syrup
Canned fruits packed in water or juice	1/4 cup	Juices with added sugar
Fruit juices without added sugar	1/4 cup	Fruit drinks V8 Splash Fruit sorbets

GRAIN GROUP

Foods from this group are generally a good source of B-vitamins and fiber. Choose 4–6 small servings per day.

Choose	Serving Size	Avoid
Whole grain breads	1/2 slice	Croissants
Light or Less breads	1 slice	Butter rolls
English muffins	1/4	Biscuits
Saltine crackers	4 each	Pancakes
Breadsticks	1/2 oz	Theater popcorn
Rice	1/4 cup	Regular microwave popcorn
Pasta	1/4 cup	Donuts
Cereal with low sugar content	1/4 cup	Danish
Hamburger bun	1/4	Muffins
Flour or corn tortilla	1 small	Granola
Light microwave popcorn	1 cup	Sweetened cereals
Pretzels	1/2 oz	Fruit breads

VEGETABLE GROUP

Foods from this group are generally rich in vitamins and fiber. Choose a dark green leafy and yellow or orange vegetable three times each week for Vitamin A. Choose 3–5 small servings daily.

Choose	Serving Size	Avoid
Fresh vegetables	1/4 cup	Vegetables prepared with butter, cheese or sauce
Frozen vegetables without added sugars	1/4 cup	
Canned vegetables without added sugars	1/4 cup	Vegetable juices with added sugars
Raw, leafy greens	1/2 cup	Canned or frozen vegetables with added sugars



IT WORKED FOR ME

From the Barix Message Boards

Q • Okay Ladies and Gents-I have a huge problem. Now that I have had my surgery and am eating healthy all I crave is sweets. I don't know if I am the only one with this problem. After I eat a salad with some grilled chicken, my body is craving chocolate or something sweet like that. SF puddings and Jell-O are not cutting it. What do some of you do? I am trying so hard to stay away from the bad stuff. Please help me!

A:

- Try one or two bites of sugar free chocolate.
- Hershey makes a sugar free peanut butter cup. When I get the sweet tooth, one of those takes care of it. It's just a miniature...one bite candy, so a very small amount. If one doesn't seem enough....I make myself walk, clean or do something physical for 20 minutes. So far, it has always passed & I don't need anything else.
- During those early months of WL, I would eat very sparingly, sugar free chocolates. Go to the candy aisle and find the sf section. Russell Stover makes a whole line of sf candy. Reese's peanut butter cups come in sf, Hershey's come sf, Almond Roca, Andes mints, Peppermint Patties, they all come sf. There are sugar alcohols in them so be careful and only eat one until you see if you will react to the sugar alcohols. DO NOT eat the whole bag! Try to eat one and suck it to death!!!! WARNING....you will NOT be able to taste the difference between real and sf!!! They are that good.
- I have also eaten the no sugar added ice creams. I made root beer floats with no sugar added vanilla and diet root beer. Very good! Kemps, Blue Bunny, Edy's...there are several companies that make ice cream bars

and ice cream sandwiches too. Just read your labels so you buy the best ones for you. They are out there but limit them and don't make a habit out of them. Once in awhile is no biggie but if you start a bad habit and have a hard time breaking it, then you have a problem.

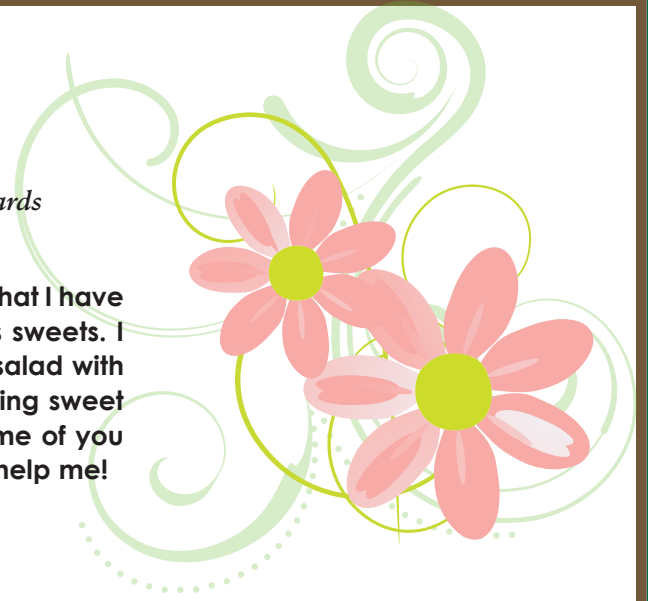
- In the checkout aisle there are some sf candies called Lifesaver Sours or something like that. They come in a green, or orange or purple plastic can thingy. By the Altoids... These have zero calories and ALWAYS worked for me! They are very sour and yummy! If I ate the whole darn container, no big whoop except for it showed I was out of control! So I'd try to go easy and just satisfy my craving then stop.
- I also eat the large sf Wintergreen Life Savers. They are like Altoids on steroids and no sugar in them. I keep them in my bag for emergencies and to sweeten the breath.
- I found at Wal-Mart a sugar free apple pie, from Mrs. Smith.....It was yummy and a very small piece did the trick for me.
- I always have sugar free popsicles in the freezer...they are a big help. If that doesn't help I make myself some sugar free chocolate milk. Curbs the craving and I get in more protein.

- For a sugar fix, I keep some SF hard candy around. Its rare that I actually eat one...but knowing I have the option helps a lot
- Hershey puts out sugar free: PB cups, mint patties, chocolate caramel, milk chocolate, and dark chocolate. Russell Stover has a huge line of sugar free and they are all very tasty. Twizzler also makes sugar free licorice.

I didn't have a sweet tooth till about 2 years after the surgery. The candy helps! Just remember, it is not a low calorie snack, so you need to portion it wisely!

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 March 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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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

SOUTHWESTERN CHICKEN AND BLACK BEAN SALAD

Dressing

- 1/4 cup snipped cilantro
- 1/4 cup olive oil
- 2 Tablespoons lime juice
- 2 Tablespoons orange juice
- 1 clove garlic, minced
- 1/8 teaspoon salt

Chicken

- 12 ounces skinless, boneless chicken breast
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1 Tablespoon olive oil

Salad

- 3 cups torn Romaine lettuce or mixed greens
- 1 15-ounce can Eden Foods Organic Black Beans, rinsed and drained
- 2 large oranges, peeled and sectioned
- 2 slices red onion, halved and separated into rings

Combine salad dressing ingredients in shaker cup and shake well. Chill until serving time. Shake well again before serving.

Cut chicken into thin, bite-sized strips. In a large skillet cook chili powder, cumin, salt, and red pepper in hot oil over medium-high heat for 30 seconds. Add chicken strips and cook for 2 to 3 minutes or until lightly browned and no longer pink.

In a salad bowl, combine chicken and salad ingredients. Cover and chill salad up to 2 hours. To serve, pour the dressing over the salad. Toss lightly to coat. Makes 6 smaller servings.

Nutrition information per serving: 296 calories; 23 grams protein; 14 grams fat; 19 grams carbohydrate; 202 mg sodium. Note: using the organic black beans decreased the sodium by 225 mg per serving.

SICILIAN CHICKEN

- 1 tsp dried basil
- 1 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp pepper
- 16 oz chicken breast, boneless, skinless
- 1 Tbsp olive oil
- 1 onion, chopped
- 1 garlic clove, minced
- 14.5 oz can Eden Foods organic diced tomatoes
- 1/2 tsp cinnamon
- 2 tsp red wine vinegar
- 2 tsp capers, rinsed and chopped or green olives
- fresh parsley, chopped

Combine basil, oregano, salt and pepper; sprinkle half of the mixture over both sides of chicken. In a large nonstick skillet, heat half of the oil over medium-high heat; brown chicken on all sides, about 4 minutes. Transfer to plate and set aside.

In a skillet, heat remaining oil over medium heat; cook onion, garlic and remaining basil mixture, stirring, for about 5 minutes or until softened. Add tomatoes (breaking up with spoon) cinnamon, vinegar and capers; bring to boil. Reduce heat; simmer, covered, for 10 minutes or until chicken is no longer pink inside. Sprinkle with parsley. Makes 6 smaller servings.

Nutrition information per serving: Note: by using organic diced tomatoes in this recipe, the sodium content was reduced by 128 mg per serving. The organic tomatoes ingredient listing had just one ingredient, tomatoes. The other canned tomatoes listed tomatoes, tomato juice, spices, sugar, salt, citric acid and calcium chloride as ingredients.

