

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Maximizing **Success** with the Tool of Bariatric Surgery



One of the best analogies for bariatric surgery is that it functions as a tool, amplifying your efforts for greater results. The effectiveness of even a simple tool like a hammer can be enhanced if you keep the end of the handle pointing toward your hips to minimize bent, missed and poorly driven nails. Just like a hammer drives a nail into the wood with great ease if used properly, bariatric surgery will be most effective if you follow a few guidelines.

FOOD AND BEVERAGE CHOICES

- Three well-balanced meals with healthy snacks in between will establish an eating pattern for success. Eating six small, healthy meals keeps your blood sugar level stable. This keeps energy up, your appetite in check, portion sizes down, and it helps you make better food choices.
- Choose foods and beverages that are a good source of protein. Meet your daily protein goal by selecting low fat meat/fish/poultry, low fat dairy products, beans/legumes, and protein supplements. Balance your diet with fresh vegetables, fresh fruit and whole grain foods.

- Limit foods that are high in fat or are a concentrated source of calories such as peanut butter, regular cheeses and fatty meats.
- Avoid foods and beverages with more than 2 grams of added sugar. These foods and beverages are often low in nutrients, add unnecessary calories and may cause you to eat more. Explore the abundance of no-added-sugar and sugar-free foods and beverages available.
- Avoid grazing. Meals need to have a start and a stop time. Munching all day on a can of nuts that are sitting on your desk is a sure way to consume more than you are aware of.
- Choose calorie-free or very low calorie beverages throughout the day. Bariatric surgery is very effective at helping you to limit calories from food. It is not good at restricting calories from fluids. Knowing this, select very low calorie beverages. Exceptions to this guideline are up to 6 oz of 100% juice, up to 24 oz of low fat milk, or a protein shake as a meal/snack replacement.
- Keep portions small. Most meals and snacks should be $\frac{1}{2}$ - $\frac{3}{4}$ cup in size. Usually, you will feel satisfied

with this amount of food. However, there may be times that you are tempted to eat more at one sitting. Save another portion for your next meal/snack and enjoy it then.

EXERCISE

Regular exercise is a habit that leads to success. Exercising during the first months after surgery can minimize muscle tissue loss and be a tremendous aid in weight loss. Exercise as a part of the daily routine is a key factor in the ability to maintain weight loss.

Your exercise program can be as simple as a walking program, aqua fit classes, or riding a stationary bike. Start slowly (as your surgeon advises) and build your strength and endurance through consistency.

VITAMIN AND MINERAL SUPPLEMENTS

Health and vitality, along with weight loss, is true success. Plan to take a good quality complete multi vitamin and mineral supplement and calcium citrate with vitamin D. Additional supplements may also be recommended by your Barix Clinics program nutritionist or your bariatric surgeon based upon your individual nutritional needs.

(Continued on page 2)

MEDICAL FOLLOW-UP

Follow through with medical care to help insure that you have a healthful weight loss.

- Keep scheduled follow-up appointments with your bariatric surgeon and nutritionist.
- Have lab work done as recommended (depends upon type of bariatric surgery).
- Have your family physician follow other medical conditions.

GET BACK ON TRACK

You're aiming for a lifestyle which supports a healthy weight, not perfection. Life happens and sometimes you just have to do the best you can for the moment and as soon as the dust settles, get right back on track. Keep a food and activity log for a few days and analyze what is going on. Have you gotten too busy for regular exercise? Have you started grazing on the tin of almonds on your desk? Have your portion sizes crept up? Give us a call and we will get you pointed in the right direction again. We've had lots of experience and we don't judge—a safe place to get the support you need.

PERSONAL RESPONSIBILITY

Use the tool of bariatric surgery to its fullest potential. Be willing to make the needed changes in your lifestyle to support a lower, healthier weight. Follow the advice of the Barix Clinics program health professionals regarding your care. Realize that your behavior has a direct impact on your weight loss success—take personal responsibility, have a positive attitude, and seek out healthful alternatives to old ineffective lifestyle choices.

Your attitude and commitment toward implementing these lifelong habits will open up the opportunity for a lifetime of improved health, lower weight and greater quality of life.

Barix Clinics Program Toolbox

Increasing the number of tools (strategies) in your toolbox makes it easier to reach in and grab the right tool for whatever expected or unexpected situation comes along. These tools are compliments of the wonderful patients who post and support each other through the Barix Clinics message boards (edited).

SLOW DOWN EATING TOOL

I am having trouble slowing down when I eat. So I have started using my non-dominant hand to eat. It is clumsy and I have to think about what I am doing. (Andy) I bought a Hello Kitty fork and spoon set; it made me take smaller bites and it was cute!! (Tina)

TREAT YOURSELF TOOL

I went out shopping and picked up 2 summer dresses....WOW! I have not been able to wear summery-type things for so long. I then hit the Bulk Barn and picked up some no-sugar-added gummy bears, macaroons, almond bark, chocolate-covered cherries and a pecan cluster. I only bought 1 or 2 of each for when I do feel like chocolate. (Sherr)

CONSISTENT EXERCISE TOOL

I started a running program this week to help move me from the couch (or recliner in my case) to running a 5 K (3 mile) distance in a scant 9 weeks! (molynn69) It makes a big difference to train for an actual event. And I can't explain the joy of pinning on that number for the first time. (RacerX)

FEEDING THE FAMILY TOOL

I make a double shake in the morning and give my son half. He loves it. I'd rather he drink the shake instead of eating a bowl of sugary cereal or a big plate of fried eggs or rushing out the door with a banana. I stopped also buying junk food except for special occasions. (JerseyCindy)

EATING OUT TOOL

Whenever my husband and I go out, we split an entire meal, including the salad! And forget the appetizer...that would spoil the meal. (dlb1962)

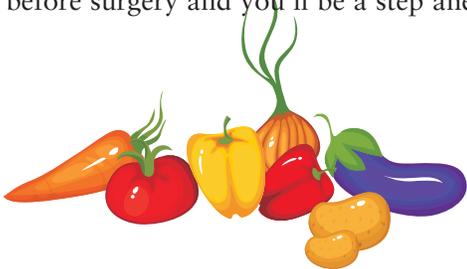
ATTITUDE TOOL

Rather than focusing on the plateau, focus on things you can do now that you could not do before. Exercise. New clothes. More mobility. Enjoying life. I would check with the nutritionist to ensure you are eating/drinking the right things and also make sure you are making the most of your exercise times. After that, I would just kick back and enjoy. None of us who have had this surgery are on a timer, nor are we dieting. We have made conscious, life-changing decisions. (Backpack)

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 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 calorie 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 of healthy weight loss. Find ways to fit exercise into your schedule before surgery and you'll be a step ahead of the game.



IN THE NEWS

Long-Term Metformin Treatment Linked to Vitamin B12 Deficiency

Metformin is a medication commonly used to treat type 2 diabetes and is sometimes used to treat insulin resistance. A new study published in the British Medical Journal found that those taking metformin on a long-term basis are at greater risk for a deficiency of vitamin B-12. This is of interest to those undergoing gastric bypass and gastric sleeve surgery as those surgeries also increase the risk of a vitamin B-12 deficiency. Monitoring lab values for those utilizing metformin and/or those undergoing bariatric surgery can identify a deficiency. A vitamin B-12 deficiency can result in nerve damage if not identified and treated. Sublingual (under the tongue) supplementation of vitamin B-12 can prevent and correct a deficiency, but may not resolve nerve damage resulting from a deficiency.

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 June 30, 2010. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

REQUEST
A FREE
BROCHURE
for you
or a friend
at 800-282-0066,
or www.barixinfo.com



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.

"It's amazing how pervasive food is. Every second commercial is for food. Every second TV episode takes place around a meal. In the city, you can't go ten feet without seeing or smelling a restaurant. There are 20 foot high hamburgers up on billboards. I am acutely aware of food, and its omnipresence is astounding."

Adam Scott
The Monkey Chow Diaries

SUBSCRIBE

to

On Track With Barix
[www.barixclinicsstore.com/
newsletter_sign_up.html](http://www.barixclinicsstore.com/newsletter_sign_up.html)

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

SALADS taste great all year long, but are especially enjoyable during the warm summer months. Fresh fruits, vegetables, beans and low fat protein options can make a salad a nutritional powerhouse. High fat or high sugar dressings, high fat protein options, croutons and other toppings can turn a salad into a nutritional disaster. Add flavor and nutrition to your salads:

- Choose dark-leafed greens in place of iceberg lettuce. Try arugula, watercress, romaine leaves, baby spinach, mixed spring greens, red-leaf lettuce, radicchio or endive.
- Add beans for flavor and protein—black beans, kidney beans, garbanzo beans, pinto beans and edamame.
- Add lean cuts of low sodium deli meats, grilled chicken, turkey, Canadian bacon, tuna, salmon or lean roast beef.
- Use reduced fat cheeses or cottage cheese. Use small amounts of strong-flavored cheese like Parmesan or Gorgonzola.
- Add a variety of vegetables—artichokes, asparagus, broccoli, cabbage, carrots, cauliflower, cucumbers, green beans, mushrooms, tomatoes, celery, onion, peppers, scallions, zucchini.
- Add fresh fruits—apples, bananas, blackberries, blueberries, cantaloupe, grapes, mandarin oranges, mango, peaches, pear, nectarines, strawberries or watermelon.

- Add a small sprinkling of nuts for flavor and crunch.

- Look for low fat and low sugar salad dressings and use sparingly.



CHICKEN CAESAR SALAD

- 1 large head of romaine lettuce, torn
- 2 cups chopped, cooked, skinless chicken breast
- 1 cup fat-free or low fat croutons
- 1/4 cup freshly grated parmesan cheese

Dressing:

- 1/3 cup plain non-fat yogurt, drained (or fat-free mayonnaise)
- 2 tbsp fresh lemon juice
- 1 tsp olive oil
- 1 tsp white wine vinegar
- 1 tsp Dijon mustard
- 1 tsp anchovy paste (optional)
- 1 tsp Worcestershire sauce
- 1 garlic clove, crushed

Place romaine lettuce in a large serving bowl. Top with chicken, croutons and sprinkle with cheese. Whisk dressing ingredients together and drizzle over salad. Gently toss until combined. Add freshly ground black pepper to taste. Makes four servings.

NUTRITION INFORMATION PER SERVING: 188 calories, 26 grams protein, 5 grams fat, 11 grams carbohydrate, 328 mg sodium.

TUNA SPINACH SALAD

- 6 cups baby spinach
- 1 cup canned white beans, rinsed and drained
- 4 ounces sliced mushrooms
- 1 15-ounce can artichoke hearts, drained and halved
- 14 oz chunk white tuna
- 1 tbsp extra virgin olive oil
- 2 tbsp white wine vinegar
- 1 tbsp lemon juice
- 1 tbsp water

Wash and dry baby spinach leaves. Place in a large bowl with tomatoes, white beans, mushrooms, artichoke hearts and tuna. Place oil, vinegar, lemon juice and water in a small screw-top jar and shake vigorously. Drizzle over salad and toss well. Makes 5 servings.

NUTRITION INFORMATION PER SERVING: 203 calories, 23 grams protein, 3 grams fat, 20 grams carbohydrate, 575 mg sodium.