



ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Food Allergies & Intolerances



Most of us have had a bad reaction to something we ate. We may have even blamed it on a food allergy. Interestingly, though, only 3% of adults (6–8% of kids) have a true food allergy. Mostly we experience food intolerances. What is the difference between the two and is there a way to minimize these reactions?

A food allergy is an immune system response to a food that the body mistakenly believes is harmful. Once the body identifies a food as harmful, it creates specific antibodies (specific IgE) to fight it. The next time the food is eaten, antibodies release massive amounts of chemicals in order to protect the body. These chemicals trigger a cascade of allergic symptoms that can affect the respiratory, digestive, and cardiovascular systems or the skin. This reaction of the immune system is not a weakness or an immune deficiency: in fact, the immune system is working perfectly normally. The problem is that the food is viewed as an invading foreigner rather than a friendly food source.

More than 170 foods have been reported to cause food allergies; however, almost 90% of all allergic reactions to foods in the United States are from eight foods. These eight foods are milk, eggs, wheat, soy, peanuts, tree nuts (walnuts,

pecans, almonds, hazelnuts, etc), fish, and shellfish.

Allergic symptoms can occur immediately (usually within two hours) and can include a tingling sensation in the mouth, swelling of the tongue and throat, difficulty breathing, hives, vomiting, abdominal cramps, diarrhea, a drop in blood pressure, a loss of consciousness and even death. A different type of allergic reaction can occur days later and may include eczema, fatigue, heartburn, chest pain, abdominal pain, nausea, vomiting, poor weight gain, weight loss or difficulty swallowing.

Anaphylaxis is a serious allergic reaction that can happen with food, insect stings, or drug or latex allergies. Anaphylaxis is a very quick reaction that can affect the entire body. Symptoms usually start within 5 to 30 minutes of coming into contact with the allergen, but may take more than an hour to develop. Symptoms may include a red itchy rash with welts; swollen throat or swollen areas of the body; wheezing; losing consciousness; chest tightness; trouble breathing; a hoarse voice; trouble swallowing; vomiting; diarrhea; stomach cramping; or a pale or red color to the face and body. Seek immediate medical attention if anaphylaxis is suspected.

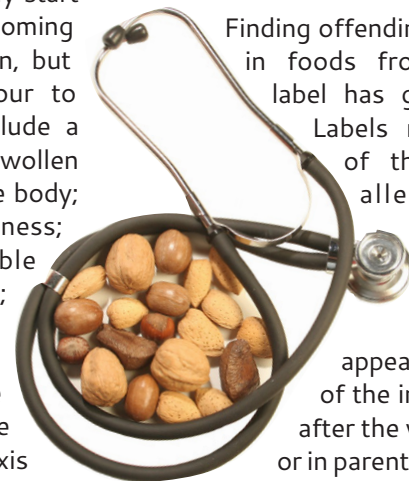
There is not a cure for food allergies. Avoiding the food is the only way to prevent a reaction. Thankfully, the early childhood allergies to milk, egg, wheat and soy often resolve (80% of the time) on their own. Unfortunately, foods that often cause severe reactions, such as peanuts, are not likely to improve with age. Those with severe reactions will always need to take care to avoid foods containing the offending ingredient, and should wear a medical alert bracelet and carry an asthma kit that has an epinephrine shot.

Food intolerances are much more common than allergies. Although the symptoms are often similar to those of a mild food allergy, the immune system is not involved and food intolerance is not life-threatening. Lactose intolerance, trouble digesting the milk sugar lactose, is a common example. Symptoms may include abdominal cramps, bloating and diarrhea. Many people do not experience discomfort unless the food is eaten frequently or in large amounts.

Finding offending ingredients in foods from the food label has gotten easier.

Labels now list any of the top eight allergy-causing ingredients contained in the food.

This usually appears at the end of the ingredients list after the word contains or in parentheses after an allergy-causing ingredient.



Eating six small meals a day is recommended after bariatric surgery. Sample menus for patients with wheat or dairy allergy are provided. These can be used for anyone, even people without food allergies, once they are on regular foods.

WHEAT ALLERGY MENU IDEAS

(no more than 7 oz food per meal)

Breakfast

- Cereal (wheat-free) with skim milk; fruit (cantaloupe, banana, orange)
- Eggs and fruit
- Oatmeal topped with nuts and dried fruit

Lunch

- Turkey wrapped in a lettuce leaf or on wheat-free bread
- Chef Salad (with hardboiled egg)

Dinner

- Chili (ground beef, tomatoes, white beans) w/salad (spinach, red pepper, carrot)
- Baked or grilled chicken, salad or grilled peppers/other vegetables, wheat-free pasta
- Baked or grilled fish, steamed broccoli/asparagus, rice

Snacks

- Yogurt (avoid modified food starch – CARBmaster from Kroger is safe)
- Low-fat cheese stick
- Cottage cheese with fruit
- Hardboiled egg

DAIRY ALLERGY MENU IDEAS

(no more than 7 oz food per meal)

Breakfast

- Cereal with soy milk; fruit (cantaloupe, banana, orange)
- Eggs and fruit
- Oatmeal topped with nuts and dried fruit

Lunch

- Turkey sandwich with lettuce
- Chef Salad (with hardboiled egg)

Dinner

- Chili (ground beef, tomatoes, white beans) w/salad (spinach, red pepper, carrot)
- Baked or grilled chicken, baked sweet potato fries, and salad topped with almonds or sautéed greens
- Baked or grilled fish, steamed broccoli/asparagus, rice

Snacks

- Hummus and veggies/crackers
- Fruit (apple, blueberries, strawberries, banana) with 1 Tbsp nut butter (peanut, almond)
- Edamame (fresh soybeans)
- Hardboiled egg

COMMON ALLERGENS	TIPS
Egg	Those with an egg allergy should read labels carefully. Eggs are commonly used in binders, coagulants, emulsifiers, flavorings, seasonings, products washed with egg whites (white wine and root beer), processed meat, salad dressings, sauces, vaccinations, flavored coffees, foam topping on specialty coffee drinks, some bar drinks, egg substitute, breads, pasta, cosmetics and hygiene products.
Soy	Staying clear of the obvious sources of soy (tofu, tempeh and soymilk) is pretty easy. The real challenge is avoiding the soy that is used extensively in processed foods, from ice cream to clear broth, as a flavor enhancer or filler. To avoid soy, eat as many unprocessed foods, such as lean meat/fish/poultry, fresh fruits, fresh vegetables and whole grains, as possible.
Milk	Fortunately, milk is one of the easiest ingredients to substitute in baking and cooking. It can be substituted, in equal amounts, with water, a milk substitute (rice, oat, almond milk) or fruit juice—just keep an eye out for added sugar.
Peanuts / Tree Nuts	Peanuts are unrelated to nuts that grow on trees (walnuts, pecans, Brazil nuts, almonds, cashews, hazelnuts, macadamia nuts). Many people who have a peanut allergy can enjoy tree nuts and those with a tree nut allergy can enjoy peanuts. Take care, though; both types of nuts are frequent causes of strong allergic reactions and anaphylaxis. In addition, the two are often found together in nut mixtures.
Wheat	A wheat allergy should not be confused with “gluten intolerance” or celiac disease. Celiac disease affects the small intestine and caused by an abnormal immune reaction to gluten. Usually diagnosed by a gastroenterologist, it is a digestive disease that can cause serious complications, including malnutrition and intestinal damage, if left untreated.
Fish/Shellfish	A person may be allergic to one type of fish and have no allergic reaction to other types of fish or shellfish. Testing for individual types of fish and shellfish can be done if you would like to include fish/shellfish in your diet. Eating in restaurants needs to be done with caution; oil used to cook fish can be used to cook French fries or other foods and cooking surfaces may not be cleaned between cooking fish and other foods. If you have a shellfish allergy, stay away from crab, lobster, shrimp, snails, clams, and oysters. Avoid Glucosamine Chondroitin as well.

Pizza Burger

Pre-made hamburger patty (3 oz)
1 tbsp. pizza sauce
¼ cup low-fat mozzarella cheese, shredded

Broil or grill hamburger patty. Top with sauce and cheese. Broil or microwave until cheese melts. Use extra lean hamburger, lean turkey burger or black bean burger to lower fat and calorie counts. Makes 1 serving.

NUTRITION INFORMATION PER SERVING: 318 calories, 29 grams protein, 19 grams fat, 3 grams carbohydrate, 295 mg sodium.



Chicken Marsala

1 pound chicken breast, boneless and skinless
4 tsp olive oil
3 cups mushrooms, sliced
¼ tsp salt
¼ tsp pepper
¾ cup dry Marsala wine
½ cup green onions, sliced
½ tsp dried sage, crushed
1 Tbsp water
1 tsp cornstarch

Tenderize breast halves by placing each between two sheets of plastic wrap then pound lightly using the flat side of a meat mallet until about 1/8" in thickness.

Heat 2 teaspoons of the vegetable oil in a large skillet over medium-high heat and cook mushrooms for 4 minutes or until tender. Remove from heat and set aside.

Sprinkle the salt and pepper over the chicken. Using the same skillet, heat the remaining 2 teaspoons of oil over medium-high heat then add chicken and cook for about 2-3 minutes, turning once, until no longer pink inside (cook longer if necessary to ensure doneness.) Remove cooked chicken and set aside.

In the same skillet, stir in the Marsala wine with the leftover pan drippings, scraping up any browned bits, then bring to a boil, then reduce heat to medium. Stir in cooked mushrooms, green onions and sage.

In a small bowl, combine water and cornstarch and mix thoroughly with a fork, then add to the Marsala sauce. Cook and stir for about 1 minute until slightly thickened. Serve chicken topped with Marsala sauce and mushrooms. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 215 calories, 28 grams protein, 6 grams fat, 4 grams carbohydrate, 227 mg sodium.



Featured Product

Nectar™ Whey

Gone are the days of low-quality whey protein. Nectar™ breaks the mold by combining Promina™, the highest quality whey protein isolate ever developed, with a flavoring system so fruitilicious that you will never drink a different whey protein shake ever again.

If you like the refreshing taste of fruit juice, you'll love Nectar™! With its mouthwatering fruit juice flavors, Nectar™ is truly a protein drink you will look forward to drinking each and every day. Choose from Apple Ecstasy, Caribbean Cooler, Crystal Sky, Fuzzy Navel, Lemon Tea, Pink Grapefruit, Roadside Lemonade, Strawberry Kiwi or Twisted Cherry...

Nectar™ is so delicious that you can eat it right out of the container. Imagine putting a protein powder in your mouth and it tasting like candy. And it has ZERO carbs and ZERO fat. Nectar is specially priced for the month of May.

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 May 31, 2011. 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!**

SHARE YOUR SUCCESS

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

Submit your story online (http://www.barixclinicsstore.com/share_your_story.html).

We'd love to hear from you.

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative at 800-282-0066

In the News

Bariatric surgery gains international acceptance as treatment for type 2 diabetes.

There has been a dramatic rise in both type 2 diabetes and obesity resulting in a major global health issue demanding urgent attention. It is estimated that there are 285 million people with type 2 diabetes throughout the world. By 2030, the number is predicted to rise to 438 million.

For the first time, a major international organization, The International Diabetes Federation (IDF) supports bariatric surgery as a form of treatment for type 2 diabetes and obesity. The Federation supports bariatric surgery for those with type 2 diabetes and a BMI of 35 or more and states that it should be considered a treatment option in people with a BMI of 30 to 35 if diabetes is not well-controlled with medication.



Getting Started with Exercise

You know that you need to exercise after surgery for best results, but exactly how do you get started? For this and other questions, visit forum.barixclinics.com to get feedback and advice from other patients. A member posted this question on the Barix forums and received the following advice from other patients (edited):

Posting: I know it's a bit early to be thinking about an exercise routine, but was just wondering what worked well for everyone once they could start? I was told to wait until after my 6 week checkup before doing anything other than walking. Did anyone use a personal trainer? Join a gym? Right now I'm trying to walk twice a day, 15 minute sessions around my development. I think starting this week I might try 3 times a day, once in the morning, at noon and possibly after dinner. Once I go back to work next week, I'll use my lunch time to take a walk. Thanks for any suggestions.

Response 1: I go to the YMCA and walk on the treadmill 40 min and do weights for about 45 min. I try to go 3x a week... although I don't always make it. I plan to start swimming soon as well.

Response 2: If the doctor has okayed you, I would check out the local gyms and make a plan: cardio and light weights, and if you feel any pain, stop. I would do a circuit training routine with machines. This is good because you don't need to use your stabilizer muscles that you need to use in free weights. This will retrain your body to lift. I don't know what your activity level was before the surgery so

err on the side of caution. Start with one circuit of entire body workouts 3 times a week and increase it weekly to get to 3 circuits. Then you can SLOWLY increase your weights and use this program for 6-8 weeks. I would not use a personal trainer at this stage. You are still very basic. Look at that at the year mark or when your weight stalls for more than a month or two. Good luck.

Response 3: I started back up at the YMCA around 4 weeks out with swimming. But I realized just how out of shape I was! I used to be able to do 60 laps (back in my swim competition days) and I would feel tired but not exhausted. So when I got into the pool and was only able to do 4!! I am now up to 15 laps only 2 weeks later. So I say just do whatever comes naturally, just take it slowly and don't overdo it at the beginning :-). And if you like swimming be sure to join a gym with a pool, because I truly believe that swimming is one of the best exercises out there...it works every muscle and is very low impact on your joints. :-)

Response 4: I agree with Cassandra that swimming is the best for working your whole body without hurting your joints. I'm too cheap for a gym, but I travel a lot for my job, so I always try to pick a place with a pool. And my mom still lives in the house where I grew up with a huge pool, so I swim there all summer.

I started by walking on my lunch hours at work just like you plan to do. A year and 187 pounds later, I started jogging on weekends. I ran my first 5k that summer, too. By the end of my second summer I was up to 10 mile runs. Or I'd ride my bike 20 miles, then immediately run 5k (3 miles). This summer, my third since surgery, I plan to compete in a triathlon.