

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Dining Out

Plan Ahead and Keep Your Plans On Track!



Dining out is a favorite way to celebrate special events, enjoy a good meal without all of the clean-up, get nourishment while on the go and 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. For the tech-savvy, log onto My Fitness Pal or a similar app, then look up and log your selections before you order. 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 lower 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.

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.

If we're not willing to settle for junk living, we certainly shouldn't settle for junk food.

Sally Edwards

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.



HEALTHFUL ITALIAN DINING

Low-fat pasta, nutrient-rich tomato sauce, 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 his or her 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.

The wise man should
consider that health is the
greatest of human blessings.
Let food be your medicine.
Hippocrates

- 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.

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 1,400 calories per order.
- Fried rice and lo mein don't seem too greasy when you eat them, but a serving ranges from 1,100–1,500 calories.
- Ask for your entrée to be stir fried with beef or chicken stock instead of oil.
- Ask for sauces on the side and use sparingly.
- Ask for your dish to be lightly sautéed without MSG.



Quick Quesadilla

1 Mission Carb Balance Flour Tortilla
 ¼ cup shredded cheddar cheese
 ¼ c chicken breast, cooked and chopped
 ¼ avocado, chopped
 ¼ cup fresh salsa

Pre-heat non-stick skillet on medium-high. Place flour tortilla in skillet (no need to add oil or pan spray), spread chicken and cheese evenly over the tortilla and cook until cheese melts and bottom of tortilla is lightly browned. Top with chopped avocado and fresh salsa, fold in half, slice into wedges and enjoy. Makes 2 servings.

NUTRITION INFORMATION PER SERVING: 192 calories, 12 grams protein, 10 grams fat, 18 grams carbohydrate, 472 mg sodium.



Chicken Tenders

2 cups buttermilk, reduced fat
 2 cups corn flakes, crushed
 1 lb. chicken breast, boneless, skinless
 2 tsp paprika
 salt and pepper to taste
optional: 1/8 tsp cayenne pepper
optional: 1/8 tsp dried basil
 Cut chicken into strips. Soak chicken strips in buttermilk for 1 hour or overnight.

Preheat oven to 425 degrees F. Mix the crushed corn flakes and spices together in a gallon-sized plastic bag. Add two chicken strips at a time to the bag and shake until well coated. Place coated chicken on a baking sheet and bake for 45-60 minutes until browned. Serve with your favorite dipping sauce. Makes 5 servings.

NUTRITION INFORMATION PER SERVING: 242 calories, 34 grams protein, 5 grams fat, 14 grams carbohydrate, 232 mg sodium.

REQUEST A FREE BROCHURE for you or a friend. Call us at 800-282-0066, or log on to www.barixinfo.com.

"The secret to living the life of your dreams is to start living the life of your dreams today, in every little way you possibly can." — Mike Dooley

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 September 30, 2012. 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

It Worked for Me

The Barix Forums are about people supporting each other through tough times and WOW moments. No one can quite understand what you are going through like someone who has walked in your shoes. Below you will find a post by someone who just had surgery. She realized that many people experience some anxiety prior to surgery and she wanted to reach out and let them know it wasn't that bad. Read her post and then all the positive affirmations she received in return (edited). If you have not checked out the forums, what are you waiting for? Just create an account and find the support you need (forum.barixclinics.com).

POSTING

Well, today is my fourth doctor visit for my 6-month supervised diet and exercise requirement for my insurance. Everyone in my family has been trying to talk me out of surgery. My husband even decided to take it a step further and is exercising and eating right with me. He even bought the Insanity program for us. We are almost done with the 60 day program. I have lost 20 lbs doing the program and over 40 lbs total since my consult in April. They are all very proud of me and encouraging me. My parents have even started losing weight and my in-laws are trying to eat better. But I still want to have the surgery because I don't ever want to be fat again and I'm afraid of gaining the weight back. My husband just says this is a lifestyle change for all of us so I won't gain it back. I just don't know what to do. Any suggestions?

RESPONSE

I too have been going through a similar situation. I am still undecided about the surgery, even though I will no doubt be approved for it. During this

time, I told my husband that I want to go "Full Force" one last time with dieting and exercise (even though I have gone through years of this) just to see if I can lose the weight without the surgery. Plus I will be as healthy as possible and gain lean muscle mass before the surgery.

The problem usually is that I can lose the weight, but I cannot keep the weight off. The surgery is very scary to me: however, so is watching from the sidelines as my life passes me by. I have struggled for 10 years with losing/regaining weight. I'm afraid to lose 10 more years.

The bottom line is this: there is no definite right or wrong answer except for the one you choose for yourself. You have to weigh the benefits & the disadvantages to having the surgery. There are MANY benefits to having the surgery. I'm sure you already know them. :) Whatever you choose will be RIGHT!

You also have to keep in mind that while our loved ones only want the very best for us, they cannot put themselves in our shoes (or our heads for that matter). For me, my husband IS able to ride rollercoasters, go skiing or tubing off the boat, get on the floor with the kids & play, take the kids rollerblading, fit into an airplane seat without risking total embarrassment, go down a waterslide, put on a bathing suit, walk up a flight of stairs without gasping for air...you get the picture. He doesn't understand what I deal with on a daily basis and everything I miss out on. Therefore, he cannot make that decision for me. It's very important to keep in mind that this is the ONE TIME in your life that you SHOULD NOT worry about disappointing somebody else. It is your body, your life. Your family should and most likely will support you no matter what your decision is.