

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Eating Light in a Super-Sized World

It's hard. You live in a world with almost constant food cues, a large array of restaurant options and out-of-control portion sizes. How can you learn to eat light in a super-sized world? You are going to need an arsenal of tools and strategies to eat light out there. If you are reading this, chances are that you have already acquired the most effective tool to eat light, bariatric surgery. Let's see what else you can add to your tool box — you never know when it will come in handy.

TOOL #1: THE REMOTE CONTROL

Just the site of food causes the hunger hormone, ghrelin and your appetite to surge. So use tool #1 to change channels when mouth-watering commercials appear or Cupcake Wars airs. You could also use it to turn the TV off altogether and do something more active.

TOOL #2: PORTION-SIZED CONTAINERS

- Those big bags of snack foods are so much more economical—go ahead and buy them. Just take the time to make up single-serving bags when you get home.

Mindlessly munching an entire large bag of chips is one thing, but 36 single-serving bags have got to make you stop and think.

- Put leftovers into single-serving containers when you clean up the kitchen—super easy for grab-and-go meals and snacks.
- New options for on-the-go containers make it easy to portion out your meals and snacks. A quick internet search turned up some really fun options: Take Along® from Rubbermaid, Tupperware's Lunch 'N Things™, Container Store's Klip-Its® Lunch Cube-to-Go, and Rubbermaid's LunchBlox Sandwich Storage Containers.

TOOL #3: TRACK IT

New online or phone apps are making this easier than ever. You gotta know what you are putting in your mouth — tracking brings awareness and that gives you the ability to make a deliberate choice about the foods you eat—it takes you off autopilot. This tried and true tool has been proven in study after study to help you manage your weight.



We overeat because we've made it easy to overeat. We have fast-food joints on every corner. By the way, the 'we' is all of us. It's not the government. It's all of us doing this together.

Mehmet Oz

TOOL #4: THINK CALORIC DENSITY

Your body senses fullness after eating a certain weight of food no matter how many calories it contains. Choosing foods with a low caloric density lets you feel satisfied with a lower overall caloric intake. The caloric density of a food is simply the number of calories it provides per ounce. High caloric density foods —those containing 68 calories or more per ounce — are no more filling than other foods. To calculate the caloric density of a food, divide the calories by the serving size in ounces.

Eating Light, cont. on page 2

For example, an 8 oz serving of frozen chicken and vegetable entree provides 360 calories. So the caloric density of this frozen entrée is 360 divided by 8, which is 45. If the sugar and fat are also in line, it's a good food choice.

Fresh fruits and vegetables, lean meats, low-fat dairy products and some whole grain products all have a lower caloric density. Highly processed restaurant foods and fast foods tend to have a higher caloric density.

TOOL #5: USE SMALLER PLATES AND BOWLS

The size of our dinnerware, just like the size of our portions, has expanded greatly since the 1950's. Using a six-inch plate makes a small portion look normal. Not only are smaller plates and bowls a great idea, but so are drinking glasses (for drinks with calories) and utensils—it's much easier to take a small bit with a baby spoon than with a soup spoon.

TOOL #6: MEASURING CUPS AND SPOONS

Our portion sense is way off base from years of receiving larger-than-life servings. In order to get in the habit of serving and eating



right-sized portions, you need to measure. After a while, you will be able to better eyeball portions.

TOOL #7: OUT OF SIGHT, OUT OF MIND

The mere sight of food starts a myriad of responses in the body, increasing your drive to eat, your appetite and the appeal of food. Good to know. Now you can take

We're finding that portion size can influence intake as much as taste. Large packages and containers can lead to overeating foods we do not even find appealing!

Brian Wansink

steps to reduce your exposure to food—at least to some degree. Move the candy jar from your desk, avoid the vending machine, pay for your gas at the pump, put not-so-healthy food choices in the back of the cupboard (or better yet, don't bring them in the house), and pack your lunch to avoid the sights, smells and temptations of the cafeteria. In contrast, put healthier food options out in the open—a bowl of fresh fruit on the counter, a water bottle at your work station, and easy-to-grab single-serving healthy snacks to take in the car.



TOOL #8: EAT OUT SPARINGLY

Eating light in restaurants is challenging on many levels. Huge portions of tempting foods encourage overindulgence. You need a strong resolve to maneuver this environment effectively. But it can be done. Check your attitude — every meal out isn't an excuse to eat whatever you want.

Plan what you are going to eat ahead of time. Make healthy choices. Share a meal or put at least half of the food in a to-go container as soon as it arrives. Restaurant meals often have more than twice the calories of home-cooked meals — keep that in mind and consider eating at home more often.

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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?

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Breakfast Mini Quiche

6 green onions, diced
 ¼ pound lean ham, diced
 ¼ cup Colby Jack cheese, shredded
 2 Tbsp. Parmesan cheese, grated
 1 ¼ cup egg substitute, beaten
 ½ tsp salt
 1 tsp marjoram
 dash black pepper

Preheat oven to 350 degrees. Mix all ingredients together. Spray mini muffin tins with cooking spray. Spoon mixture into muffin tins (makes 24). Bake for 30 minutes. Cool for 5 minutes. Remove from muffin tin and enjoy. Makes 6 servings.

Nutrition information per serving:

101 calories, 17 grams protein, 5 grams fat, 1 gram carbohydrate, 599 mg sodium.



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Chicken Breast and Apples Slow Cooker Recipe

6-ounce can frozen apple juice concentrate, thawed
 1/8 teaspoon ground nutmeg
 1-3 teaspoons curry powder
 2 tablespoons butter
 1 onion, chopped
 2 garlic cloves, minced
 6 boneless, skinless chicken breasts
 Salt and pepper to taste
 3 Granny Smith apples, peeled, cored and cut into bite-sized pieces
 2 tablespoons apple cider vinegar
 1/3 cup chicken broth
 1 tablespoon cornstarch

In small microwave-safe dish, combine butter, onions, and garlic. Microwave on high for 1-2 minutes until onion is softened. Place mixture in bottom of 3-4 quart slow cooker. Add chicken breasts. Top with apple juice, nutmeg and curry powder. Add salt and pepper to taste.

Cover and cook on low for 4-5 hours until chicken is almost cooked. Add apples and cook 40-50 minutes longer on low until apples are tender and chicken is thoroughly cooked. Remove the chicken and apples and place in a serving dish—cover to keep warm.

Mix the vinegar, broth and cornstarch in a small bowl and stir into the liquid in crock-pot. Cover and cook on high heat, stirring occasionally, until sauce is thickened and bubbly, 10-15 minutes. If sauce doesn't thicken, add more cornstarch, stir and heat. Pour thickened sauce over the chicken and serve. Makes 8 servings.

NUTRITION INFORMATION PER SERVING:

278 calories, 41 grams protein, 8 grams fat, 9 grams carbohydrate, 200 mg sodium.

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 October 31, 2012. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.