

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Habit #5 Digital Tracking

TRACK YOUR PROGRESS TO STAY MOTIVATED

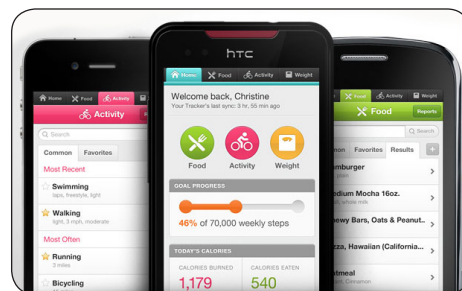
Tracking your food intake and activity is a powerful tool after weight loss surgery. The simple act of recording what you eat makes you very aware of what you are consuming throughout the day; tallying up calories and protein intake helps you to meet your nutrition goals. Tracking and recording activity encourages increased movement. Eating right and moving more are a winning combination and tracking helps you to do both.

There is no right or wrong way to go about tracking. Find something that works for you and stick with it. A couple of basic concepts to keep in mind to insure that you accurately track food intake are:

- **Be honest** and record everything you eat and drink.
- **Be accurate** by measuring portions and reading labels.
- **Be consistent** and carry your food diary or digital tracker with you and record food intake during the day.

A notebook or printed spreadsheet still works just fine for tracking. If you want to go digital, some new tools are making it easier to

integrate both food and activity tracking into your daily routine. In addition, goal setting, tracking, and reporting are easier and more meaningful.



You'll want to start with a fitness tracker. In addition to a basic pedometer, newer mini-computers are available that use sensors to gather different types of data about your activity.

- An **accelerometer** measures steps and other movements and then calculates the number of calories burned and distance traveled.
- Accuracy on how hard you worked/calories burned are enhanced with an **altimeter** which senses stairs and hills.
- A few new trackers have the ability to track **sleep cycles**. Since lack of sleep can trigger hunger hormones and put you at risk for



added pounds, this is good info to have.

This data is then synced to your smartphone and/or computer. Log your food intake, weight, blood sugar, blood pressure, water consumed and you have a lot of information to help you tweak your behavior. Going digital means you can get ongoing feedback throughout the day that encourages you to reach for your goals. The ability to connect with friends adds to the supportive environment these digital trackers create.

Fitbit is a great choice in trackers with 3 options to choose from. They all come with a free website and an optional membership for enhanced reporting. The Fitbit One has all of the bells and whistles at a (comparatively) low cost of \$99.99. All of your data syncs to the website and you can easily add food intake. If you prefer a wrist tracker, the water resistant Fitbit Flex is designed to be worn 24/7—even in the shower. The **Fitbit Zip** is a good option if you want a lower cost tracker to start with. Other good trackers are the **Jawbone UP** and the **Nike Flex**.

Gadget	Worn	Website	Tracks Steps	Altimeter*	Tracks Sleep	Syncs to smartphone/computer	Cost
Fitbit One	Clip during day and wrist at night	Reports, record food intake, links to several websites and apps	√	√	√	wireless	\$99.99
Fitbit Zip	Clip	Reports, record food intake, links to several websites and apps	√			wireless	\$59.99
Fitbit Flex	Wrist	Reports, record food intake, links to several websites and apps	√		√	wireless	\$99.99
Jawbone UP	Wrist	Links to several websites and apps	√		√	wire connection	\$129.99
Nike Flex	Wrist	Nike app	√			wireless	\$149

*An altimeter factors in stairs and hill-climbs to get a more accurate read on how hard you're working and how many calories you've burned.

Here are a few of the many available food tracker options to get you started. Some of these programs have free mobile apps while others charge. Some can sync with your digital fitness tracker.

MYFITNESSPAL (myfitnesspal.com)

MyFitnessPal has a free membership for online and mobile apps to help you stay motivated and keep your logs up-to-date. Their site states that they are the easiest food diary on the web. In addition to their food tracker, you can set up a personalized diet profile with your unique weight loss goals. Fitbit, Jawbone UP and other activity trackers sync with myfitnesspal.

FITDAY (fitday.com)

Fitday is a weight loss journal program that allows you to create a goal, track food, log activity and see your progress. You are able to count calories, get detailed nutrition information, add custom foods, and get reports. Fitday has a mobile app available.

MYNETDIARY (mynetdiary.com)

This program has a large food database, automatic recent history,

community forums, recipes and custom foods. They have apps for smart phone and iPad devices. **MyNetDiary** has free or plan options for their website. Mobile apps have a small monthly cost.

SPARKPEOPLE (sparkpeople.com)

SparkPeople is actually a network of sites. They provide a community setting to help you improve your health. SparkPeople tools include calorie counters, whole customizable meal plans, fitness programs, healthful recipes, a built-in system that rewards you for healthful behavior, and reports and tools you can use to monitor your progress. SparkPeople also has iPhone, Android, and Blackberry apps.

DAILYBURN (dailyburn.com)

DailyBurn's website and iPhone app offer meal tracking, exercise tracking, calorie counting, nutrition tracking, and workout plans that can be customized to fit your needs. The iPhone app lets you update your account while on the go, scan food and snap photos of your meals to have them virtually dissected and added to your diet log. The service also has a social

component and a community of other users who all help motivate one another, either by offering advice and tips or competing with one another on fitness challenges. There is a small monthly fee for the DailyBurn program.

LOSE IT! (www.loseit.com)

Lose It! helps you to create a comprehensive program, setting goals and a daily calorie limit. Entering food and exercise is easy with their searchable database. You can share your progress with friends for extra support and motivation. The online version of Lose It! is free.

MY CALORIE COUNTER (my-calorie-counter.com)

An online diet and exercise journal, **My Calorie Counter** allows you to track your food intake and find the calories you burn while exercising. The site has an active community for support and great reports to help you stay motivated and track your progress. My Calorie Counter is a free program.



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!**

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. This month, a post-surgery patient posted about how to decide whom to tell about having weight loss surgery. Her post and the responses (edited below) highlight this personal decision.

POST: I have lost 100 lbs. I feel great and am much more active. I just am curious why some people don't feel compelled to share their success with others. I feel it is important to let people know (in a nice way) that there are options to get healthy. I let them know about my experience. I would be interested to hear other people's feelings on this.

RESPONSE 1: I discussed the surgery beforehand with my closest friends and people who had the surgery. Only one woman in my card playing group knows about my weight loss surgery. The others I chose not to tell for many reasons; I just say I am eating less, exercising and eating no sugars or carbs. For those who know and are obese I tell them about my experience.

RESPONSE 2: I am a little torn about this subject too. I haven't had my surgery yet; it is in 17 days! I am so excited. Anyway, as of now, I have only told people really close to me about the surgery. There are some

people I don't want to tell because they are very judgmental and I feel like it will just give them some fodder to gossip about. I like how you tell some people (especially people who could benefit) but not others.

RESPONSE 3: I have to say I was one of those people who didn't believe in the bariatric surgery. Like a lot of people I thought it was too drastic and dangerous, and felt you don't mess with Mother Nature, you just need to work harder at weight loss. Then I had health issues that I could not resolve by dieting. Diabetes would not allow me to lose weight even if I starved myself or ate like a bird. Because of the weight I could not exercise much. Blood sugar was 350 and BP was high.

So that being said, I chose surgery. I feel compelled to let people who are obviously in trouble with their weight know that there is an option for getting healthy. But I did have people tell me about the surgery (they had it at Barix and were very happy with the results). If these people did not share their success with me, I probably wouldn't have had it. Even if we run into the negative people, don't we owe it to others, the chance to choose a way to get healthy and feel as good as we do? I am 58 years old, feel great and am more active than I have been in 20 years. Thank you to those people who shared their surgery experience with me.

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, 2013 Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

Citrus Glazed Chicken

From Splenda.com

- 4 (4 ounce) boneless, skinless chicken breasts
- 3 tablespoons orange juice concentrate, thawed
- 2 tablespoons fresh lemon juice
- 1/2 cup chicken broth
- 3 tablespoons SPLENDA®
- 1 1/2 teaspoons cornstarch
- 1 tablespoon unsalted butter
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh parsley
- 1/4 cup almond slices, toasted

Preheat oven to 425 degrees F. Place chicken breasts on an ungreased baking sheet. Brush with one tablespoon of orange juice concentrate (reserve remaining concentrate for sauce). Bake in oven 15–20 minutes or until cooked through.

Place remaining orange juice concentrate, lemon juice and chicken broth in a small saucepan. Blend together SPLENDA® and cornstarch in a small bowl. Stir cornstarch mixture into broth. Heat over medium-high heat and simmer 8–10 minutes or until the sauce starts to thicken slightly. Remove from heat. Whisk butter into sauce. Add chives and parsley. Pour sauce over chicken breasts. Sprinkle almonds over breasts and serve. Makes 4 servings.

NUTRITION INFORMATION PER

SERVING: 220 calories, 28 grams protein, 7 grams fat, 9 grams carbohydrate, 220 mg sodium.



Yogurt Cheesecake

- 9 low fat graham crackers, crushed
- 1 large egg white, room temperature (reserve yolk)
- 8 oz Neufchatel cheese, softened
- 1/2 cup Splenda or Stevia
- 1/4 cup cornstarch
- 1 tablespoon vanilla extract
- 2 tablespoons unsweetened applesauce
- 2 large eggs, room temperature
- 16 oz plain Greek yogurt, 0% fat
- 18 strawberries, sliced
- 1/3 cup blueberries
- 3/4 cup raspberries

Place cupcake liners in muffin tins (18). Combine graham cracker crumbs with egg white from one egg to form the crust. Divide mixture evenly into muffin cups. Using the bottom of a 1/4-cup measuring cup, firmly press crust into bottom of each muffin cup. Set aside.

Preheat oven to 350°F. In a large bowl, using an electric mixer, combine Neufchatel cheese, Splenda or Stevia and cornstarch until well blended. Add extract and applesauce, beat one minute. Scrape down sides of bowl. Add 2 eggs and reserved egg yolk, mix and scrape down sides. Slowly add yogurt, continue to beat mixture until smooth.

Divide filling evenly into prepared muffin cups. Bake 30 to 35 minutes. Cheesecakes will puff up and crack slightly when done. Turn off oven and leave cheesecakes in oven with the door slightly ajar for an additional 15 minutes.

Remove from oven and cool at room temperature for 30 minutes. Chill in refrigerator minimum 2 hours to overnight. Top with fresh berries when ready to serve. Makes 18 servings.

NUTRITION INFORMATION PER

SERVING: 127 calories, 6 grams protein, 4 grams fat, 16 grams carbohydrate, 115 mg sodium.

REQUEST A FREE BROCHURE

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