

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

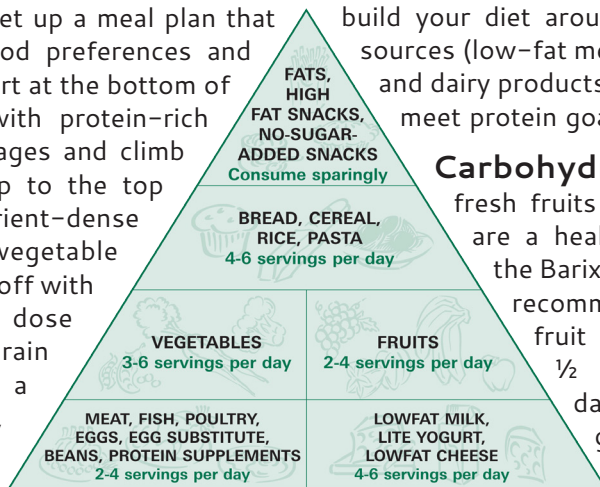
Eating to Maximize Results

USING FOOD AS A TOOL FOR SUCCESS

We all know that you can't eat as much food at one time after weight loss surgery (WLS) as you could before surgery, and that helps you to lose weight. But what should you eat to maximize weight loss and then maintain that loss?

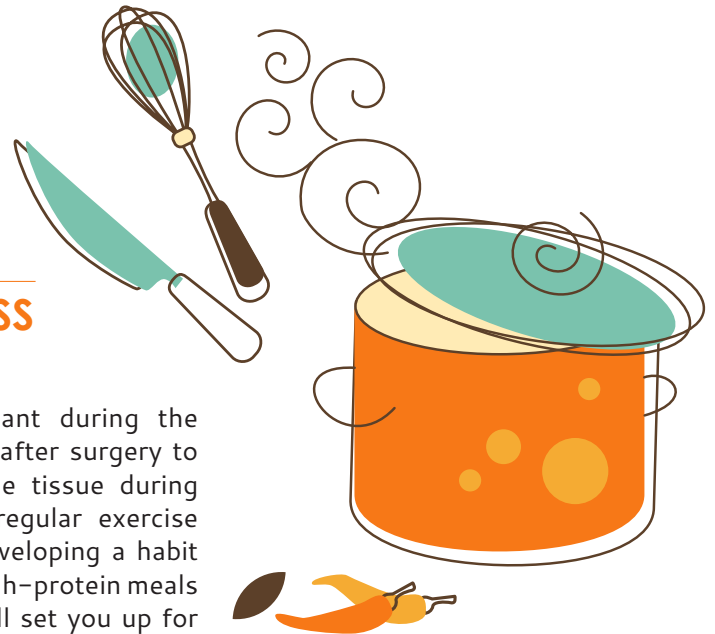
Finding the right balance of nutrients, calories and satisfaction can be challenging after surgery. It is important to use that first year as an opportunity to get good eating habits firmly in place. Weight loss surgery is a tool to help you reach and maintain a healthy weight. Learning to consistently engage in a lifestyle that supports a healthy weight is well...essential to a healthy weight.

Use the Barix Nutrition Guide to set up a meal plan that fits your food preferences and lifestyle. Start at the bottom of the guide with protein-rich foods/beverages and climb your way up to the top of the nutrient-dense fruit and vegetable level. Finish off with a healthy dose of whole grain foods for a balanced, nutrient-rich diet.



Protein is important during the first 12-18 months after surgery to help maintain muscle tissue during rapid weight loss (regular exercise contributes too). Developing a habit of eating six small high-protein meals during this phase will set you up for long-term success. After the first two years of surgery, there may be a tendency to relax the diet and eat larger portions, select foods that are not-such-healthy choices, and graze rather than sticking to the six small meal schedule. Not surprisingly, this can result in weight gain. In contrast, continuing with six small high-protein meals can help increase satiety and keep blood sugar levels in check—making weight maintenance efforts more effective. Bottom line: build your diet around lean protein sources (low-fat meat, fish, poultry and dairy products) and be sure to meet protein goals daily.

Carbohydrates from fresh fruits and vegetables are a healthy option and the Barix Nutrition Guide recommends ½-1 cup fruit daily and ¾-1 ½ cup vegetable daily. Look in your grocery store for quick fruit



and veggie options. You may find that you are more likely to eat fresh produce when the store employees do the prep work for you. Whole-grain bread, rice, cereal and pasta are good choices in limited amounts.

Fat is an essential nutrient and an important part of your diet. The typical American diet unfortunately contains way too much fat. A move away from processed foods, fast foods and restaurant meals can help to lower fat intake to a healthy level. You can get adequate fat from eating small amounts of nuts, seeds, avocados and unsaturated oils.

Lose max weight while keeping your body strong and healthy.



Continued on page 2

What you should do:	What you should not do:
Remember the 5/30 rule and avoid drinking 5 minutes before and 30 minutes after a meal.	Drink calories – weight loss surgery is great at restricting the calories from solid food, but not from liquids. Most liquids should be calorie-free. Exceptions are milk or protein shakes used as a meal or snack.
Eat more fresh fruit and vegetables—although these contain simple carbs, they also are packed full of nutrients and fiber.	Eat sweets – sugary foods and drinks provide your body with calories and little or no nutrients.
Choose foods in the most natural state possible. Less processed foods tend to have more nutrients and fiber, less fat, and fewer added ingredients.	Eat a lot of bread, rice, pasta, crackers, chips, pretzels, or other processed carbs.
Pack meals and snacks –taking control of what you eat throughout the day.	Eat out more than occasionally – we consume more calories when we eat out.
Find something healthy to do in the evenings to de-stress and relax without snacking on comfort foods.	Graze – have a start and a stop time to your meals and snacks and do not eat between.
Have healthy foods in sight and readily available.	Have unhealthy foods readily available – out of sight, out of mind is key.
Track your daily intake of protein, carbohydrates, and calories.	Become lax and careless about what you eat.
Eat 5-6 small meals.	Skip meals – setting you up for low blood sugar swings, low energy and larger portions.
Measure foods. We do not accurately guess portion sizes.	Eat from a multi-serving bag or bowl. Putting foods in portion-controlled serving containers decreases intake.
Start each meal with a source of low-fat protein.	Eat simple carbs without a source of protein or fat. The protein and/or fat slow the metabolism of the carbohydrate, keeping blood sugar levels from spiking. Add some peanut butter to an apple, an ounce of low-fat cheese to crackers, and cottage cheese to pears.
Limit solid food to ½ cup-1 cup of food at one sitting. No need to limit the amount of calorie-free fluids that you drink between meals.	Continually push the amount of food you eat at one time, reducing the long-term effectiveness of your weight loss surgery.
Learn to adapt favorite foods and recipes to be “bariatric friendly.”	Get stuck in a rut, unwilling to try new options of your favorite foods.
Have a positive attitude, savor and enjoy small amounts of your favorite healthy foods, and focus on all of the good changes occurring in your life.	Fail to realize that all of us (at least at one point or another) need to make sacrifices, find time and motivation to exercise, and make significant efforts to maintain a healthy lifestyle and weight.



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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, 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

Sample Meal Plan based on the Barix Nutrition Guide to help you maximize weight loss

Breakfast

½ cup egg sub
1 wedge light Laughing Cow cheese
¼ cup fresh strawberries

Snack

¾ cup fresh veggies
veggie dip

Lunch

Salad with 2 oz grilled chicken and raw veggies.
Low-calorie dressing

Snack

Whey protein powder blended with milk and mixed frozen berries

Dinner

½ serving of Pizza Chicken
½ cup green beans with sliced almonds

Snack

1 Carb Master yogurt (Kroger brand)
¼ cup fresh fruit



In the News

Gastric Sleeve Effective Long-Term

More and more patients are choosing the gastric sleeve procedure for weight loss surgery. Being a newer surgery, one drawback has been a lack of long-term effectiveness data. Another study, this one based upon findings from a single weight loss surgery center, indicates that the surgery is effective for long-term weight loss. In this study patients had an average decrease of 57% of their excess weight five years after surgery.

The study also showed that obesity-related diseases improved considerably. This study found that monitoring for nutritional deficiencies is essential after surgery, especially for vitamin D, iron, zinc, folic acid and vitamin B 12. Deficiencies in these nutrients were higher than the researchers had expected.

Sieber P, et al "Five-year results of laparoscopic sleeve gastrectomy" Surg Obes Relat Dis 2013; DOI: 10.1016/j.soard.2013.06.024.

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

Pizza Chicken

- 4 oz boneless chicken breast, pounded flat
- Salt, pepper, garlic powder and Italian seasoning, to taste
- 1 tablespoon pizza sauce
- 4 slices pepperoni
- 2 fresh mushrooms, sliced
- 2 thin green pepper rings
- 1 ounce mozzarella cheese, shredded

Season the chicken with salt and other seasonings; grill. Spread the sauce over the chicken, then top with the pepperoni, pepper rings, mushrooms and cheese. Sprinkle with a little additional Italian seasoning, if desired. Bake at 350° about 10–15 minutes or until hot and the cheese is melted. Makes one serving.

NUTRITION INFORMATION PER SERVING: 270 calories, 36 grams protein, 11 grams fat, 1 gram carbohydrate

Autumn Bars

- 3/4 cup all-purpose flour
- 1/4 cup whole wheat flour
- 1/2 cup Splenda
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1 cup finely shredded carrot
- 3/4 cup chopped walnuts, toasted
- 1/3 cup egg substitute, lightly beaten
- 1/4 cup cooking oil
- 1/4 cup skim milk
- 1/2 cup frozen light whipped topping, thawed
- 4 oz low-fat cream cheese, softened
- 1/4 cup vanilla low-fat yogurt



Preheat oven to 350 degrees. Line a 9x9x2-inch baking pan with foil, extending foil over the edges of the pan. Lightly coat foil with nonstick cooking spray. Set aside.

Combine dry ingredients (all-purpose flour, whole wheat flour, sugar, pumpkin pie spice, baking powder, and salt). Add carrot, 1/2 cup of nuts, egg substitute, oil, and milk. Stir just until mixed. Spread mixture evenly in the prepared pan.

Bake for 15 to 18 minutes or until a toothpick inserted near center comes out clean. Cool bars in pan on a wire rack.

Beat cream cheese and yogurt with an electric mixer on medium speed until smooth; fold in whipped topping. Using the edges of the foil, lift the uncut bars out of the pan. Spread top evenly with Fluffy Cream Cheese Frosting. Sprinkle with the remaining 1/4 cup nuts. Cut into 20 bars. Makes 20 servings.

NUTRITION INFORMATION PER SERVING: 121 calories, 3 grams protein, 7 grams fat, 12 grams carbohydrate, 64 mg sodium.

It Worked for Me

Submitted by Jana T.

It's hard to find a salad dressing that fits the nutritional bill (low-fat, low-calorie, low-sodium, low-added-sugar) and tastes great. I was thrilled to find a new dressing at Whole Foods that my entire family loves and I feel good serving to them – *Health Starts Here Balsamic Dressing*.



On a recent visit to Whole Foods they were giving out samples of the *Health Starts Here* dressings drizzled over heirloom tomatoes. It had all the flavor and richness of a high-fat balsamic dressing. I couldn't believe that it had only 30 calories in a 2 Tbsp. serving.

I'm glad I tried a sample. I've tried so many "light" salad dressings that tasted just awful. I wouldn't have invested the money to try this one and would have missed out on a gem.

Nutritional Facts

Serving Size: 2 Tbsp. (1oz./30ml)
Serving Per Container 9

Amount/Serving	Calories 30	Fat Cal. 0	% Daily Value*
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	40mg		2%
Total Carbohydrate	7g		2%
Fiber	0g		
Sugars	5g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%

* Percent Daily Value are based on a 2,000 calories diet

Progress is impossible without change, and those who cannot change their minds cannot change anything.

George Bernard Shaw