

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## RIGHT TIME RIGHT PORTIONS RIGHT FOODS

Since 1970 portions at restaurants, in cookbooks, and in packaged foods have been steadily increasing. In fact a bagel used to be 3" in diameter and contain 140 calories. Now a typical bagel is 6" in diameter and contains 350 calories. Most restaurant meals contain over 1000 calories. Take a look at a Crispy Chicken meal (sandwich, fries and a soft drink) from McDonalds, for example. It weighs in at 1340 calories. Studies show that when we are offered larger portions, we eat more. In fact, the average person consumes 500 more calories each day than in 1970. To consume a healthy diet in today's society, we need to be discriminating about when we eat, how much we eat and what we eat.

Finding the right balance of nutrients, calories, and satisfaction can be challenging after bariatric surgery. It is very possible to choose healthy foods that provide a high satisfaction and enjoyment level in smaller portions. For the gastric bypass patient during the first year, protein goals are higher and appetites are diminished. This may make a balanced diet difficult to consume. During this time, the concentrated source of protein that protein supplements provide can be helpful. By the second year, appetites often return and the matured pouch allows for larger

amounts of food to be consumed. Bypass patients can use the first year after surgery to develop healthful eating habits that are sustainable over a lifetime. For many, this will mean eating six small meals throughout the day even if there is not a desire to eat.

Lap band patients will also make adjustment to six small meals. They may find hunger to be a factor until their bands are adjusted to the ideal level of restriction.

The pattern of eating six small meals has several advantages over a three-meal-eating pattern. Blood sugar levels are held to a more consistent level keeping hunger in check and energy high. Portion sizes are small — minimizing discomfort from eating too much. People are often able to make healthier food choices if they have not reached the point of being famished and food may 'feel' better going down if the last meal was 3 rather than 6 hours earlier.

Portions should in general be limited

to ½ to 1 cup of solid food at one sitting. Beverages, soups and leafy greens can be consumed in larger amounts. To meet protein goals, foods that are a good source of protein should be consumed first and then vegetables, fruits and grains.

In addition to looking at the amount of food that is eaten at one time and the frequency of meals, we want to choose foods that don't just fill us up, but provide us with

the nutrients that optimize our health. A balanced diet should include a variety of foods. There is no long-term advantage (and some potential harm) to excluding specific nutrients (such as carbohydrates or fats). We all learned in elementary school about the grouping of foods together based upon the nutrients they provided. Although these groups have evolved through the years, for our purposes, we are going to stick with the basic food groups of milk, meat, fruit, vegetables and grains. Note the small portion sizes listed. They are about ½ of traditional portions. Use Barix Food and Activity Logs ([www.barixclinicsstore.com/food\\_logs.html](http://www.barixclinicsstore.com/food_logs.html)) to find the number of servings from each food group for your height and age. These are also great tools to plan meals ahead and to track your food intake and activity level.



*Cont. on page 2*

# BARIX NUTRITION GUIDE

Foods listed in the “Avoid” column are higher in fat or sugar than recommended. Occasionally choosing a food that is higher in fat will not hinder your weight-loss efforts. Choosing higher fat foods regularly will contribute to a higher calorie intake and may slow your weight loss. Foods with more than 2 grams of added sugar should be avoided—period. If you need a sweet fix, find a no-added-sugar alternative for an occasional treat.

## MILK GROUP

Foods and beverages from this group are generally a good source of protein and calcium. Choose 4–6 small servings each day.

Choose	Serving Size	Avoid
Skim, 1/2%, 1% milk	1/2 cup	Flavored coffee creamer
Low-fat buttermilk	1/2 cup	Regular yogurt
Sugar-free nonfat yogurt	1/2 cup	Regular ice cream
Low-fat frozen yogurt (no added sugar)	1/2 cup	2%, whole milk
Low-fat cottage cheese	1/4 cup	Cream
Low-fat cheeses	1/2 oz	Sour Cream Cheese

## MEAT GROUP

Foods from this group are generally a very good source of protein. Choose 4–6 ounces of lean meat, fish, or poultry daily. Prepare with limited amounts of fat.

Choose	Serving Size	Avoid
Lean cuts of meat with visible fat removed	2 oz	Higher fat cuts of meat
Baked, broiled, steamed fish or shellfish	2 oz	Beef brisket
Poultry, with skin removed	2 oz	Ground beef
Eggs or egg substitutes	2 each	Short ribs
Dried beans and peas	1/2 cup	Organ meat
Low-fat refried beans	1/2 cup	Bacon
Low-fat Garden Burgers or Veggie Dogs	2 oz	Luncheon meat
Lean deli meats	2 oz	Peanut butter
Low-fat hot dogs or bologna	2 oz	Fried meats Meats with breading

## FRUIT GROUP



Foods from this group are generally good sources of vitamins and fiber. Choose whole fruits in place of juice when possible. Choose a good Vitamin C source, such as an orange or grapefruit daily. Choose 2–4 small servings per day.

Choose	Serving Size	Avoid
Fresh fruits	1/4 cup or 1/2 small	Fruit pie filling
Frozen fruits without added sugar	1/4 cup	Canned fruit in syrup
Canned fruits packed in water or juice	1/4 cup	Juices with added sugar
Fruit juices without added sugar	1/4 cup	Fruit drinks V8 Splash Fruit sorbets

## GRAIN GROUP

Foods from this group are generally a good source of B-vitamins and fiber. Choose 4–6 small servings per day.

Choose	Serving Size	Avoid
Whole grain breads	1/2 slice	Croissants
Light or Less breads	1 slice	Butter rolls
English muffins	1/4	Biscuits
Saltine crackers	4 each	Pancakes
Breadsticks	1/2 oz	Theater popcorn
Rice	1/4 cup	Regular microwave popcorn
Pasta	1/4 cup	Donuts
Cereal with low sugar content	1/4 cup	Danish
Hamburger bun	1/4	Muffins
Flour or corn tortilla	1 small	Granola
Light microwave popcorn	1 cup	Sweetened cereals
Pretzels	1/2 oz	Fruit breads

## VEGETABLE GROUP

Foods from this group are generally rich in vitamins and fiber. Choose a dark green leafy and yellow or orange vegetable three times each week for Vitamin A. Choose 3–5 small servings daily.

Choose	Serving Size	Avoid
Fresh vegetables	1/4 cup	Vegetables prepared with butter, cheese or sauce
Frozen vegetables without added sugars	1/4 cup	
Canned vegetables without added sugars	1/4 cup	Vegetable juices with added sugars
Raw, leafy greens	1/2 cup	Canned or frozen vegetables with added sugars



If you are at a point where your weight loss has stalled, portion control can help you to insure that you are not consuming too many calories. By avoiding large portions of higher calorie foods and eating adequate fresh fruits and vegetables, you'll feel a greater sense of satisfaction with fewer calories. *Here are some tips to keep portions in line:*

**Write it down.** A food and activity log will make you more aware of the foods that you are eating. By planning your meals ahead of time, you will be more likely to choose a healthier diet.

**Measure it.** Rather than measuring each food that you eat, measure out a 1/2 cup portion so that you can eyeball portions.

**Shrink tableware.** Use smaller plates, bowls and glasses.

**Keep extra food out of sight.**

At home, dish up plates in the kitchen and then carry to the table. At a restaurant, ask for a to-go container with your meal. Put all but your portion in the container at the beginning of the meal.

**Portion it.** Take larger portions and measure them into single serving food containers. Then you can just grab and go. Both the portion control and the convenience are a plus.

**Don't eat out of the bag or container.** This type of mindless eating can really add up.

**Start your meal** with a small salad or cup of soup.



## BRUSCHETTA

Submitted by Terri R.

- 3 small cartons grape tomatoes
- 1 large onion
- 1 bunch cilantro (use top parts only discard lower stem portion)
- 2 jalapeno peppers (seeds removed)
- 4 cloves garlic
- 1 Tbsp lemon juice
- 1/2 Tsp sea salt

Finely chop the cilantro, peppers and garlic in a food processor. Coarsely chop 2 cartons tomatoes and the onion. Thinly slice the last carton of tomatoes.

Place all in a plastic or glass bowl (do not use a metal bowl). Add lemon juice and salt and stir gently. Top a slice of toasted bread or melba toast with 2 tablespoons of bruschetta, broil until heated. The mixture will keep covered in refrigerator for up to 1 week.

**EACH 2 TABLESPOON SERVING PROVIDES:** 11 calories, 0 protein, 1 gram carbohydrate, 0 grams fat and 47 mg sodium.

## NEW WHEY WHIP

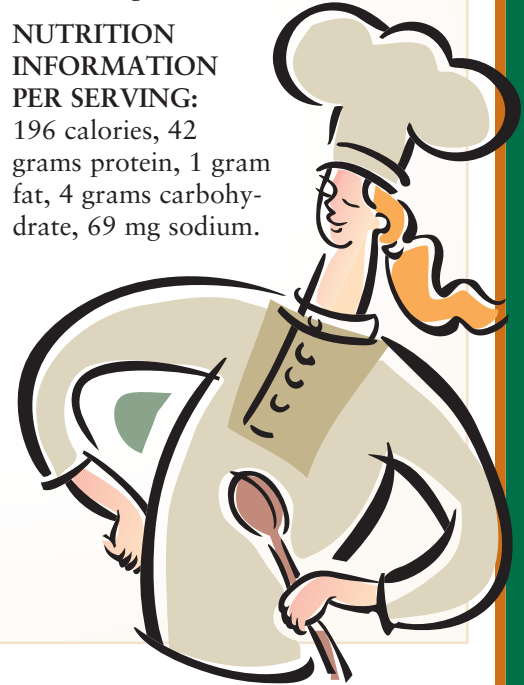
Submitted by Terri R.

- 1 tube New Whey Liquid protein
- 1 cup Kool-Aid®, sugar free
- 1 cup ice
- 2 Tbsp Cool Whip Lite®

Place all ingredients in blender and blend on high for 30 seconds. Makes one serving.

### NUTRITION INFORMATION PER SERVING:

196 calories, 42 grams protein, 1 gram fat, 4 grams carbohydrate, 69 mg sodium.



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

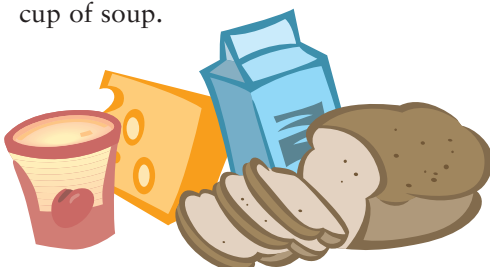
~Hippocrates~

# REWARD YOURSELF

This month, you could earn a **\$25 GIFT CERTIFICATE** 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 \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by May 31, 2008. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

## REQUEST A FREE BROCHURE

for you or a friend at 800-282-0066, or [www.barixinfo.com](http://www.barixinfo.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](mailto: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!*

## OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

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

## IN THE NEWS

A new fad diet to stay clear of is the HCG Diet. This plan includes injecting yourself with pregnancy hormones and following a 500-calorie diet. The concept is that HCG or human chorionic gonadotropin stimulates metabolism. There are thousands of people getting on this bandwagon. The FDA does not endorse HCG for weight loss and few doctors are willing to prescribe it. Some people seem to be losing weight due to their ability to stick with the 500-calorie diet. When evaluating weight loss plans, always make sure that they provide a long-term solution. Sticking to a 500-calorie diet and injecting pregnancy hormones for the rest of your life doesn't seem like a healthy program. Keep your money and send a strong message that you don't want to line the pockets of the promoters.

## PLANNING FOR SURGERY

Wherever you are in the 'before surgery' process, you can benefit from talking to others who have been there. You can't beat the positive support that can be found on the Barix Clinics Message Boards. Those who have had surgery are very willing to share their experiences and offer support. This can be a challenging time for many when they are really excited to have the surgery, yet feel overwhelmed by completing the clearances, dealing with the negativity of others and going through the insurance approval process. Emotions during this time can vacillate from euphoria to frustration to fear and back to euphoria again. Knowledge helps to quell fears, get through the insurance hoops and build confidence. Getting connected to others can make this process much easier.

## IT WORKED FOR ME

*Submitted by Connie H.*

Quick and healthy dinner meals were a challenge for me until I discovered how easy it is to marinate boneless, skinless chicken breasts and then cook them in a pan on the stove. I buy the large bags of frozen boneless, skinless breasts and then divide the breasts into three different marinades. I cook them on three different nights, add fresh steamed vegetables and a salad for three healthy meals that my family also enjoys. My favorite marinades are low fat Italian dressing, light balsamic vinaigrette dressing and Paul Newman's Own® Light Lime Vinaigrette with a little extra squeeze of fresh lime. The chicken is moist and flavorful and best of all the cooking and clean up are a breeze.

## WHAT'S NEW?

The website has some new enhancements including a News and Events Calendar, a Patient Calendar, and chat and avatar features for the message boards. The News and Events Calendar lists seminars, support groups and other Barix Clinics news and events. Let us know if you would like to schedule a chat on a specific topic and we can schedule it on the News and Events Calendar. You can submit your surgery or anniversary date to the Patient Calendar. What a great way to keep track of your friends' special dates. The avatar feature on the message boards lets you put a face with the name of members. The chat feature is great when 2 or more of you are online and want to communicate more easily.

Check out these great new tools to make it easier for you to connect with others.