

# ON TRACK WITH BARIX

Support to Keep you On Track With a Healthful Lifestyle

## FAMILY MEALS



### A TIME TO NOURISH AND CONNECT

**F**ast, Faster, Fastest. Does that describe the speed at which you are living your life? If so, (and even if not) the simple family meals featured in this issue may help you to get out of the fast food lane and into more family mealtime. This issue is dedicated to the old family tradition of eating meals together. We've included ideas, meal plans and recipes to get you started. There's even a shopping list you can download and individualize for your family. With so many benefits, it is a great time to reclaim this tradition for your family.

The research supports the positive effects that seem intuitive about family mealtime. Families eating regular meals together find:

- People eat more nutritiously; choosing more fruits, vegetables, dairy foods and whole grains.
- Teens have better grades and are less likely to smoke, drink alcohol, or use drugs.
- Family communication improves.
- Family traditions are strengthened.
- Childhood obesity decreases.
- Children have improved character and social development.

Sounds great, but how do you balance eating family meals together with parents' busy schedules and children's activities? Check out these ideas on the next few pages and make family meals a priority. It's well worth the effort.

- Check schedules and plan for family meal times. It doesn't have to be dinner. How about breakfast or a weekend brunch? Meals can be eaten at home or at a restaurant. The important thing is to spend time together.
- Plan menus ahead. Choose which days to cook and which days to pull something from the freezer based upon other obligations. Shop for the week's worth of groceries at one time. Keep it simple. You may want to plan a month's worth of menus at a time and then repeat.
- Make it quick. Use crock-pots, frozen meal kits, and simple recipes to keep meals from becoming a major production. Prep food ahead if possible. Keep your pantry well stocked so you have everything to whip up a nutritious meal. Do not get in the habit of fixing a different meal for each family member. If your picky eater does not like what you are having—consider allowing him to have an alternative two times each week.

- Turn off cell phones, TVs, radios and other distractions. The idea is to connect with each other.
- Keep conflict and discipline away from the dinner table. Encourage each family member to contribute polite conversation. Listen to thoughts and views. Get to know what others in your family think about a variety of topics.
- Get every family member involved in some aspect of the meal from planning, shopping, cooking, to setting the table or doing the dishes.

"So many people walk around with a meaningless life. They seem half-asleep, even when they're busy doing things they think are important. This is because they're chasing the wrong things. The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."

~Morrie Schwartz in "Tuesdays with Morrie"  
by Mitch Albom

# FAMILY MEAL RECIPES

## Summer Salad

1–20oz can pineapple tidbits, packed in juice  
1–11oz can mandarin oranges, packed in juice  
1 pkg. (4 serving size) instant pudding, lemon,  
no added sugar  
1 cup strawberries, fresh, cut into quarters.  
1 cup sliced bananas

Drain pineapple and oranges, reserving liquid. Prepare pudding, using liquid from the fruit in place of milk. In a bowl, combine pineapple, oranges and strawberries and gently fold in pudding. Chill for at least 2 hours. Add bananas just before serving. Make 8 servings.

**Nutrition Information per Serving:** 108 Calories; 0 grams Protein; 0 grams Fat; 27 grams Carbohydrate; 161 mg sodium.

## Sweet and Sour Chicken

1 lb. Chicken breast, boneless, skinless  
1 tbsp. Flour  
1 tbsp. Vegetable oil  
16 oz pineapple chunks, packed in juice  
1 tsp. Cornstarch  
1 tbsp. Splenda®  
1 tbsp. Light Teriyaki sauce  
1/8 tsp. Pepper

Flatten chicken to 1/4 inch thickness. Place flour in plastic bag. Add chicken and shake to coat. In a skillet over medium heat, brown chicken in oil for 3–5 minutes on each side or until juices run clear. Remove and keep warm. Drain pineapple, reserving 1/4 cup juice. In a small bowl, combine cornstarch, 1/4 cup juice, Splenda, teriyaki sauce, and pepper; whisk together until smooth. Place in skillet and heat to a boil. Boil for 30 seconds or until thickened. Add pineapple and chicken and heat through on low-medium heat. Serve with cooked rice if desired. Makes 6 small servings.

**Nutrition Information Per Serving:** 196 Calories; 24 grams Protein; 5 grams Fat; 12 grams Carbohydrate; 111 mg Sodium.

## Crock-pot Chicken

1 lb chicken breast, boneless, skinless  
1/4 cup margarine  
1 pkg. Italian salad dressing dry mix  
1 can Campbell's cream of mushroom soup  
(98% fat free)  
1/2 cup white wine  
4 oz fat free cream cheese

Melt butter and cream cheese in crock-pot. Stir in dry salad dressing mix, soup, cream cheese and wine. Add chicken; spooning sauce over the top. Cook on low for 4–5 hours. Serve with angel hair pasta or rice if desired. Makes 6 small servings.

**Nutrition Information Per Serving:** 242 Calories; 28 grams Protein; 9 grams Fat; 6 grams Carbohydrate; 986 mg Sodium.

## Taco Pie

1 lb of lean ground turkey  
1 pkt. taco seasoning  
1 can corn  
1 can diced stewed tomatoes  
1 box Jiffy Mix® corn muffins  
1 cup cheddar cheese, shredded

Brown ground beef. Drain in colander; rinse under warm water to remove additional fat. Wipe skillet with paper towel to remove remaining fat. Place rinsed beef back in skillet; add taco seasoning, corn and tomatoes. Stir and cook for 3 minutes. Prepare corn muffin mix as directed on package. Spray a casserole dish with pan spray. Layer the ground beef mixture on the bottom, top with shredded cheddar and cover with the corn muffin mixture. Bake at 400°F for 15–20 minutes. Makes 8 servings.

**Nutrition Information Per Serving:** 350 Calories; 18 grams Protein; 12 grams Fat; 40 grams Carbohydrates; 970 mg Sodium.

## Chicken Quesadillas

8-6" flour tortillas  
8 oz chicken breast, cooked and shredded  
1 cup cheddar cheese, shredded  
1 cup vegetables of choice (broccoli, red pepper, green pepper, onion, mushrooms)

Spray a nonstick pan with cooking spray. Place one flour tortilla in pan and heat on medium. Add 1/4 of the chicken, vegetables and cheese. Press a second tortilla on top. Spray the top tortilla with pan spray. Cook 2–3 minutes or until the bottom tortilla begins to brown and the cheese begins to melt. Carefully, flip the quesadilla and cook the other side for 2–3 minutes, or until the cheese has melted completely and the other side has browned. Repeat with remaining ingredients. Cut into wedges. Serve with fat free sour cream and salsa if desired. Makes 8 small servings.

**Nutrition Information Per Serving:** 195 Calories; 15 grams Protein; 8 grams Fat; 16 grams Carbohydrate; 400 mg Sodium.

## Crock-Pot Tenderloin

1 1/2 lb. Pork tenderloin  
6 oz Lawry's Mesquite marinade

Marinate pork tenderloin for 2–24 hours. Place in crock-pot and cook on low heat for approximately 8 hours. Slice and serve. Makes 8 small servings.

**Nutrition Information Per Serving:** 120 Calories; 20 grams Protein; 3 grams Fat; 1 gram Carbohydrate; 302 mg Sodium.

## Chicken Salad

16 oz chicken breast, boneless, skinless,  
cooked and chopped  
1/4 cup plain, fat free yogurt  
3/4 cup fat free Miracle Whip or mayonnaise  
salt and pepper to taste  
1/2 cup sliced almonds, walnuts or pistachios  
3/4 cup seedless grapes, cut into quarters  
1/2 cup scallions, chopped

Mix the chicken, yogurt, and Miracle Whip together in a large bowl. Season to taste with salt and pepper. Gently fold in nuts, grapes and scallions. Makes 8 small servings.

**Nutrition Information Per Serving:** 150 Calories; 19 grams Protein; 4 grams Fat; 8 grams Carbohydrate; 227 mg Sodium.

## Tuna Casserole

1 6-ounce can tuna packed in water, drained  
1 cup macaroni noodles  
1/2 cup onion, chopped  
14 ounce frozen peas, thawed  
1/2 cup cheddar cheese, 2% fat, shredded  
1-10 1/2 ounce can 98% fat-free cream of mushroom soup  
1 cup skim milk

Preheat oven to 350°F. Combine first five ingredients in a casserole dish. Combine milk and soup in a bowl. Add to casserole and mix to moisten. Bake for 30 minutes. Makes 8 small servings.

**Nutrition Information Per Serving:** 172 Calories; 14 grams Protein; 3 grams Fat; 23 grams Carbohydrate; 433 mg Sodium

## Hummus

4 garlic cloves, minced and then mashed  
2-15 oz cans garbanzo beans (chickpeas),  
drained and rinsed  
2/3 cup tahini (sesame seed oil)  
1/3 cup lemon juice  
1/2 cup water  
1 Tbsp olive oil  
1/2 tsp. salt

In a food processor or blender, combine all ingredients. Serve with pita bread wedges, fresh cut veggies or baked chips. Makes 12- 1/4 cup servings.

**Nutrition Information Per Serving:** 156 Calories; 6 grams Protein; 9 grams Fat; 16 grams Carbohydrate; 314 mg Sodium.



# FAMILY MEAL RECIPES (CONT.)

## Chicken and Salsa

Submitted by Kelly S.

1 lb. Chicken breast, boneless, skinless  
16 oz salsa  
2-15 oz cans black beans, drained and rinsed  
8 oz cream cheese, fat free

Add chicken to a large frying pan. Add salsa, beans and cream cheese. Heat on medium heat until warm and cream cheese has melted. You may need to add a little water (1-2 cups) if become too thick. Makes 6 small servings.

**Nutrition Information Per Serving:** 302 Calories; 29 grams Protein; 3 grams Fat; 28 grams Carbohydrate; 1291 mg Sodium.

## Pineapple Ginger Pork

2 lbs pork tenderloin, boneless, cut into 1 inch cubes  
1 cup chicken broth  
3 Tbsp. tapioca, quick-cooking  
3 Tbsp. soy sauce, low sodium  
1 tsp. fresh ginger, grated  
1 15 ¼ oz can pineapple chunks, packed in juice  
4 medium carrots, cut into ½ inch slices (2 cups)  
1 large onion, cut into 1-inch pieces  
1-8 oz can water chestnuts, sliced and drained  
1 ½ cups fresh snow pea pods or one 6-oz package frozen pea pods  
3 cups hot cooked rice

In a large skillet brown the pork in ¼ cup of chicken broth. In a 3 ½ or 4-quart crock-pot, combine the remaining chicken broth, tapioca, soy sauce, and ginger. Drain pineapple-reserving juice. Stir juice into broth mixture; cover and chill pineapple chunks. Add carrots, onion, water and chestnuts to crock-pot. Add pork. Cover and cook on low-heat setting for 6-8 hours or on high-heat setting for 3-4 hours.

Ten to 15 minutes before serving, turn to high-heat setting. Stir in pineapple and pea pods. Cover and cook for 10-15 minutes or until pea pods are crisp-tender. Serve over rice. Makes 8 servings.

**Nutrition Information Per Serving:** 318 Calories; 31 grams Protein; 5 grams Fat; 35 grams Carbohydrate; 451 mg Sodium

## Pot Roast

2 1/2 # boneless bottom round or chuck roast  
1-10 ¾ oz can french onion soup

Place roast in slow cooker. Add soup. Cover and cook on low-heat setting for 10-12 hours or high-heat setting for 5-6 hours. Slice and serve. Makes 10 servings.

**Nutrition Information Per Serving:** 214 Calories; 29 grams Protein; 10 grams Fat; 1 gram Carbohydrate; 192 mg Sodium.

## Mushroom Crusted Quiche

Submitted by Berni D.

2 cups fresh mushrooms  
Vegetable spray  
1/4 cup of grated Parmesan cheese  
1 cup egg substitute  
1/4 cup each diced onions and peppers (green or hot)  
1 cup skim milk  
1 cup low fat cheese (cheddar or mozzarella)  
salt and pepper to taste

Dice mushrooms finely and sauté in pan sprayed with pan spray until tender. Remove from heat and mix in grated Parmesan cheese. Form mushroom mixture into the bottom of a 9" round pie plate.

Sauté onions and peppers in pan. Beat egg substitute and milk in bowl; add cooked onions, peppers and cheese. Pour over top of crust. Bake at 350°F for 40 minutes or until eggs are set. Let cool for 5 minutes and cut into wedges. Makes 8 servings.

**Nutrition Information Per Serving:** 81 Calories; 9 grams Protein; 3 grams Fat; 5 grams Carbohydrate; 218 mg Sodium.

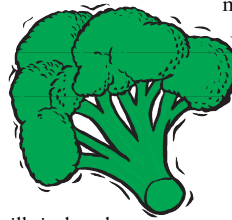
## Blueberry Muffins

2 cups all-purpose flour  
2 teaspoons baking powder  
3/4 teaspoon salt  
1/2 cup (1 stick) light margarine, softened  
1 cup SPLENDA® No Calorie Sweetener, Granular  
2 Tbsp. honey  
2 whole large eggs  
1 teaspoon vanilla  
1/2 cup skim milk  
1 cup blueberries, fresh or frozen

Preheat oven to 350° F. Line 10 muffin cups with paper liners. Sift together flour, baking powder, and salt, set aside. Beat together margarine, SPLENDA® Granular, and honey with an electric mixer until light and fluffy. Add eggs one at a time beating well after each addition. Stir in vanilla. Alternately stir in flour mixture and milk, beginning and ending with flour mixture. Fold in berries.

Spoon batter into paper lined muffin cups, and bake until golden brown and a toothpick inserted comes out clean, about 25-30 minutes. Cool in pan 10 minutes on a wire rack. Remove from pan. Cool completely on wire rack. Makes 10 muffins.

**Nutrition Information Per Muffin:** 182 Calories; 4 gram Protein; 5 grams Fat; 28 grams Carbohydrate; 270 mg Sodium.



## Light Nachos

36 round nacho chips  
1-16 oz can fat free refried beans  
½ package taco seasoning  
½ cup fat free sour cream  
¼ cup low fat shredded cheddar  
optional: salsa, jalapeño peppers

Mix refried beans, taco seasoning and sour cream in a bowl. Spread on chips and lay chips flat on a baking sheet. Sprinkle shredded cheese on chips, top each chip with a jalapeño pepper if desired. Broil chips until cheese is melted. Serve with salsa. Make 9 servings.

**Nutrition Information Per Serving:** 107 Calories; 4 grams Protein; 2 grams Fat; 9 grams Carbohydrate; 367 mg Sodium

## Broccoli Salad

4-5 cups Broccoli flowerettes  
1/2 red onion, sliced  
1/2 cup low fat cheddar cheese, grated  
1/2 lb. bacon, fried and chopped  
1 cup Miracle Whip Free  
2 Tbsp. vinegar  
6 Tbsp. Splenda®

Combine broccoli, onion, cheddar, and bacon. Combine Miracle Whip Free, vinegar, and Splenda in a separate bowl. Mix well and pour over salad broccoli mixture. Refrigerate and serve when chilled. Makes 14 servings.

**Nutrition Information Per Serving:** 65 Calories; 4 grams Protein; 3 grams Fat; 6 grams Carbohydrate; 242 mg Sodium.

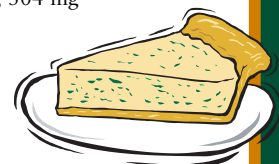
## Breakfast Bake

10 slices light bread  
8 ounces turkey breakfast sausage  
1/2 cup shredded low fat cheddar cheese  
1/2 cup grated Parmesan cheese  
1 1/2 cups egg substitute  
2 cups skim milk  
1 cup salsa

Coat a 13-by-9-by-2-inch baking dish with cooking spray. Cut the crusts off the bread and layer in the pan. Cook the sausage until brown, stirring to break into small lumps. Drain well. Spoon the sausage over the bread. Sprinkle with cheese.

Combine the egg substitute and milk, stirring well. Pour over bread. Cover and refrigerate overnight or until ready to bake. Heat oven to 350 degrees. Bake for 40 to 45 minutes, or until set. Cool slightly before cutting. Serve with salsa on the side. Makes 12 servings.

**Nutrition Information Per Serving:** 125 Calories; 12 grams Protein; 4 grams Fat; 13 grams Carbohydrate; 504 mg Sodium.



# FAMILY MEAL PLANS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Brunch</b> Ham Scrambled Eggs Fresh Fruit Blueberry Muffins*	Crock Pot Chicken* Cooked Carrots Crescent Rolls	<b>Carry Out</b> Rotisserie Chicken Caesar Salad Kit Foco Bread	Tuna Casserole* Sugar Free Gelatin Fresh Fruit Cups	Taco Pie* Carrot and Celery Sticks	<b>Order In</b> Chinese	Lite Nachos* Hummus and Pita* Veggies and Dip Fresh Fruit and Dip
<b>Family Brunch</b> Quiche* Broccoli Salad* Fresh Strawberries	Sweet & Sour Chicken* Rice Vegetables	<b>Carry Out</b> Applebee's	Crock Pot Tenderloin* Dinner Rolls	Lite Fish Sticks Baked Fries Broccoli	<b>Order In</b> Antipasti Salad with extra ham	Steak Salad Crunchy Breadsticks
<b>Family Brunch</b> Breakfast Bake* Summer Salad* Apple Slices	Chicken Quesadilla* Fresh Salsa Fat Free Sour Cream	<b>Carry Out</b> Subway	Crock Pot Roast Beef Mashed Potatoes	Chicken and Salsa Corn Bread	<b>Order In</b> Pizza (lite) Grapes, Apples and Bananas	Shrimp Scampi Angel Hair Pasta Garden Salad
<b>Family Brunch</b> French Toast Canadian Bacon Fruit Smoothies	Chicken Salad* Italian Vegetables Sliced Italian Bread	<b>Carry Out</b> Olive Garden Spaghetti and Salad	Baked Potato Bar with low fat toppings	Crock Pot Pineapple Ginger Pork*	<b>Order In</b> Grilled Chicken Salad	Grilled Chicken Baked Potato Corn on the Cob

\*Recipes on pages 2-3

## 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 all our centers in Michigan, Ohio, Illinois, Pennsylvania, and Arizona. Call us today for more information!



## 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, 2006. This month, thanks to Kathryn W., and Kelly S., and Berni D. for the tips and recipes. Please send comments, ideas, recipes, and "It Worked for Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

## OTHERS CARE. PLEASE SHARE.

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story on the "Share Your Success" section of the Patient website. 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.

# CONSIDERING SURGERY?

**H**aving bariatric surgery is a major life-changing event. Thinking about the support that you will need and getting it lined up ahead of time will ease the transition after surgery. In addition to your family and friends, be sure to ask others at your support group, on the Barix Clinics Store Message Board, through the Barix Buddy system what types of support were most helpful to them after surgery. There's nothing like the help of a friend that's been there.

**Emotional Support**—It is normal to experience a variety of feelings and emotions after surgery. While most patients feel hope, optimism and confidence about the active new life they will build; sometimes there can be feelings of anxiety or irritability. Support and encouragement from friends and family can make a world of difference. Those that really care about you will want you to be healthy and happy. They are usually willing to do whatever they can to help you reach your weight goal. However, they may not know how to best support your efforts. You will need to let them know how they can help.

**Activity Support**—Having an activity partner may be more motivational than going solo. Think about whom you can enlist and get started working out together before surgery if possible. Think about

what type of activities you will do. Check out the local YMCA, health club, community education programs, or other fitness opportunities. If you plan to exercise at home, watch for sales on equipment, exercise videos or small hand weights.

**Food Support**—Start to read labels, looking for the sugar, fat and protein content of foods, while grocery shopping. Ask for the nutrition information at the fast food outlets that you visit and begin to make healthier choices. Get your family and friends on board by trying new sugar free, low calorie options. Clean out your kitchen getting rid of sugar laden foods, and drinks.

**Workplace Support**—Enlist the help of those that you work with to have sugar free treats for workplace celebrations or decorate workstations rather than celebrating with the traditional cake. Petition for healthier food options in the cafeteria and vending areas or refrigerators and microwaves to bring lunches from home.

**Family Support**—In many cases, you will educate your family and friends about bariatric surgery. They will need to know that the surgery is not magic; it is a valuable tool for successful weight loss and maintenance. They can help you to make the healthful lifestyle changes. So many times the entire family improves their healthful habits when one person has bariatric surgery. Your family can look forward to an increased level of energy and sense of confidence. Let your family know about the changes they can expect in your eating and exercise habits and how they can help.

## IT WORKED FOR ME

Submitted by Kathryn W.

There are many small things that you don't think of when you start your weight loss journey. The first few weeks you concentrate on nutrition and watching the pounds fall off. Then comes that day that you realize that all and I mean all of your clothes are way too big. As a professional that is required to wear business attire, it became a daily struggle to put outfits together on a limited budget. My new body was swimming in 3X tops.

One day I was near a Salvation Army store and threw caution to the wind and walked in. Was I in for a shock! Hidden among the racks and racks and racks of color coordinated clothes were gems for just pennies. I have walked out of the store with designer label suits in perfect condition for under \$10.00. Brand new items with the tags still on can be found on every rack. Recently, I presented a paper before more than 200 of my peers dressed in my clothes from my new favorite store; all for \$12.35, two piece suit, designer silk blouse, chain belt and trendy pin. I did have to pay full price for the shoes, even my feet have changed sizes.

The best part is when I am ready for the next size down, which is becoming a monthly event, I just bring back the clothes I bought and donate them. You can find allowable deductions on the web at the IRS.gov site.

You don't have to go broke keeping up with your ever changing wardrobe, just be creative where you purchase items. See you at the Barix Ball in my \$16.00 gown.



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FOR YOU OR A FRIEND  
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or [www.barixinfo.com](http://www.barixinfo.com)**



