

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## Obesity A Review of 2010

The more I learn, the more I realize I don't know. –Albert Einstein

Obesity is a complex issue—not as simple as a balance of calories in and calories out. It seems that the more we learn about the factors that affect weight gain and weight loss, the less we really understand about how to prevent the disease in the first place and then how to treat it once it does occur. As research continues, there is an understanding that this problem is being passed from one generation to the next in increasing numbers and in surprising ways. Genetics, highly processed foods, decreases in activity levels and even sleep patterns are having an impact. Here is what we learned in 2010:

68% of adults in America started 2010 overweight, with a body mass index (BMI) of 25 or higher. 34% had a BMI of 30 or greater, classifying them as obese. As a nation, we are not likely to get thinner anytime soon. Some experts predict that the obesity rate has peaked at its current rate of 34%, while others see a continued climb to 42% of the population.

### Body Mass Index

≤ 18.5	Underweight
18.5-24.9	Normal Weight
25-29.9	Overweight
30-34.9	Obese I
35-39.9	Obese II
40 +	Obese III

By the time a person reaches adulthood, the stage may already be set for obesity. In fact, there is growing evidence that what a mother eats while pregnant has a big impact on her child's lifetime obesity risk. One study found that the genes of children whose mothers ate a high-fat diet (35% of total calories) had altered food intake/appetite-regulating genes—setting the stage for obesity.

Support has been mounted for the theory that inadequate sleep is fueling the obesity epidemic through various metabolic pathways.

Another study found that infants prefer the taste and smell of familiar foods—foods consumed by the mother during

the pregnancy. This change made to the developing brain later affects food choices. Dads are not off the hook here either: their high-fat diets may also cause a change in the child's gene expression, increasing their risk for obesity and diabetes—more reasons for moms and dads to choose a healthy diet. Obese adolescents are 16 times more likely to become severely obese adults. As a family there are at least three things that you can do to help keep your children at a healthy weight.

1. First, sit down together for the evening meal.
2. Second, make sure that children get 10.5 hours of sleep a night.
3. And third, limit TV and video game time to less than 2 hours each weeknight.

These three family routines decrease the risk of childhood obesity from 25% to 14%.

## Poor Sleep

Support has been mounted for the theory that inadequate sleep is fueling the obesity epidemic through various metabolic pathways. It is clear that a lack of sleep impairs glucose tolerance and increases hunger and food intake. On average we sleep 2 hours less than in 1960.

## Addiction

The addictive nature of food and eating in our society was further researched and there were some interesting findings. Imaging studies show that food, like certain drugs, affects the reward centers of our brains. Food can be used in an addictive way to provide pleasure or to numb feelings. Highly processed foods (like sugar) and calorically dense foods (such as a double cheeseburger) may be especially addictive. Complicating this issue further, it was found that food addictions are not all alike.

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An addiction may be to a substance (to a specific type of food) or to a process (to the process of fantasizing about, preparing and eating food). Seek professional help if you suspect a food addiction.

## Late Dinners

Eating dinner late was found to increase appetite, decrease energy expenditure, increase insulin levels and increase blood sugar levels, increasing the risk of weight gain and diabetes.

## Higher Protein

A diet higher in protein and lower in glycemic index (limited sugars and simple carbohydrates) was found to help maintain weight loss. Another study found that starting your day with a high-quality protein source (in contrast to a mostly carbohydrate meal) decreased appetite and overall caloric consumption throughout the day.



## 16oz Water

Drinking 16 oz of water prior to each meal may help shed weight. The mechanism isn't clear—perhaps hydrating your body decreases appetite, there might be less room for food, it might replace a calorie-laden beverage, or water might actually increase metabolism. Everyone needs 64 oz a day; drinking it before meals (wait at least 5 minutes to eat) might just be helpful.

## Brain Power

Once a person is overweight, just cutting back on calories does not result in weight loss, as the body tries to maintain the status quo. Exercise may help to offset the body's response to a lower calorie

intake. There's another bonus to aerobic activity--boosted brain power across all age groups.

## Bariatric Surgery

The safety of bariatric surgery was reinforced by the Michigan Bariatric Surgery Collaborative with a very small percentage of patients experiencing complications. High levels of both hospital and surgeon volume were associated with lower complication rates.

Expanding weight loss surgery may be part of the solution. In December, the US Food and Drug Administration (FDA) recommended that the minimum requirement for the adjustable gastric band (lap band) decrease from a BMI of 40 (or a BMI of 35 with an accompanying diagnosis of hypertension, diabetes, or sleep apnea) to a BMI of 30-35.

At times, it feels like we are losing the obesity battle, but knowledge is power. In 2010, some specific steps were identified which may help to arm us.

## Knowledge is Power

Choose healthy foods especially during child-bearing years, set up healthy routines in your household, get enough sleep, decrease simple carbs and increase high-quality protein especially in the morning hours, eat dinner early, drink more water, exercise, seek out professional counseling if needed for food addictions, and consider weight loss surgery if appropriate. We can put these research findings to use and one person, one family at a time, change the health of our nation.

# Recipes

## Black Bean Burgers

Black bean burgers can be made from scratch or purchased in the freezer section of your local grocery store. High in protein and fiber, these can be a quick and delicious meal option—leave off the bun and add a topping. Here are some ideas to get you started.

### Cilantro Sauce

- 1 cup packed cilantro leaves
- 1 cup nonfat plain Greek yogurt
- 2 Tbsp. lime juice
- 1 teaspoon extra-virgin olive oil
- salt and pepper to taste

*Place all ingredients in a blender and pulse until cilantro is finely chopped and ingredients are evenly combined. Place in bowl, cover and chill. Makes 8 servings.*

**NUTRITION INFORMATION PER SERVING:** 24 calories, 2 grams protein, 2 grams fat, 1 gram carbohydrate, 10 mg sodium.

### Avocado Relish

- 2 tablespoons avocado, finely chopped
- 2 tablespoons tomato, finely chopped
- 2 teaspoons red onion, finely chopped
- 1 teaspoon lime juice
- 1/8 teaspoon crushed red pepper

*In small bowl toss together all ingredients. Spoon over warm black bean burger. Makes 1 serving.*

**NUTRITION INFORMATION PER SERVING:** 33 calories, 0 grams protein, 3 grams fat, 3 grams carbohydrate, 2 mg sodium.

### Southwest Topping

- 2 teaspoons fat-free ranch dressing
- 2 teaspoons salsa
- 2 teaspoons low-fat shredded cheddar cheese
- 1 tablespoon sliced black olives
- 1 tablespoon sliced jalapeno pepper
- chopped lettuce

*Mix together ranch dressing and salsa. Top black bean burger with ranch dressing/salsa mix, shredded cheese, black olives, jalapeno pepper and chopped lettuce. Makes one serving.*

**NUTRITION INFORMATION PER SERVING:** 33 calories, 1 gram protein, 1 gram fat, 4 grams carbohydrate, 548 mg sodium.



We are eating better and saving money.

Start a walking program.

### It Worked for Me

Submitted by Laurie G.

One of my goals was to start to prepare meals at home more often. I picked a few favorite healthy recipes that my family liked, to start with, and then built a monthly menu around them. I am cooking three or four nights a week and we have leftovers on the other nights. We are eating better and saving money.

### Considering Surgery

One of the best things that you can do for yourself before your weight loss surgery is to start a walking program (if you are physically able). You will improve your fitness level, boost your mood, sharpen your thinking, increase your energy level, and initiate a host of other benefits. Start slowly—everyone has different abilities. Build on your current fitness level.



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# 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/share\\_your\\_story.html](http://www.barixclinicsstore.com/share_your_story.html).

What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

# QUESTIONS

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## Featured Product | Matrix<sup>®</sup> Protein Supplement

Matrix is a blend of the highest quality protein concentrates in the industry. It contains a combination of 3 different high-quality proteins: whey protein, micellar casein and egg white protein.

Three protein sources are blended because each protein source has its specific strengths and weaknesses. For instance, egg protein is considered the gold standard protein source. Not only does it perfectly support lean tissue growth and maintenance, but it contains a host of growth factors and micronutrients. The downside is that it is very expensive. Whey protein, on the other hand, has been

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shown to be the fastest metabolized protein source and to have superior immune-stimulating abilities. Casein has been shown to be the slowest metabolized protein source, which makes it superior for providing muscle tissue with amino acids over an extended period of time. Thus, even though ingesting one protein source has many benefits, ultimately the best course of action is to consume several high-quality protein sources in order to minimize the weaknesses and maximize the strengths of each source.



Seven delicious flavors are available in either a 2.0 pound or a 5.0 pound container. Choose from simply vanilla, chocolate, milk chocolate, mint cookie, strawberry, orange cream or cookies and cream. They're specially priced for the month of January.

### 7 Delicious Flavors!

- Simply Vanilla
- Chocolate
- Milk chocolate
- Mint cookie
- Strawberry
- Orange Cream
- Cookies and Cream

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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 January 31, 2011. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).