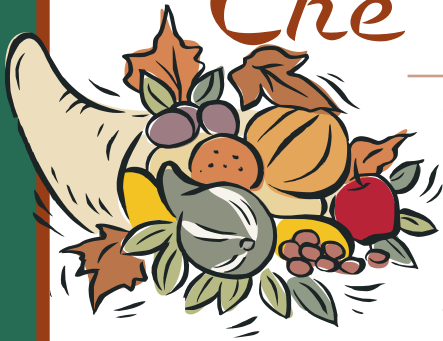


# ON TRACK WITH BARIX

Support to Keep you On Track With a Healthful Lifestyle

## The Bountiful Season



We are wishing you a bountiful holiday season, full of love, grace, peace, health, happiness, and joy. May your heart have a renewed sense of gratitude and your mind, body and spirit a renewed health. This issue is packed with ideas to give yourself the gift of a truly enjoyable holiday season. Before the season gets underway is the perfect time to think about pitfalls of past holiday seasons and plan ahead to stay positive, passionate and committed to yourself and your long term goals.

### HOLIDAY TREATS FOR YOU

- Start each day with a sense of gratitude. The Barix Healthful Tips (website) are devoted to gratitude this month. Check each day for a new quote or print out the entire month and post it in a place so that you refocus to a perspective of gratitude.
- Treat all of your senses, not just your taste buds. Buy some new music or a personal player, stream your favorite station at work or home—just flood your life with uplifting sounds. Turn a room in your house into a peaceful retreat complete with soft lighting, instrumental music and pleasant fragrances.
- Start or participate in an office Secret Santa program. Searching for small gifts to delight a co-worker and the thrill of delivering the gifts without getting caught is truly an uplifting experience.
- Purchase or borrow from the library an inspirational book. If time is at a premium, get a collection of one-page stories, devotionals, or quotes. Consider books on tape or CD to listen to while exercising.

- Take several meditative moments each day to clear your mind and breathe deeply. Finish your meditative moment to refocus on your daily gratitude quote, other inspirational thoughts, or just to count your blessings.
- Make extra time to spend with friends and family.
- Say “no” to projects, gift buying, and commitments that you are not passionate about.
- Buy yourself some sugar free treats. Savor every bite. Feel proud of how you are able to choose a sugar free treat and enjoy it in moderation.
- Indulge in a massage, manicure, pedicure or new hairstyle.
- Think about each person on your list and find the joy in buying small gifts.
- While you are out shopping, pick up small things for yourself that you wouldn't normally buy.
- If holidays are a lonely time for you, volunteer to help out in a homeless shelter, animal shelter, hospital or nursing home; adopt a family in need and provide the material components of the holidays that so many of us take for granted. It is amazing how much you receive when you make the effort to reach out to others.

### Simple Gifts to Give



*A coupon book for your time —*

- Breakfast in bed every Sunday for a month
- 12 lunch dates for the next year
- A massage
- Babysitting vouchers
- A photo album containing pictures of times shared
- A simply framed photo or child's artwork
- A poem
- Concert/sporting event/museum tickets
- Redecorate a child's room as their gift—let them pick out the paint color then go together to pick out accent pieces. Consider a second hand store for a cool vintage lamp, old posters or record covers to hang on the walls. Spending time on the room is the greatest gift of all and maybe they will be encouraged to keep it picked up.



# HEALTHFUL HOLIDAY Habits

**W**atch the calories: make use of the wide variety of reduced-fat dairy products available, such as nonfat sour cream, whipped cream and whipped cream cheese.

**Fluids:** Stay hydrated. You are more likely to drink dehydrating beverages such as alcohol, coffee, tea and sodas. Dehydration can cause you to feel hungry so try to drink at least 6–8 cups of water a day.

**Meal Times:** Don't skip meals; the resulting hunger and low blood sugar can lead to overeating. Don't pass up favorite foods or deprive yourself completely; moderate consumption is the key. Plan meals by keeping in mind the demands you'll have on your schedule that day. Don't skip meals before big holiday meals—keep to your routine by eating three small meals and three snacks. After dinner, go for a long walk!

**Set Up Your Environment for Success:** Don't tempt yourself by keeping trigger foods or comfort foods around the house—increasing the likelihood that you will make poor choices or overeat. If you are staying with family or friends, ask them if you can have a space in the refrigerator and keep foods on hand to snack on like lean deli meats, cottage cheese, nonfat cheese sticks, etc. Have a small snack before you go to a party or holiday dinner. In situations that have been difficult previously, make a plan of action ahead of time—think about what you will eat, how much you will eat, and what you will do if tempted to make poor food choices.

**Celebrations:** Before you leave home, eat something light or drink a protein shake. When you attend holiday festivities, don't station yourself near the buffet table. Make a clear-cut decision to distance yourself from all

goodies. Alcoholic beverages pack on the calories so if you're drinking alcohol, stick to light beer or a champagne spritzer. To satisfy your sweet tooth, find sugar free alternatives. If you are at the mercy of the dinner host, eat modest amounts of the foods offered and fill up on foods with more fiber and fewer calories. Make a small plate and skip the seconds. Be selective at the buffet table and take small samples of other high-calorie foods since most of the time we just want a taste. Take a favorite low fat, no added sugar dish to holiday parties. Focus on the conversations, not the food.

**Emotional Health:** If you find yourself feeling blue, soothe your spirit with a massage, manicure, pedicure, or facial— not food. Enjoy the season, not only the food! Take a meditative moment at least once a day (once an hour works even better) to breathe deeply and clear your mind of all the clutter. Enjoy friends and family. Share laughter, cheer. Celebrate and give thanks. Remember what the season is all about.

**Shopping:** When you shop, eat before you leave home so you won't resort to cookie breaks. Take easy to carry snacks with you such as protein bars, turkey jerky, soy nuts or HandiSnacks® cheese and cracker packs. Many restaurants offer low fat milk if you get in a pinch.

**Keep it in perspective:** Just because it is the holiday season doesn't mean you should give yourself the license to eat everything that passes by. Factor in the little extras into your daily intake.

**Exercise:** Try to exercise or get some physical activity daily. Besides increasing metabolic rate, exercise can reduce depression and anxiety,

which are more commonly experienced during the holiday season. Center entertainment on activities like carol singing, ice skating, roller-skating, swimming, sledding, cutting down your own Christmas tree, making snowmen, having a snowball fight, cross country skiing, bowling, whirly ball or other activities that keep you moving and aren't centered on food. Busy schedules can bump you off your routine, but try to keep as close to your typical schedule as possible.

**Miscellaneous:** Use the 1–10 rating system during holiday meals. Rate each food that is passed on a 1–10 scale – 1, not appealing – 10, WOW, my favorite! **Eat only 9's and 10's. Pass up the rest!**

## Planning for Surgery

**R**ealizing that food will have a different role after surgery—one that is mostly limited to nourishing your body—look for new healthy ways to soothe yourself, reward yourself, and to celebrate. The Solution Program teaches skills that will help you to set limits and nourish yourself internally rather than looking for external solutions. Learning these skills will ease the impact that the abrupt change in food intake may have on your emotions. Many program options are available. You are sure to find one that fits your schedule. To find out more go to [www.thepathway.org](http://www.thepathway.org). It is also important to take the initiative to talk with others who have had the surgery and be sure that your expectations are realistic. A great opportunity to ask open honest questions can be found by clicking on the message board icon at [www.barixclincsstore.com/getconnected.html](http://www.barixclincsstore.com/getconnected.html).



# Create the Holiday of Your Dreams

Take a moment to visualize your “perfect holiday.” Think about how you are feeling. What do you see and smell? Whom are you with? In the book *Unplug the Christmas Machine*, the authors find that most people’s fantasies involve simple gifts, a fire, traditional food, leisurely schedules, music, time spent outdoors, and family activities. To get from fantasy to reality this year, concentrate on downplaying the gift giving aspects and concentrate on meaningful family rituals. Involve your children in the transition. Ask them to visualize their “perfect holiday” and after they mention gifts, move them to think about what else might be included. Ask them to talk about memories of past holidays. What has stuck in their memories? Do they even remember what gifts they received? Do you? Give them realistic expectations about gifts if you are planning to downshift.

Make a list of all of your holiday activities and obligations—don’t censor—just list. Next think about which ones are meaningful and reflect your family’s values. You may decide to tweak some, delete others or add a new one or two. Many people find that the most treasured activities involve family and friends, faith, nature, charity, and music or arts. Here are some traditions that help to make the “perfect holiday” for families. There may be some that you would like to try especially if this is the year that you are determined to transition from frenzied to simplified.

- Schedule extra time off from work if possible during the holidays to avoid the rush and to spend extra time with friends and family.
- Talk with extended families about downsizing gift exchanges. You may want to consider limiting the dollar amount, drawing names or substituting an outing in place of gifts. If there has been a big emphasis on gifts, it may take several years and several downward shifts to truly simplify.
- Drive around and look at Christmas lights with a thermos of hot apple cider.
- Celebrate with casual potluck meals instead of elaborate dinners and parties.
- Spread gatherings out. Meet with one side of the family the week of Christmas and the next one the week of New Years. Celebrate with co-workers the first week of December or the second week of January.
- Spend time with your children baking and decorating traditional cookies and giving them to teachers, neighbors, friends and family members. You may want to add some new sugar free favorite versions.
- Draw upon faith-based rituals.
- Have an extended family sledding outing or hike.
- Volunteering and charitable donations are meaningful ways for many families to express the true meaning of the season.
- Getting together with neighbors to sing carols can bring a closeness and joy to your entire neighborhood.

- Go to holiday productions.
- Have a “white elephant” gift exchange with the entire family. Each person brings a wrapped gift. You may want to put specific rules such as, the gift should be used, or within a certain dollar amount.

Draw numbers to see in what order people will open gifts. The person drawing number 1 opens a gift. The person who drew number 2 then has a turn to choose another wrapped gift or take the first person’s gift (in that case the person drawing number one would choose another wrapped gift and open it). The person who drew number three can open a wrapped gift or choose one of the opened gifts. Everyone continues until all of the gifts are unwrapped.

Claim the peaceful, reflective, grateful nature that the holidays were meant to be. Create the perfect holiday for you and your family based upon the traditions that have been passed down, the new traditions you have started and the values that are important to you.

## 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!

**SUBSCRIBE to *On Track With Barix* at:** [www.barixclinicsstore.com/newsletter.html](http://www.barixclinicsstore.com/newsletter.html)

# Traditional Holiday Fare-Barix Style



## REWARD YOURSELF!

### APPETIZERS

Base appetizers on fresh or roasted vegetables, fruits, lean meats, breads and reduced-fat cheeses. Choose raw vegetable crudité's and fresh fruit with low-calorie dressings instead of cheese spreads or high-calorie dips.

### STUFFING

Bake stuffing in a covered casserole dish, rather than in the turkey where it absorbs a lot of fat. Sauté onions and celery with 1 tablespoon of butter or margarine and then use chicken or turkey broth for additional moisture.

### TURKEY

Roast the turkey on a rack so the fat drips away from the bird. Eat the white meat without skin.

### GRAVY

Use a fat separator for the roasting pan juices and skim off all fat before making the gravy or place the dripping in the freezer for a few minutes and as the fat rises to the top, you can skim it off. Use a dry package of turkey gravy mix for added flavor and thickening.

### DESSERTS

This is a great time to try out some new sugar free versions of your family's traditional favorites. Don't risk spending your holidays dumping.

### POTATOES

Mash the potatoes with chicken broth and canned, evaporated, skim milk. The evaporated milk has twice as much protein as regular milk and gives potatoes a delicious creamy texture. Hold the butter — no one will notice!

### VEGETABLES

Use pineapple and/or orange juice thickened with cornstarch as a glaze for carrots or

sweet potatoes. Try adding a pinch of pumpkin pie spice to the glaze. Sprinkle hot vegetables with dill for flavor instead of butter. Use low fat canned cream soup in the traditional green bean casserole.

"Thou that has given  
so much to me,  
Give one thing more—  
a grateful heart;  
Not thankful when it pleases me,  
As if Thy blessings had  
spare days;  
But such a heart, whose pulse  
may be Thy praise."

~George Herbert~



## IT WORKED FOR ME

I found that having holiday cookies and candies in the house is too great of a temptation for me. Instead of baking at home, I take the kids to grandma's house for an afternoon of baking and decorating. Then we package up the cookies and candy for teacher's gifts. For us it's a win-win situation; we get to experience the holiday tradition of baking and the holiday tradition of giving. The best part is the remaining cookies stay at grandma's house.

~Submitted by Dani H.

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 November 31, 2006. This month, thanks to Dani H. for the tips. 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 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.

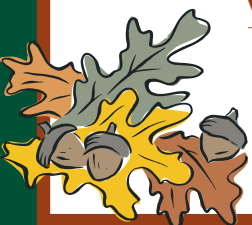
## REQUEST A FREE BROCHURE FOR YOU OR A FRIEND

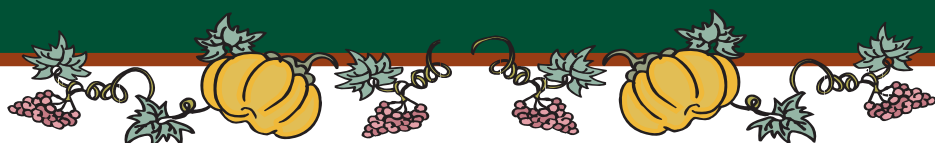
at 800-282-0066,  
or [www.barixinfo.com](http://www.barixinfo.com)



## QUESTIONS? ABOUT FINANCING YOUR SURGERY...

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





# HOLIDAY RECIPES

## BARIX HOLIDAY EGGNOG

- 1 scoop Matrix 5.0™ Simply Vanilla
- 1 cup skim milk
- ¼ cup liquid egg substitute
- 1 Tbsp. Instant vanilla pudding, sugar free
- ¼ tsp. Vanilla extract
- nutmeg or cinnamon sprinkled on top if desired.

Blend all ingredients together until well mixed. Drink right away or chill up to 10 hours, stir well and drink. Makes one serving.

### NUTRITION INFORMATION PER SERVING:

248 calories; 37 grams protein; 3 grams fat; 18 grams carbohydrate; 531 mg sodium.

## GELATIN DELIGHT

- .03 oz. pkg. sugar-free pineapple gelatin (4 serving size)
- 2 - .03 oz. pkg. sugar-free orange gelatin (4 serving size)
- 2 cups boiling water
- 15 oz. can crushed pineapple, packed in water or pineapple juice
- 8 oz. fat-free cream cheese, softened
- 2 ½ cups skim milk
- 3 oz. instant, vanilla pudding mix, no added sugar
- 8 oz. Cool Whip Lite®

Combine pineapple and orange gelatin with 2 cups boiling water. Stir to dissolve and add crushed pineapple, including juice. Set aside. Combine softened cream cheese, milk, and pudding mix. Beat until smooth and thickened. Stir in gelatin mixture. Pour mixture into a glass dish & chill overnight.

Spread Cool Whip Lite evenly on top before serving. Makes 20 servings ½ cup servings.

### NUTRITION INFORMATION PER SERVING:

75 calories; 4 grams protein; 0 grams fat; 13 grams carbohydrate; 305 mg sodium.

## PUMPKIN MOUSSE



- 1 pkg. instant vanilla pudding, sugar free (6 serving size)
- 3 cups skim milk
- ½ cup pumpkin, solid packed

- 1 tsp. pumpkin pie spice
- ½ cup Cool Whip Lite®
- 1 cup plain yogurt
- 1 tsp. vanilla extract

Mix pudding and skim milk with wire whisk or mixer for 2 minutes. Fold in remaining ingredients. Spoon into cups or stemmed glasses.

Garnish with a sprinkle of cinnamon and a dollop of Cool Whip Lite. Makes six servings.

### NUTRITION INFORMATION PER SERVING:

106 calories, 7 grams protein, 1 gram fat and 207 mg sodium.

## RED PEPPER HUMMUS



- 1 tablespoon extra virgin olive oil
- 2 tablespoons fresh lemon juice
- ½ teaspoon apple cider vinegar
- ½ teaspoon salt
- ½ teaspoon cumin
- 2 tablespoons Splenda®
- 1 can (19 oz) garbanzo beans (chick peas), drained
- 2 cups red bell pepper, chopped
- olive oil flavored cooking spray

Spray non-stick sauté pan with olive oil spray. Sauté red peppers for 4–5 minutes. Place all ingredients in food processor. Puree for 1 minute, scrape the sides and continue to puree until smooth. Refrigerate. Serve with wedges of pita bread or fresh cut vegetables. Makes 15 servings.

### NUTRITION INFORMATION PER SERVING:

58 calories, 2 grams protein, 1 gram fat, 10 grams carbohydrate.

## PUMPKIN PIE

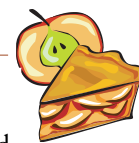
- 1 prepared pie crust
- 1 can (15 oz) pumpkin, solid packed
- ¾ cup Splenda®
- 2 tablespoons cornstarch
- ½ teaspoon cinnamon
- 1 ½ teaspoons pumpkin pie spice
- 1/8 teaspoon salt
- ½ cup fat free half-and-half
- ½ cup egg substitute
- 3 tablespoons heavy cream
- 1 tablespoon vanilla

Preheat oven to 400°F. Blend pumpkin, Splenda, cornstarch, spices, and salt in a medium bowl. Mix until all ingredients are well blended. Add remaining ingredients and mix well. Pour into prepared piecrust. Bake for 35–40 minutes or until set in the center and the crust is golden brown. Makes 8 servings.

### NUTRITION INFORMATION PER SERVING:

188 calories, 5 grams protein, 10 grams fat, 19 grams carbohydrate, 327 mg sodium.

## APPLE PIE



- 1 prepared double pie crust
- 7 cups baking apples, cored, peeled and sliced thin
- 1 cup Splenda®
- 3 tablespoons cornstarch
- ¾ teaspoons cinnamon
- ¼ teaspoon nutmeg
- 1/8 teaspoon salt

Preheat oven to 425° F. Place one crust in a 9-inch pie pan. Place sliced apples in a large mixing bowl and set aside. Combine Splenda, cornstarch, cinnamon, nutmeg and salt in a small bowl. Sprinkle mixture over apples and toss. Spoon apple mixture into piecrust. Place the second pie crust over the filling. Seal edges, trim and flute. Make small openings in the top crust. Bake for 40–50 minutes or until the top crust is golden. Makes 8 servings.

### NUTRITION INFORMATION PER SERVING:

304 calories, 3 grams protein, 15 grams fat, 40 grams carbohydrate, 270 mg sodium.