

ON TRACK WITH BARIX

Support to Keep you On Track With a Healthful Lifestyle

Nutrition Facts		
Serving Size 1 cup (238 g)		
Serving Per Container 2		
Amount Per Serving		
Calories 100	Calories from Fat 100	
	% Daily Value	
Total Fat 12 g	20%	
Saturated Fat 5 g	25%	
Trans Fat 7 g	10%	
Cholesterol 30 mg	20%	
Sodium 600 mg	10%	
Total Carbohydrates 21 g	0%	
Dietary Fiber 0 g		
Sugars 2 g		
Protein 5 g		
Vitamin C 2%		
Vitamin A 4%		
Iron 4%		
Calcium 15%		
*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	30g	375g
Dietary Fiber	25g	30g

FAT FACTS

WHAT'S THE LATEST SKINNY ON FAT?

Fat is one of the three macro-nutrients necessary in a healthy diet. Fat in the diet is important for energy; providing adipose tissue to insulate the body and cushion the organs; transporting the fat soluble vitamins of A, D, E, and K; increasing satiety and stabilizing post meal blood sugar levels, improving the taste of many foods and is the building block for many necessary substances in the body. So we know that we need dietary fat to be healthy, but how much and which kind is best?

As we continue to see more and more research into the health effects of our food choices in this fast paced world, some traditional views are being challenged. In fact, a study released this year, which involved almost 49,000 women, found that a diet lower in total fat does not protect against colon cancer, breast cancer, heart disease or strokes. Many health professionals have moved from the idea that decreasing total fat is the right approach to helping people choose the right types of fat in the hopes that it will improve their health.

With all of the confusing and often contradictory news that we hear, it might be easy to throw up your arms and decide to eat whatever you want, however, the evidence is still there that our food choices can positively or negatively affect our health. Test your fat knowledge below, brush up on your fat terminology, take fresh look at the **Nutrition Facts** label, and read the science-based recommendations from leading health organizations. Then head out to the grocery store, restaurant or company cafeteria armed with the latest knowledge regarding fat.

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FAT TERMINOLOGY

Fatty acids: the basic building blocks of lipids.

Essential fatty acids (EFAs): must be included in the diet and include linoleic acid and linolenic acid.

Saturated fatty acids: typically solid at room temperature, many saturated fats increase blood cholesterol levels. Butter, palm kernel and coconut oils are high in saturated fatty acids.

Hydrogenated oils: hydrogen molecules are added to unsaturated fats to increase stability. Hydrogenation changes a liquid fatty acid into a solid at room temperature. Margarine often contain high levels of hydrogenation fatty acids.

Monounsaturated and polyunsaturated fatty acids: a liquid fatty acid that has one double bond. Olive, canola, safflower, and peanut oils are examples of unsaturated fats. They may improve blood cholesterol levels when substituted for saturated or trans fatty acids.

Trans fatty acids: formed when unsaturated oils are made into solids by the process of hydrogenation.

Cholesterol: a type of lipid that is found only in animal food sources (not in plant food sources) and is produced in the body by the liver.

Omega-3 fatty acids: technically, fatty acids are classified as omega-3 fatty

acids if the first double bond is found on the third carbon molecule. The oils found in fish are often high in omega-3 fatty acids. Omega-3 fatty acids lower blood cholesterol levels, and decrease the risk of atherosclerosis. Important omega-3 fatty acids are EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and linolenic acid.

Omega-6 fatty acids: must be obtained from the diet. Include linoleic acid, arachidonic acid and GLA (gamma linolenic acid).

Lipids: organic (carbon containing) substances that will not dissolve in water.

TEST YOUR **FAT** KNOWLEDGE

- Most of your blood cholesterol comes from:**
 - Your food intake
 - Your pancreas
 - Your liver
 - Your intestine
- Which food from McDonalds contains the highest amount (grams) of saturated fat?**
 - Hamburger (Happy Meal size)
 - Medium French Fries
 - Grilled Chicken Sandwich
 - California Cobb Salad without dressing
- The American Heart Association recommends that you limit daily intake of saturated fat to:**
 - Less than 7–10% of calories
 - 10 grams or less
 - 20–35% of calories
- How are trans fatty acids harmful to the body?**
 - They raise LDL (bad) cholesterol levels
 - They lower HDL (good) cholesterol levels
 - Both A and B
 - Neither A or B
- Omega-3 fatty acids are found most often in which types of foods:**
 - Baked goods
 - Red meats
 - Fish
 - Higher fat dairy products
- Omega-3 fatty acids tend to:**
 - Raise blood cholesterol levels
 - Lower blood cholesterol levels
 - Raise blood levels of triglycerides
 - Raise blood levels of insulin
- You do not need to obtain fat from your diet if you have excess storage of fat on your body:**
 - True
 - False
- Choosing a diet low in total fat will reduce your risk of cancer, heart disease and strokes:**
 - True
 - False
- Cholesterol is:**
 - Found only in animal sources
 - Found in olive oil
 - Found in French fries
 - All of the above
- I know my HDL, LDL and triglyceride levels and know what I need to do to keep them in the low-risk range:**
 - True
 - False

ANSWERS:

- C**, your liver. Your liver produces about 1000 mg of cholesterol a day, which is the amount that your body needs. You should consume less than 300 mg a day from your diet.
- D**, the California Cobb Salad even without any salad dressing tops the saturated fat list with 5 grams of saturated fat. It also contains 280 calories and 11 grams of total fat. Add the Newman's Own® Cobb Dressing and you will add 120 additional calories and 9 grams of total fat (1.5 grams saturated). The Hamburger has 260 calories, 9 grams of total fat and 3.5 grams of saturated fat. The Grilled Chicken Sandwich has 420 calories, a whopping 20 grams of fat (4 grams saturated fat). If you simply ask for it without the mayo, you will reduce the calories to 370 and the total fat to 4.5 grams (1 gram saturated fat). The French fries weigh in at 380 calories and 20 grams of total fat. Almost half of the fat is in the form of artery clogging saturated (4 grams) or trans fat (5 grams)-anything but healthy fare.
- A**, 10 grams or less if you do not have heart disease and 7 grams or less if you have heart disease.
- C**, Trans fatty acids tend to raise LDL cholesterol and lower HDL cholesterol increasing the risk for heart disease and stroke.
- C**, fish is a good source for the heart protecting omega-3 fatty acids.
- B**, omega-3 fatty acids have the heart-protecting tendency to lower serum cholesterol levels.
- False**, your body needs dietary intake of essential fatty acids to function properly.
- True**. The evidence seemed pretty strong to suggest that a lower fat diet may help to reduce the risk of certain types of cancer, heart disease and strokes, although a recent large study just released contradicts this. Many professionals are looking at the types of fat in the diet, not just the total amount of fat. With fat providing 9 calories per gram, over twice the amount of carbohydrates (4 calories per gram) and protein (4 calories per gram), it makes sense to limit total fat and choose mostly fats high in polyunsaturated, monounsaturated and omega-3 fatty acids and limit saturated fats and trans fats.
- A**, cholesterol is found only in animal sources. Saturated fats and trans fats (from plant or animal sources) contributed to a higher blood cholesterol level, but cholesterol itself is only found in animal sources.
- If you answered **True**, great! You are on the right track to taking ownership of your body's health. Make sure that you are eating right and exercising consistently. If you answered **False**, check with your physician or nutritionist for your latest lab values. Keep a record of how they change over time. Weight loss following bariatric surgery eventually reduces most cholesterol and triglyceride levels to within a healthy range.

KEY RECOMMENDATIONS from the Dietary Guidelines for Americans 2005

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.

THE AMERICAN HEART ASSOCIATION RECOMMENDS:

- Total calories should be adjusted to reach and maintain a healthy weight.
- Saturated fat intake should be 7 to 10 percent of calories (or even less).
- Polyunsaturated fat intake should be up to 10 percent of calories.
- Monounsaturated fat can make up to 15 percent of total calories.
- Total fat intake should be adjusted to caloric needs. Overweight people should consume no more than 30 percent of total calories from fat.
- Cholesterol intake should be less than 300 milligrams per day in people without heart disease and less than 200 mg daily for those with heart disease.
- Sodium intake should be less than 2,300 milligrams per day, which is about 1 teaspoon of sodium chloride (salt).



WHICH IS A BETTER CHOICE ... BUTTER OR MARGARINE?

Reports of the harmful effects of trans fatty acids in our



diets leaves us with the dilemma of choosing margarine or butter. Because butter is rich in both saturated fat and cholesterol, it's a food with a high potential of causing arteries to be blocked. Most margarine is made from vegetable fat and provides no dietary cholesterol. The more liquid the margarine, such as, tub or liquid forms, the less hydrogenated it is and the less trans fatty acids contains. The best bet is spray margarine.

The American Heart Association provides these tips on their website to reduce your intake of trans fatty acids:

- Use naturally occurring, unhydrogenated oil such as canola or olive oil when possible.
- Look for processed foods made with unhydrogenated oil rather than hydrogenated or saturated fat.
- Use margarine as a substitute for butter, and choose soft margarines (liquid or tub varieties) over harder stick forms. Shop for margarine with no more than 2 grams of saturated fat per tablespoon and with liquid vegetable oil as the first ingredient. Look for those labeled "trans-fat free."
- French fries, doughnuts, cookies and crackers are examples of foods that are high in TFA. Consume them infrequently.
- Limit the saturated fat in your diet. If you don't eat a lot of saturated fat, you won't be consuming a lot of TFA.
- Eat commercially fried foods and commercial baked goods infrequently. Not only are these foods very high in fat, but that fat is also likely to be very hydrogenated, meaning a lot of TFA.
- Commercial shortening and deep-frying fats will continue to be made by hydrogenation and will contain

IT WORKED FOR ME!

Exercise has always been a problem for me and when I had my surgery I walked with a cane because my knees would collapse on me without warning. I knew that I wasn't going to be able to do much exercise when I started, so after losing 35 pounds by my 3 month mark I decided I had to begin exercising.

I started off slowly; in fact the first day I rode a recumbent bike for all of 10 minutes! But I went back the next day and did 5 minutes more. I continued this pattern until I had worked up to 30–45 minutes each day and then started adding resistance and resistance training. Now I walk a minimum of 3 miles every day plus my workout. And if I'm having a really rough day of it, I keep telling myself that I can do just five more minutes, and guess what? It's not long and I have met my goal for the day!

BTW: I have not finished losing weight but exercise has helped me lose 160 pounds so far. So this is still a daily part of my life, and I already know that it will be for the rest of my life too! **JUST DO IT!**

—Submitted by Wendy H.



Hot Cocoa

Submitted by Kelly S.

1 cup nonfat dry milk
½ cup nondairy dry creamer
(flavored and sweetened with Splenda®)

2/3 cup dutch cocoa powder
2/3 cup Splenda

Place the nonfat dry milk in the food processor or blender and process on high for 30 seconds or until very fine. Mix all ingredients together. Store at room temperature in an air tight container. Mix 3 Tablespoons with 6 oz hot water. Makes seven servings.

NUTRITION INFORMATION PER SERVING: 112 calories, 8 grams protein, 2 grams total fat, 2 grams saturated fat, 14 grams carbohydrate, 105 mg sodium.

Café Mocha Mix

Submitted by Kelly S.

2/3 cup Splenda®
½ cup instant coffee
(regular or decaffeinated)
½ cup nonfat dry milk

½ cup dry nondairy creamer
(flavored and sweetened with Splenda)
1/3 cup Dutch cocoa powder
½ teaspoon cinnamon

Place the nonfat dry milk in the food processor or blender and process on high for 30 seconds or until very fine. Mix all ingredients together. Store at room temperature in an air tight container. Mix 3 Tablespoons with 6 oz hot water. Makes six servings.

NUTRITION INFORMATION PER SERVING: 75 calories, 5 grams protein, 2 grams total fat, 1.5 grams saturated fat, 9 grams carbohydrate, 66 mg sodium.



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 all our centers in Michigan, Ohio, Illinois, Pennsylvania, and Arizona.

“Success is never final and failure never fatal. It's courage that counts.”

~George F. Tilton

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 March 31, 2006. This month, thanks to Wendy H., and Kelly S. 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.

PLANNING For Surgery

If you are considering bariatric surgery to reach your weight loss goals, it is important to get your body in the best shape that you can prior to surgery. This will help to decrease fatty stores, improve your recovery time, and help you begin healthful habits for a lifetime. Work with your family physician to find a safe plan individualized for your specific needs. *Your pre-bariatric plan should include:*

- A multi vitamin and mineral supplement daily. You choose the brand that fits your needs best.
 - Regular exercise. Get in the best shape that you can for your current weight and health limitations. Walk or find another activity that you enjoy. After surgery, many find an abundance of energy, which can move your activity program into an even higher level. Regular exercise is essential to good health before and after surgery.
 - Eat right. Going on an all-out-eating-binge between your consultation and surgery is not in your best interest. Gaining weight increases the fat stores, which can make the surgery more difficult. It can also increase blood sugar and cholesterol levels, putting your good health at greater risk. Follow a well-balanced diet rich in fruits and vegetables and low in added sugars and fats.
 - If you smoke, stop as soon as possible. You must stop smoking 6 weeks prior to surgery or your surgery will be cancelled, but stopping sooner has great health benefits.
- The Barix Nutritionists look forward to meeting with you at your pre-admission testing—usually about a week before your surgery. If you have any questions or need additional guidance prior to that time, please contact me at dhart@foresthealth.com.

NUTRITION FACTS LABEL

The Nutrition Facts labels provide us with more information than ever. In addition to the amount of fat, the label provides information about saturated fat, trans fat, cholesterol and % **Daily Value**, which can help you to make informed decisions about the foods that you choose. In this example, the total fat is listed as 13 grams and is 20% of the Daily Value. The **Daily Value** for total fat is 65 grams a day. This is based upon 30% of the calories in a 2,000-calorie diet and is an upper limit, meaning no more than 65 grams of fat per day.

Under the **Total Fat** are subcategories of **Saturated Fat** and **Trans Fat**. As of January 2006, food manufacturers are required to include trans fat on the Nutrition Facts label. The Daily Value for saturated fat is no more than 20 grams per day and there is no established Daily Value for trans fat. You can also calculate the amount of unsaturated fat (polyunsaturated and monounsaturated) by subtracting the amount of saturated fat from the total fat. The number you are left with is the unsaturated fat. Cholesterol is also listed. The upper limit of dietary cholesterol in the Daily Value is 300 mg.

Most health experts agree that you should limit the saturated fat, trans fat and cholesterol level as much as possible for the healthiest diet. The Barix Clinics' fat gram range (listed on the front page of your Guide to Good Health) is based upon 15–20% of your individual caloric needs and is a healthy level of dietary fat to strive for.

Nutrition Facts

Serving Size 1 cup (228 g)
Serving Per Container 2

Amount Per Serving		% Daily Value	
Calories 280		Calories from Fat 120	
Total Fat 13 g			20%
Saturated Fat 5 g			25%
Trans Fat 2 g			
Cholesterol 30 mg			10%
Sodium 660 mg			28%
Total Carbohydrates 31 g			10%
Dietary Fiber 0 g			0%
Sugars 5 g			
Protein 5 g			
Vitamin A 4%		Vitamin C 2%	
Calcium 15%		Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



BARIX CLINICS STORE OPENS MARCH 1st!

If you would like to sign up to receive the *On Track with Barix* newsletter delivered to your email box monthly, purchase protein supplements online, get nutrition information, be inspired with daily tips or try some new recipes using your favorite protein supplement, then visit us at www.barixclinicsstore.com. The first 100 orders will receive a free protein sample pack.

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.

JUST DO IT! “Bite off more than you can chew, then chew it. Plan more than you can do, Then do it. Point your arrow at a star, take your aim, and there you are. Arrange more time than you can spare, then spare it. Take on more than you can bear, then bear it. Plan your castle in the air, then build a ship to take you there.”

REQUEST A FREE BROCHURE FOR YOU OR A FRIEND at 800-282-0066, or www.barixinfo.com

QUESTIONS ABOUT FINANCING YOUR SURGERY? Call a **Barix Patient Service Representative** at 800-282-0066.

