

ON TRACK WITH BARIX

Support to Keep you On Track With a Healthful Lifestyle

PROTEIN



FOR A HEALTHY WEIGHT LOSS

Protein is the building block for muscles and used by the body in many ways from hormones and enzymes to hair and nails. Protein requirements are increased after gastric bypass surgery due to the rapid weight loss phase that follows. Patients having LapBand surgery will not require as high of a protein goal, because the weight loss is typically at a slower pace. Your Barix Nutritionist will provide you with an individual protein goal. By consuming adequate protein and engaging in regular exercise, more fat is lost and more muscle tissue spared, resulting in a healthier weight loss.

Protein is found easily in food sources. Complete proteins (those that contain all essential amino acids) are found in the meat, fish and poultry food group and the dairy food group. After bariatric surgery, when portion size is greatly reduced, protein supplements or protein bars can provide a concentrated source of protein, helpful in meeting protein goals.

Eighteen months after gastric bypass surgery, protein needs return to pre-surgery levels. At that time, 45–55 grams of complete protein daily is adequate for women and 60–70

grams for men. On the other hand, consuming excessive protein is not beneficial and any excess calories will be stored in the form of fat.

TIPS FOR INCREASING PROTEIN

- Eat six small meals which contain foods that are a good source of protein
- Melt low-fat cheese on sandwiches, vegetables or eggs
- Grate and add low-fat cheese to soups sauces, or salads
- Mix cottage cheese with fruit
- Use skim milk in beverages and in cooking
- Add chopped low-fat meats to salads, omelets and baked potatoes
- Add chopped hard boiled eggs to salads or sprinkle on a little salt and eat them alone

USING PROTEIN SUPPLEMENTS

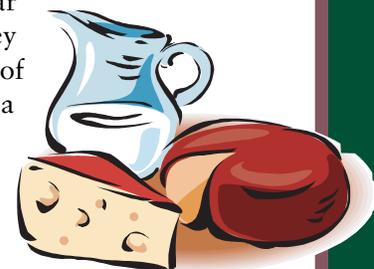
If you are having a hard time meeting your protein goal, you may benefit from the concentrated protein source found in a protein supplement. The taste and dissolvability of protein supplements have come a long way. They are available in liquid or powdered form in flavors ranging from the traditional chocolate or vanilla to fun fruit flavors or even

those that are barely detectable in your favorite food or drink. Using a little creativity, you can whip up a frozen fruit treat, a creamy shake, or relax with a cup of hot cocoa—all brimming with protein.

Recipes can be found in the Barix Guide to Good Health or online at www.barixclinicsstore.com/recipe_main.html.

Avoid the pitfall of making your protein drink into a high calorie supplement. Use light juices, sugar free powered drink mixes, skim milk, or water to make your drink. Limit peanut butter, regular juices, 2% or whole milk.

Protein bars can also make a great high protein snack. They are easy to carry with you or keep in your purse or car when healthy food choices are not available. In general choose bars that have less than 2 grams of added sugar, have 200 calories or less (or eat ½ at a time) and do not have an excess of sugar alcohol. They should also of course be a good source of protein.



VEGETARIAN PROTEIN CHOICES



Protein intake is important for a healthy weight loss and overall optimal health. Special care must be taken when animal protein sources are eliminated from the diet. A vegetarian diet can be adequate with good planning. There are several different types of vegetarians. Some omit meat, fish and poultry from their diets, but continue to consume eggs, cheese, yogurt and milk. Other vegetarians choose to consume food only from plant sources.

Most plant sources do not contain complete proteins. That means that they do not contain all of the essential amino acids needed to build new proteins in

your body. Vegetarians can create high-quality complete proteins by combining plant products.

Complete proteins are provided when the following food combinations are made:

- Grains combined with legumes or dairy products
- Legumes combined with seeds or grains
- Seeds combined with legumes

GRAINS

- Barley
- Bulger
- Cornmeal
- Oats
- Rice
- Pasta
- Whole Grain Breads

LEGUMES

- Beans
- Peas
- Lentils
- Peanuts
- Soy Products

SEEDS/NUTS

- Sesame Seeds
- Cashews
- Nut butters
- Other nuts

A peanut butter sandwich provides complete protein due to the combination of the peanuts (a legume) and the bread (a grain). The beans and tortilla in a bean burrito combine to provide complete proteins to your body as well.

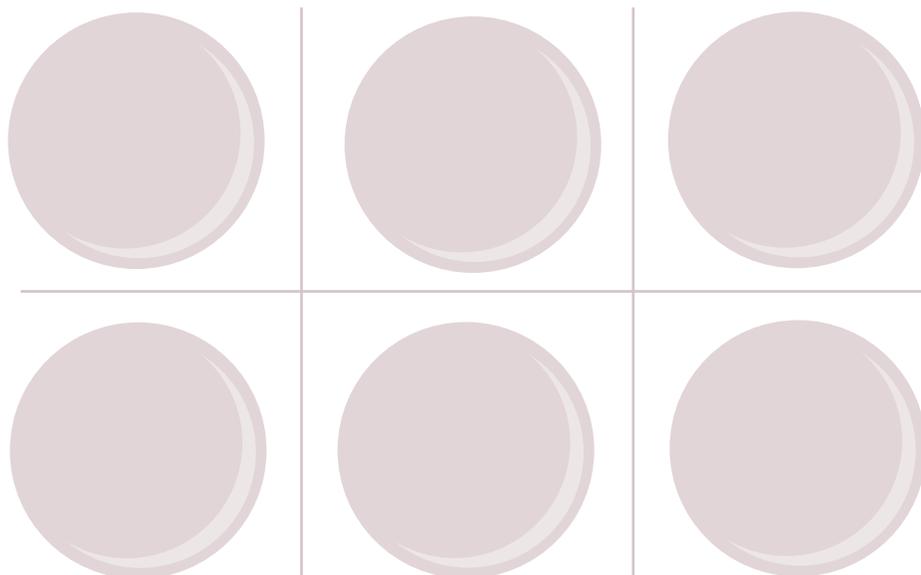
PROTEIN CONTENT OF FOODS AND BEVERAGES

FOOD/BEVERAGE	SERVING SIZE	PROTEIN CONTENT
DAIRY PRODUCTS		
Evaporated skim milk	1 cup	19 grams
Cottage Cheese	½ cup	14 grams
Yogurt	1 cup	9–10 grams
Cheddar Cheese, Shredded	¼ cup	9 grams
Low fat milk	1 cup	8 grams
Buttermilk	1 cup	8 grams
Mozzarella Cheese	1 oz	6 grams
Fat Free American Cheese	1 slice	6 grams
Egg, medium size	1 egg	6 grams
Egg substitute	¼ cup	6 grams
Egg, white only	1 egg	3 grams
No-added-sugar frozen yogurt	½ cup	2–3 grams
Nonfat dry milk	1 Tbsp	1.5 grams
MEAT/FISH/POULTRY		
Tuna, packed in water	3 oz	30 grams
Chicken, roasted	3 oz	27 grams
Turkey, roasted	3 oz	25 grams
Sirloin steak	3 oz	24 grams
Liver, beef	3 oz	23 grams
Hamburger, lean	3 oz	21 grams
Ham	3 oz	21 grams

MEAT/FISH/POULTRY CONT.		
Roast, pork	3 oz	21 grams
Shrimp, boiled	3 oz	21 grams
Roast, beef	3 oz	19 grams
Fish, baked	3 oz	17–21 grams
Clams, canned	3 oz	13 grams
Hot dog, fat free	1 oz	9 grams
VEGETABLES		
Fat-free refried beans	½ cup	9 grams
Tofu	½ cup	9 grams
Chickpeas	½ cup	8 grams
Black beans, cooked	½ cup	7 grams
Lima beans	½ cup	5 grams
Baked potato, no skin	1 small potato	3 grams
Mashed potato	½ cup	2 grams
MISCELLANEOUS		
Chili	1 cup	19 grams
Spaghetti with meat sauce	1 cup	9 grams
Taco	1 taco	9 grams
Low fat cream soup	1 cup	6–9 grams
Chicken noodle soup	1 cup	4 grams

PLATES OF PROTEIN EXERCISE

Just for fun, test your protein knowledge. Choose from the foods and beverages at right to create six small meals that together provide a minimum of 75 grams of protein. Write your choices on the plates and then check to your protein knowledge. The protein content of the food and beverage selections can be found on page 4. Add up the protein content in the foods you chose and see if you met the 75-gram goal.



Cottage Cheese	1/2 cup
Milk, skim	1 cup
Strawberries, fresh	1/2 cup
Oatmeal	1/2 cup
Fried egg	1 large
Toast	1 slice
McDonald's hamburger	
Yogurt	1/2 cup
Wheat Thins	4 crackers
Cheese	1 oz
Chicken	3 oz
Tuna	1/4 cup
Salad	1 cup
Grilled peppers	1/4 cup
Wendy's chili	small
Apple	small
Sugar free ice cream	1/2 cup
A small Caesar salad with 1/2 chicken breast	
A fudgesicle	
Sugar free pudding	1/2 cup
Popcorn	1 cup
Apple juice	6 oz
Pretels	1 cup
Omelet-2 egg, 1/4 cup ham, 1/4 cup cheese	
1 scoop of Nectar Protein with water	
Sugar free hot cocoa made with skim milk	

NUTRITION NIBBLER



Emotional eating information can be found at www.webmd.com.

"Emotional eating is eating for reasons other than hunger," says Jane Jakubczak, a registered dietitian at the University of Maryland. "Instead of the physical symptom of hunger initiating the eating, an emotion triggers the eating." "If you eat when you are not hungry, chances are your body does not need the calories," says Jakubczak.

"If this happens too often, the extra calories get stored as fat, and too much fat storage can cause one to be overweight, which may present some health risks."

According to an interview with Jakubczak on the University of Maryland web site, 75% of overeating is caused by emotions, so dealing with emotions appropriately is important.

"The first thing one needs to do to overcome emotional eating is to recognize it," says Jakubczak. "Keeping a food record and ranking your hunger from 1-10 each time you put something in your mouth will bring to light 'if' and 'when' you are eating for reasons other than hunger."

IT WORKED FOR ME

Sometimes I get down because I don't see a weight loss for a long time, and my discouragement level builds. I want to eat anything and everything; a.k.a. emotional eating. When I get this bad, I go to my closet and take out the size 6X dress and pants that I wore before I had my surgery. I put them on and look in the mirror. At that point, I have a visual to help me remember just how far I have already come and that it takes just a little more will power and stick-to-itiveness to keep on going. Looking at those old HUGE clothes makes me all the more determined to keep on even if I'm not losing pounds. I see the old clothes as the unhealthy Wendy and the new me as the healthy person with good habits. The HUGE clothes serve as a "little" reminder.

—Submitted by Wendy H.

Orange Finger Cake Dessert

Submitted by Sharon K.

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|--|--------------------------------------|
| 1 package (4 serving size) sugar free gelatin | 1 tsp. orange flavoring, if desired. |
| 6 Tastykake Sensables™ Orange Finger Cakes | 1 cup Cool Whip Sugar Free |
| 1 package (4 serving size) vanilla pudding, no added sugar | ½ orange, sliced thin |
| 2 cups skim milk | |

Boil 1 cup of water and dissolve sugar free gelatin. Place Orange Finger Cakes in a baking dish, poke holes in them and pour the gelatin over. Place in refrigerator to set for 1 hour. After the gelatin has set, mix vanilla pudding mix with 2 cups of skim milk according to package directions. Add orange flavoring if desired. Spread pudding mixture over cakes. Top with dollops of cool whip and orange slices for garnish. For variety, use lemon gelatin, lemon flavoring and lemon slices with Tastykake Lemon Poppy Finger Cakes. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 179 Calories, 8 grams Protein, 9 grams Fat, 25 grams Carbohydrates, 409 mg Sodium.

WHAT'S NEW?



Tastykakes has a line of sugar free products they call Sensables™. They come in Orange Finger Cakes, Chocolate Chip Finger Cakes, Lemon Poppy Finger Cakes, Chocolate Chip Cookie Bars, Chocolate Chocolate Chip Cooke Bars, and Chunky Peanut Butter Cookie Bars. Sweetened with both sugar alcohol and Splenda, these single serving treats make a great occasional treat. Calories range from 100–150 per serving, with 7–9 grams of fat, 2–4 grams of protein and 3–11 grams of sugar alcohol. If you want to order them online, you can find them at <https://www.tastykake.com/ProductBrowse.aspx>. Check out the great idea that Sharon K. came up with to dress them up and serve them to guests in the recipe section.

Protein Popsicles

Submitted by Donna S.

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|---|---|
| 1 package (4 serving size) sugar free gelatin | 2 cups boiling water |
| 1 package Kool-Aid (without sugar or sweetener added) | 2 cups cold water |
| 1 cup Splenda | 2 scoops Nectar Protein (flavor of your choice) |



Add gelatin to boiling water. Stir until dissolved. Add cold water, Kool-Aid, Splenda and Nectar; stir until mixed. Pour into 3 oz paper cups and freeze for 20 minutes. Add popsicle sticks and freeze until firm. Peel off paper before eating. Makes 8 popsicles.

NUTRITION INFORMATION PER POPSICLE: 23 Calories; 6 grams Protein; 0 grams Fat; 0 grams Carbohydrate; 15 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. 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 April 30, 2006. This month, thanks to Wendy H., and Sharon K., and Donna 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.

PROTEIN CONTENT for Plates of Protein Exercise (From Page 3)

Cottage Cheese	(14 grams)
Milk, skim	(8 grams)
Strawberries	(0 grams)
Oatmeal	(3 grams)
Fried egg	(6 grams)
Toast	(2 grams)
McDonald's hamburger	(12 grams)
Yogurt	(4 grams)
Wheat Thins	(1 gram)
Cheese	(7 grams)
Chicken-3 oz	(27 grams)
Tuna	(14 grams)
Salad	(0 grams)
Grilled peppers	(0 grams)
Wendy's chili	(15 grams)
Apple	(0 grams)
Sugar free ice cream	(3 grams)
Caesar salad with ½ chicken breast	(23 grams)
A fudgesicle	(2 grams)
Sugar free pudding	(3 grams)
Popcorn	(1 gram)
Apple juice	(0 grams)
Pretzels	(4 grams)
Omelet-2 egg, ¼ cup ham, ¼ cup cheese	(24 grams)
Nectar Protein	(23 grams)
Sugar free hot cocoa with skim milk	(10 grams)

PLANNING for SURGERY

Giving up favorite foods is a common concern when considering bariatric surgery. It is true that the relationship with food changes after surgery. It is difficult to use food as a source of comfort—to get those “feel good” brain chemicals kicked into high gear after the surgery—because you just can’t eat that much. You can get those same brain changes with exercise. Regular exercise improves mood, decreases stress, improves the heart, and does not get deposited directly on hips.

“It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.”

~Seneca
Roman Philosopher, Statesman

No-added-sugar treats are abundant in grocery stores; cakes, pies, cookies, candy, drink mixes, ice cream, and even hot fudge. They taste great and allow for the enjoyment of a birthday cake, Thanksgiving dessert, or just an occasional fun treat. Plan to enjoy these treats in moderation; most are not calorie free or even low calorie.

You may find that you actually enjoy food more after surgery. Eating slowly—you can enjoy each

bite. If you make it a habit to choose the foods that you really want to eat that also nourish your body, you will feel good about the way your body responds.

You may also find that you eat to live rather than living to eat. Lean meat, fish, poultry; low fat dairy products; fresh fruits and vegetable; whole grains—*what’s not to love?*

So, will you miss your favorite foods? Depends on your paradigm—on your mindset. If food is your best friend, your comforter, and your joy in life—you will need to work hard to find new best friends. Focusing on the positive health changes, the ease of walking, the positive response of others, and the new life that you gain—it is easy to replace a slice of cheesecake with the sugar free version or go without.



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.



BARIX CLINICS STORE OPENS!

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.

JUST DO IT! Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them.

~Ralph Waldo Emerson

QUESTIONS ABOUT FINANCING YOUR SURGERY?

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



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