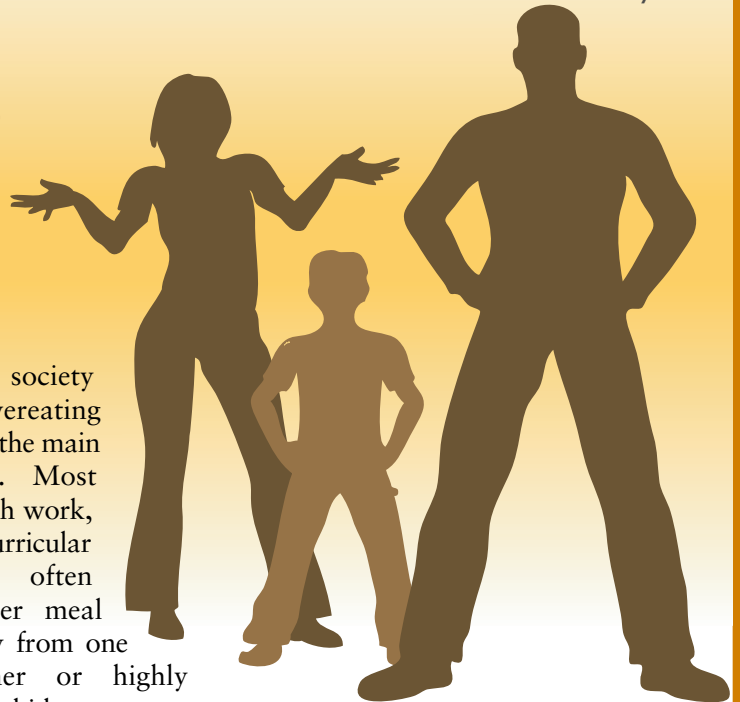


ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

The Family Weigh



As you seek to improve your health through bariatric surgery, you may find that your family automatically benefits from your new healthful habits. There may be fewer sugary snacks in the house, fewer drive-through meals, more walks after dinner, and a catchy attitude about the benefits of a healthful lifestyle. This issue is dedicated to the children in your life—may you help to instill healthful habits that will serve them well.

The percentage of overweight children (ages 2–18) is growing at an alarming rate. Overweight children are at risk for diseases that in the past were considered mainly adult diseases, such as type 2 diabetes, high cholesterol, high blood pressure, sleep apnea, orthopedic problems, and liver disease. Although the physical toll on the body is great, the emotional toll of being an overweight child may be even more devastating. Depression and low self-esteem often develop in an overweight child due to the social stigmas associated with obesity. An overweight child will usually not “grow out of it.” In fact, there is a 70–80% chance that they will remain obese into adulthood. Because of the serious emotional and health risks associated with childhood obesity, a more assertive approach is called for.

Our current society promotes both overeating and under activity—the main causes of obesity. Most families are busy with work, school and extra curricular activities. Meals often consist of a burger meal grabbed on the way from one activity to another or highly processed foods that kids can prepare themselves. The sedentary activities of TV viewing, computer use and video games take up a large portion of many children’s leisure time. In addition, safety concerns may prompt parents to limit outside play.

How do you know if your child is overweight? A useful tool to determine weight status has been developed in more recent years, BMI or body mass index for children (ages 2–18). BMI uses height and weight measurements to estimate how much body fat a child has. There are two steps to finding your child’s BMI percentile. The first is to calculate your child’s BMI. Plug your child’s weight in pounds and height in inches into this formula: $(\text{weight}/\text{height}/\text{height}) \times 703$. Then plot the BMI on a BMI chart to see how your child compares to expectations for their age. A standard BMI chart can be found on the last page of this newsletter.

Your child will fall into one of the following categories:

- Underweight: BMI below the 5th percentile
- Normal weight: BMI between the 5th and 85th percentiles
- At risk for overweight: BMI between 85th and 95th percentiles
- Overweight: BMI at or above the 95th percentile

Body mass index is just one indicator of your child’s health. Your family physician can look at your child’s age, growth patterns, BMI, and rule out medical problems to determine if your child’s weight is healthy.

If your children are overweight, support them by letting them know that you adore them no matter what they weigh. Focus on their health and positive qualities rather than their weight. Most overweight children are already painfully aware of their

weight and need support and encouragement. For children who are growing, an appropriate goal may be for them to maintain their current weight, as they grow taller. Focus on healthy lifestyle choices, not on potentially harmful crash diets.

Whether your children are a healthy weight or overweight, there are many things that you can do to encourage healthful habits. Children need the support of their family to develop habits around healthy eating and increased physical activity. Consider making small, gradual changes within the family. It takes time, effort and commitment to learn new habits. *You may want to start with some of the following changes:*

- Set individual and family goals. Goals should be measurable and achievable. Each family member should have an individual goal(s) such as eating fresh fruits or vegetables 5 times each day. A family goal could be to take a walk together after dinner four evenings each week. Make a firm commitment to your goals, but remember to be flexible—if a plan isn't working change it. Walking together may work in the summer months, but during the school year, children might want to enroll in a karate class or take dance lessons to increase their activity. Family meetings are a great way to set goals and evaluate progress. A chart posted on the refrigerator can keep everyone excited about the meeting goals. Goal setting in this way is an empowering tool that you can teach your children. It is clearly giving them the message that they are responsible for their own health and well-being and that there are many things that they can do to control their health.
- Set up your home environment for success. There are many things that can be put into place in your

home that will support healthy habits. Stock your refrigerator with healthy snacks like cut up veggies and low fat dip, fresh fruit, low fat milk and no added sugar yogurt. Purchase light bread, lower fat cheeses, low fat salad dressing, and lower sugar whole grain cereals. Consider sugar free popsicles and fudgesicles for treats. Encourage water as the beverage of choice by buying a water filter or bottled water and setting the example. Keep junk food to a minimum—just don't buy it. Build exercise into children's daily routine by encouraging outdoor play, taking a walk together, or turning up the tunes and dancing together. Restricting TV, computer and video game time encourages children to find more physically active pursuits.

- Be a good role model. Commit to healthy lifestyle choices and talk to your children about what you are doing. For example, have them help you record music onto your new MP3 player and let them know how much you enjoy listening to the music while you take your walks. When you return from taking a walk, comment on how energized you feel. Your positive actions and attitudes will shape those of your children.
- Educate your children about healthy food choices. There are so many ways this can be done for children of almost any age.
- Download nutrition information from their favorite fast food restaurant and discuss which foods are better choices. Help them to make selections based upon the nutrition information. Have them choose skim milk rather than pop, a small hamburger instead of a larger sandwich. Order one small fries and split it between two people or skip the fries altogether. Add a side

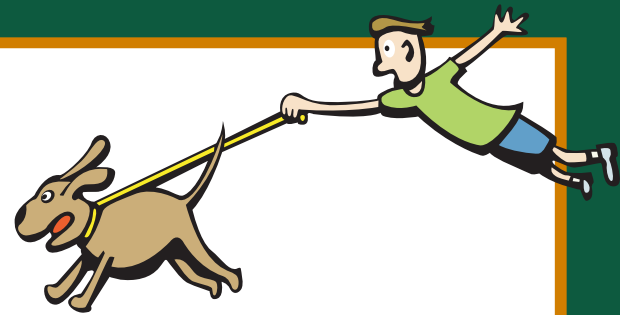
salad, carrot sticks, or sliced apples to meet fruit and vegetable intake goals. It is possible to make healthier choices at fast food restaurants—learn how and then teach your children.

- Visit these websites for cool games and tools to get your kids excited about eating right and being active:
 - o My Pyramid poster, blast off game, tracking worksheet and coloring page:
<http://www.mypyramid.gov/kids/index.html>
 - o 5 A Day facts, games, goal setting:
http://www.dole5aday.com/Kids/K_Index.jsp
 - o Encourage milk consumption:
<http://www.bodybymilk.com/>
 - o Information and games about health, fitness and nutrition:
http://www.kidshealth.org/kid/stay_healthy/fit/nutrition_center.html
 - o Food safety game:
<http://www.fooddetectives.com/welcome.html>
 - o Great family activities:
<http://www.americanheart.org/presenter.jhtml?identifier=3028650>
 - o Fun games:
<http://www.nutritionexplorations.org/kids/main.asp>
- Encourage healthy eating at school. Volunteer in your children's classroom to plan parties that include healthy food treats and physical activities. Send healthy snacks with your child. Check out the lunch options and decide if you want to brown bag it or allow your child to choose from the school options.





Planning for Surgery



Weight loss surgery is a life-changing event. Before your surgery is the perfect time to take measurements and pictures, record events, and start a journal or scrapbook. Document the process of researching the procedures and programs, meeting the surgeon, the insurance approval process, the hospital experience and your reaction to implementing a new way of eating. Take pictures before surgery as well as after. So many overweight people shy away from the camera, leaving them with few “before” pictures. Make sure to get a few good “before” shots because nothing documents the life changing transformation that occurs with major weight loss better than pictures.

Encourage Healthy Family Habits

- Be a good role model
- Eat meals together
- Be active together
- Guide rather than dictate your family’s food choices
- Educate your children on the value of healthy food choices and an active lifestyle
- Model healthy behaviors
- Avoid the use of food as a reward
- Encourage water intake
- Limit soft drink or high calorie beverages
- Set up individual and family goals
- Family meetings are great ways to discuss your healthy initiatives
- Stock your kitchen with healthy snack options
- Eat together as a family
- Utilize the slogans 5 A Day (servings of fruit and vegetables) and 3 A Day (servings of low fat dairy)
- Limit the high sugar snacks that are available
- Have your children participate in choosing and preparing meals
- Help your children to make healthier food choices when eating out
- Encourage active pursuits for all family members
- Schedule physical activity into daily routines

After surgery, celebrate each month anniversary by taking a picture and measurements. You may want to journal the positive changes that you have seen that month and the challenges you have overcome.

The record you make of your journey can be an inspiration to keep up the healthful lifestyle habits years down the road. It may also inspire someone else that is considering the surgery. Take the time to do this for yourself and for others. You should be proud of all that you accomplish—after all the surgery is just a tool—you will use that tool to reach a healthy weight and improve your health and energy level.

WHAT'S NEW?

A new study finds a surprising way to get you up and off the couch more consistently—your furry canine. The study shows that people who exercise with their dogs tend to keep weight off. The bond between pets and people encourages people to stick with the routine because they see how happy and healthy it makes their best friends. Your pet is always ready and willing to accompany you on your walk—no excuses.

Take a different treat along to give to your pooch on each walk. When you do this, your dog will spend less time sniffing and more time walking at a brisk pace. They know a treat is coming—they just don’t know when or what it is. Get your leash and leave your treadmill behind.

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

SUBSCRIBE to *On Track With Barix* at: www.barixclinicsstore.com/newsletter.html

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 February 28, 2007. This month, thanks to Michelle A. and Cindi E. 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.

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

QUESTIONS? ABOUT FINANCING YOUR SURGERY...

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



RECIPES

SHISH TAWOOK MARINATED CHICKEN

Submitted by Cindi E.

3 tablespoons vegetable oil
2 tablespoons plain low-fat yogurt
2 tablespoons ketchup
2 tablespoons prepared mustard
1 1/2 teaspoons garlic powder
2 teaspoons paprika
1 1/2 teaspoons ground allspice
1/2 teaspoon black pepper
1/4 teaspoon ground cinnamon
1/4 teaspoon curry powder (optional)
3 pounds skinless, boneless chicken breast halves cut into bite-size pieces

Dipping Sauce:

1/2 cup mayonnaise, fat free
1 cup plain low-fat yogurt
3 cloves garlic, minced
1/4 teaspoon salt

In a medium bowl, stir together oil, yogurt, ketchup, mustard, garlic powder, paprika, allspice, black pepper, cinnamon, and curry powder. Stir in chicken pieces, coating all sides with marinade. Cover bowl, and refrigerate overnight.

To make dipping sauce, mix together mayonnaise, yogurt, garlic, and salt. Cover and refrigerate.

Preheat oven to 400 degrees F. Transfer chicken pieces to a shallow baking dish. Bake in a preheated oven 30 minutes. Serve with dipping sauce. Makes 12 servings.

NUTRITION INFORMATION PER SERVING: 253 calories; 38 grams protein; 8 grams fat; 4 grams carbohydrates; 350 mg sodium.

GLAZED CHICKEN

Submitted by Cindi E.

16 oz chicken breast, boneless and skinless
3 tablespoons orange juice concentrate, thawed
2 tablespoons lemon juice
1/2 cup chicken broth
3 tablespoons Splenda®
1 1/2 teaspoon cornstarch
1 tablespoon butter
1 tablespoon fresh chives, chopped
1 tablespoons, fresh parsley, chopped
1/4 cup almond slices, toasted

Preheat oven to 425 F. Place chicken on ungreased baking sheet. Brush with 1 tablespoon of orange juice concentrate (leaving the rest for the sauce). Bake for 15–20 minutes or until cooked through (internal temperature of 180). Mix together remaining orange juice, lemon juice and chicken broth in a small saucepan. Mix Splenda and cornstarch together in a small bowl, then add to the saucepan mixture. Heat over medium-high heat and simmer for 8-10 minutes. Sauce should start to thicken. Remove from heat and whisk butter into sauce. Add chives and parsley. Pour sauce over cooked chicken breasts. Sprinkle with almonds and serve. Makes 4 servings.

NUTRITION INFORMATION PER SERVING:

293 calories;
39 grams protein;
11 grams fat; 7 gram carbohydrate;
125 mg sodium.



IT WORKED FOR ME

~Submitted by Michelle A.

My local grocery store has started carrying sugar-free pies for only \$3. I tried the coconut cream pie for my birthday and it was really good. Granted, sugar-free does not mean calorie free, so I'd recommend these pies only for special occasions. But again, the key is to find foods and activities that help you to celebrate special occasions without feeling deprived.



NUTRITION NIBBLER

A NEW ATTITUDE

Two more recent studies give you reason to think twice about your diet soft drink consumption.

If you drink more than 2 cans of diet soft drinks a day, you have a 57% chance of becoming overweight or obese. If you drink more than 2 cans of regular soft drinks a day, you have a 47% chance of becoming overweight or obese. Seems backwards doesn't it? What is going on? After finding that drinking diet soda is clearly linked to obesity, a researcher theorizes that drinking diet soda makes the body think it is getting some calories. The body releases insulin in anticipation of a rise in blood sugar. When the calories aren't delivered, the body is left with a higher insulin level and an increased appetite. Others think that people have a mindset of being able to eat whatever they want because they are drinking a diet soda. We've all seen it—a Big Mac, large fries and a diet Coke. Still a third theory is that people notice that they are gaining weight

and switch to diet soft drinks. Other lifestyle changes are not made, so they remain overweight or continue to gain weight. It appears that the message we can take from this is not to look for diet drinks (or diet foods) as an answer our weight problems.

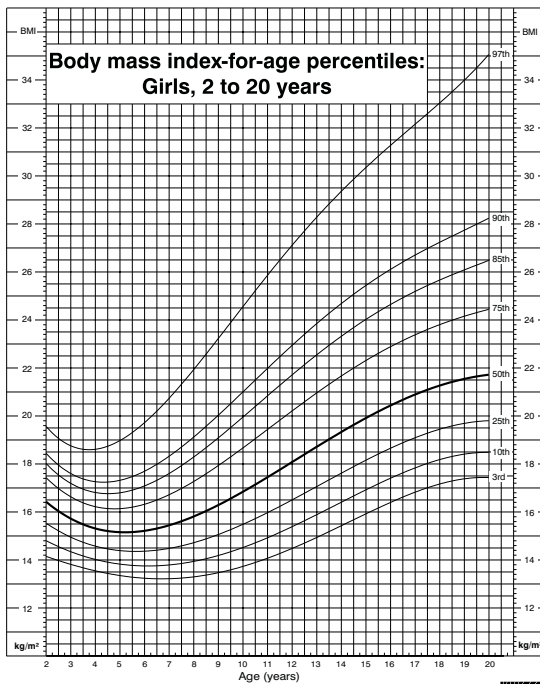
It is well known that American women are at high risk for developing osteoporosis. Contributing to the disease is inactivity, low intake of calcium and vitamin D, smoking, more than one alcoholic drink a day, and being too thin. In addition, recent studies indicate that drinking cola (regular or diet) is linked to bone loss. In fact, a recent study found that the more cola a woman drinks, the lower her bone density. The researcher believes that the phosphoric acid in cola may explain the negative impact. More research is needed to determine what the link is between cola consumption and bone health. In the meantime, play it safe and limit your cola, or better yet, replace your diet cola with bone loving skim milk.

A reader submitted these comments that exemplify a transformation in attitude. This attitude shift is an essential part of embracing a healthful lifestyle and reaping the rewards it brings. Thank you for sharing, Michelle!

The Pumpkin Mousse recipe in the November 2006 issue saved me from feeling deprived at Thanksgiving. It's really delicious and makes you feel like you're eating something totally sinful even though you're not! The hardest part of my Thanksgiving was biting my tongue about everyone else's eating patterns! When everyone around me started digging into the food and piling mountains of food on their plates (better than any architect could design!), I mentioned that it looks like we're at a buffet! It's funny that I never noticed it in the past. I guess in my pre-op days I was too busy creating my own mountain of food masterpiece!

CDC Growth Charts

CDC Growth Charts: United States

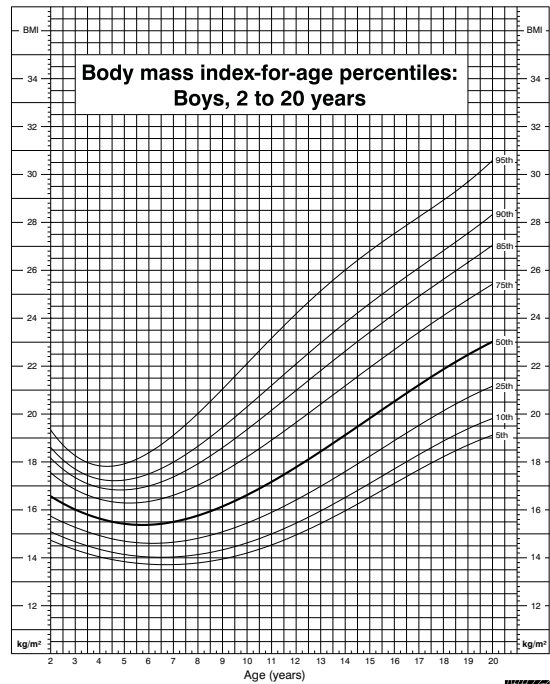


Published May 30, 2000. SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).



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