

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

MEAL PLANNING

STAY ON TRACK WITH THESE TIPS TO HELP YOU SHOP WISELY

Meal planning is the first step to insure healthful foods are available for your meals and snacks. Grocery shopping is the second step. The good news is grocery stores offer more healthful, convenient and economical choices than ever. In this issue, we will take a virtual walk through the grocery store aisles and see what we can find.

Grocery stores are usually set up with the freshest, least processed foods on the outer aisles. This includes the meat, fish and poultry sections, dairy section, and bakery and deli departments. Spend most of your time in these aisles to choose foods in their 'closest to nature' form.

Beef and pork have traditionally gotten a bad rap in the nutrition department. There are many lower fat, nutritious and delicious choices available. Red meats are the best source of iron in the diet and provide up to 10 grams of protein per cooked ounce. Look for meats labeled as select with less marbling that have a 0" fat trim. Prepare by baking, broiling, stir-frying, or sautéing in broth rather than butter or oil. Cut meat into small pieces to make it easier to chew and digest.

Most fish and seafood are naturally low in fat. Bake, broil, or boil for a healthful entrée. Use lemon juice and a small amount of butter for crab

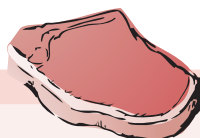
legs, lobster or shrimp—or better yet, add a squirt or two of spray butter for flavor.

Chicken and turkey are excellent sources of protein that are usually low in fat and can be prepared in a multitude of ways for variety. Your family may enjoy a roasted turkey breast dinner on the weekend, then use the leftovers on a salad, in soup, for sandwiches or just reheated for a quick meal. Marinate boneless, skinless chicken breasts in fat free Italian dressing and then cook on the grill, stir-fry or broil for a quick, tasty meal. Make some extra for a chicken



salad or a topping to a salad later in the week. Be sure to choose lean versions of ground turkey.

Nutrition Information for a 3 oz cooked serving of lean or select options.



BEEF

Cut	Calories	Fat (gms)	Protein (gms)
Top Round Roast	163	3.4	31
Bottom Roast	146	4.6	25
Beef Brisket	164	5.3	27
Chuck Arm Pot Roast	170	5.3	28
Beef Tenderloin	171	7.5	24

PORK

Cut	Calories	Fat (gms)	Protein (gms)
Pork Tenderloin	141	4.1	24
Ham	124	4.1	18
Center Loin Roast	173	6.9	26
Sirloin Chops	178	7.4	27

Cont. on page 2

DAIRY

Dairy products are a good source of both protein and calcium. Three servings of low fat milk or yogurt a day will provide up to 24 grams of protein and 900 mg of bone strengthening calcium. 1200–1500 mg of calcium a day are recommended to keep bones strong and healthy. Dairy products have a wide range of fat. At the low end is skim milk with 0.4 grams of fat in a cup, whole milk has 9 grams per cup. Cheese comes in at 7–9 grams per ounce, and eggnog tops the list with 19 grams per cup.

Add more dairy products to your diet:

- *Enjoy a smoothie made with evaporated nonfat milk*
- *Add no added sugar chocolate syrup to milk*
- *Make no added sugar hot cocoa with skim milk or evaporated nonfat milk*
- *Sprinkle nonfat or low fat cheese on a salad*
- *Add fat free American Singles to a sandwich*
- *Make ham pinwheels with fat free cream cheese, green onions and ham*
- *Roll together deli meat, fat free cheese and salad dressing for a bread-free sandwich*

VEGETABLES

Vegetables are surprisingly often one of the foods craved during the recovery nutrition phases. The crunchy texture and fresh taste of a salad is a favorite of many. Vegetables provide fiber, a host of vitamins and minerals, and anti-oxidants to enhance our immune systems. They are almost always low in fat. Take small bites and chew well. Choose fresh or frozen rather than canned vegetables.

FRUITS

Fresh fruit can satisfy a sweet tooth and provide a good dose of essential vitamins. During the first few months after surgery, eating capacity is very limited. Obtaining adequate protein takes precedence over obtaining the recommended number of servings of fruits and vegetables. By one year

DAIRY

Product	Protein (gms)	Fat (gms)	Calcium (gms)
Evaporated nonfat milk–8 oz	20	0	744
Milk, skim–8 oz	8	0	301
Cottage cheese, nonfat –1/4 cup	8	0	30
Cottage cheese, 1% fat–1/4 cup	8	0.5	35
Cottage cheese, 2% fat–1/4 cup	8	1	39
Buttermilk–8 oz	8	2	285
Milk, 2%–8 oz	8	5	297
Milk, whole–8 oz	8	9	290
Yogurt, light–8 oz	7	2	250
Cheese–1 oz	7	9	200
American cheese, fat free–3/4 oz	5	0	150
Cream cheese, fat free–2T	5	0	100
American cheese–3/4 oz	4	5	100
Cream cheese–2 T	2	10	23



post-op, reach for $\frac{3}{4}$ to 1 $\frac{1}{2}$ cups of vegetables per day and $\frac{1}{2}$ to 1 cup of fruit per day

Choosing fruits and vegetables “closest to nature” (an orange instead of orange juice) will provide your body with the most fiber and nutrients. Added sugars, fats, preservatives, and other unwanted ingredients are also minimized. Look for quick, ready to eat versions—truly healthful fast food.

The deli has some low fat, high protein choices. Look for lean deli meats and roasted chicken (choose the light meat without the skin). Cut meats into small pieces and add to a salad, make a breadless sandwich or stuff pita bread for a high protein taste treat.

California subs are especially tasty in the summer months: chop deli meat, lettuce, tomato and onion into small pieces; add fat free shredded cheddar and fat free Italian dressing. Wrap filling in flour tortilla, slice and enjoy.

The deli’s pre-made salad section may have some low fat, low sugar choices, but is traditionally filled with many fat and sugar laden foods. Opt instead to make your own low fat, no-added-sugar varieties.

Pita bread, flour tortillas, or toasted breads are well-tolerated and healthful choices in the baked goods section.

Look for no added sugar pies, cakes, and cookies for a special occasion treat.

The interior aisles typically contain foods that have undergone a higher degree of processing which may compromise the nutritional content, but often increases convenience. Read labels carefully to avoid higher amounts of added sugars and fats.

- *Choose lower fat versions of your favorite dressings. Ranch, Italian, and bleu cheese are often lower in added sugar.*
- *Choose baked or lower fat crackers. Lower fat microwave popcorn tastes great and meets the desire for a crunchy snack.*
- *Ready to eat cereals are a quick breakfast favorite in many families. Finding a lower sugar choice is a bit of a challenge. Many hot cereals are also available.*
- *The freezer is stocked with a multitude of no added sugar treats. From popsicles, fudgesicles, and ice cream to frozen fruit for smoothies, many healthful choices can be found.*

The grocery store is filled with many healthful, delicious, low fat, and no added sugar foods. Many foods are pre-prepared or require minimal preparation—a healthful fast food alternative. Choose a variety of foods for optimal health. **Happy shopping!**

PREPARING FOR SURGERY

Bariatric surgery will help you to follow a lifestyle that will encourage weight loss and allow for weight maintenance. It is important to keep in mind that the surgery is just a tool. Those who are most successful with bariatric surgery accept the responsibility and do the work to change daily habits.

There are trade offs to having a healthy weight. **For best success:**

- You cannot eat everything that you want in any amount that you want
- You will have to lead an active lifestyle
- You will need to eat six small meals
- You will have to avoid drinking with meals
- You will need to be more organized to make sure that you have healthy food choices available
- You will have to take the time to read labels
- You will have to take a vitamin and mineral supplement
- You may have to find new ways to comfort yourself, deal with stress, or relieve boredom
- You may have to work to overcome emotional issues that have led to overeating

In return for these trade offs, most people experience:

- A healthy weight
- Feeling better—both physically and emotionally
- Feeling “normal”
- Improvements to many medical conditions and decreased medications (talk to your surgeon for individual conditions)
- More life options—riding on a rollercoaster, getting a job promotion or playing basketball with your son—many people experience opportunities that were difficult or impossible at a higher weight.

- More clothing choices

In preparing for surgery, examine your attitudes and habits that will need to change for you to be as successful as possible. Plan to follow the recovery nutrition step by step—even if you want to eat steak two weeks after surgery, be willing to put off that gratification until your body is ready (6 weeks post-op). Be willing to try new full liquid recipes until you find one that you like so you are able to meet your protein goal. Get prepared by finding a place to walk after surgery (local school, mall, or fitness center). Set aside time each day for regular exercise. You will get the most from your surgery if you are willing to take the trade offs, make the efforts, and recommit every single day to a healthy lifestyle. The rewards are well worth it!

DETROIT SUPPORT GROUP BALL

The Windsor, Ontario Support Group would like to invite you to an exciting celebration on The Detroit Princess Riverboat. The Support Group Ball will be held on Saturday, April 26th from 7:00–10:00PM (boarding at 6:30PM). This is a great opportunity to meet up with your message board buddies, make new friends and celebrate successes. A great buffet menu is planned and a cash bar will be available. The cost per ticket is \$59.00 (US funds). The ticket price includes the cruise, entertainment, dinner buffet, tip and taxes. If you have questions, call Tammy Noble at 519-738-0546. Tammy is the Windsor Support Group Leader and has graciously taken on the responsibility to organize this event. Payment deadline is March 28, 2008. You can check out the Detroit Princess at www.detroitprincess.com. Look forward to seeing you there!

IT WORKED FOR ME

Submitted by Deb H.

If you traditionally give friends and family members candy for Valentine's Day, try to find fun sugar free alternatives to show how much you love them—a beautiful card with movie tickets tucked inside, a flowering plant, a gift bag filled with little non-food treats, a pair of red or pink pajamas, a red or pink shirt, a red candle, a red cup and packages of sugar free cider mix or a candle-lit dinner on your finest dishes. Find new ways to celebrate life and your new lifestyle. Embrace opportunities to replace old habits with new ones.



IN THE NEWS

Dr. Cris Slentz of Duke University conducted a 9-month study regarding belly fat. Not surprisingly, those who remained sedentary gained the most belly fat and gained 2 pounds. Those who exercised moderately, neither gained nor lost belly fat, but lost 2 pounds. The group that averaged 17 miles per week on the treadmill showed a 7% decrease in belly fat and a 6-pound weight loss. To lose lower abdominal fat, a challenging 30-minute (or longer) walk is needed six days a week. The bottom line: a daily walk will help to improve your health, well-being and the size of your belly.

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REWARD YOURSELF



VALENTINES DAY RECIPES



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 29, 2008. 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.

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QUESTIONS

ABOUT FINANCING
YOUR SURGERY?

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Start your evening with a delicious dip served with fresh vegetables. Enjoy a simple to prepare meal of Lime Chicken and sautéed green beans. Finish up with a bite or two of Cherry Cobbler.

ARTICHOKE AND ROASTED RED BELL PEPPER DIP

2 Tablespoons butter

1 leek, diced

1 (14 oz) jar artichoke hearts (not marinated), drained and chopped

1 (7 oz) jar roasted red peppers, drained and diced

$\frac{3}{4}$ cup Parmesan cheese, freshly grated

3 Tablespoons fat free Miracle Whip® or mayonnaise

Preheat oven to 350 degrees F. Place butter and diced leek in the saucepan; sauté on medium heat until soft.

In a medium bowl mix all of the ingredients. Spray an 8 x 8 inch baking dish and place the mixture evenly in. Bake in preheated oven for 30 minutes. Serve with cut veggies. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 78 calories, 3 grams protein, 5 grams fat, 6 grams carbohydrate, 330 mg sodium.

LIME CHICKEN

1 pound chicken breast, boneless, skinless

$\frac{1}{2}$ cup Newman's Own® Lite Lime Vinaigrette salad dressing

Marinate chicken in lime dressing overnight if possible. Sauté marinated chicken in a nonstick skillet on medium heat until the internal temperature reaches 180 degrees F. The time will vary depending on the thickness of the chicken. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 257 calories, 35 grams protein, 10 grams fat, 4 grams carbohydrate, 392 mg sodium.

CROCK-POT CHERRY COBBLER

1 (21 oz) can cherry pie filling, no added sugar

1 cup flour

$\frac{1}{4}$ cup Splenda

$\frac{1}{4}$ cup butter, melted

$\frac{1}{2}$ cup milk, skim

1 $\frac{1}{2}$ teaspoons baking powder

$\frac{1}{2}$ teaspoon almond extract

$\frac{1}{4}$ teaspoon salt

Coat the inside of a 3 $\frac{1}{2}$ quart crock-pot with cooking spray. Place the pie filling into the crock-pot. Mix the remaining ingredients together until the batter is smooth. Spread the batter over the pie filling. Cover and cook on high for 1 $\frac{1}{2}$ to 2 hours until a toothpick inserted into the center of the cobbler comes out clean. Serve with a dollop of sugar free Cool Whip®. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 147 calories, 2 grams protein, 6 grams fat, 19 grams carbohydrate, 151 mg sodium.

