

ON TRACK WITH BARIX

Support to Keep you On Track With a Healthful Lifestyle

Grocery Shopping

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.

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. Often our preparation methods or condiments add an excessive amount of fat to an otherwise healthy food choice. 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, and then during the week, the leftover turkey breast is used on a salad, in soup, for sandwiches, or just reheated for a quick meal. Marinate boneless, skinless chicken breasts in fat free Italian dressing; 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 Caesar's salad (using low fat salad dressing, of course) later in the week. Beware of ground turkey, which is often high in fat. Lean versions are available.

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

BEEF

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

Dairy products have a wide range of fat content from the insignificant 0.4 grams found in a cup of skim milk to 9 grams in a cup of whole milk, to 19 grams in a cup of eggnog. Including

three servings of low fat milk, yogurt or cheese a day will provide up to 24 grams of protein and 900 mg of bone strengthening calcium. 1200–1500 mg of calcium a day is recommended to keep bones strong and healthy. Dairy products are nature's best source of calcium.

Check out the great protein and calcium bargain found in evaporated nonfat milk, skim milk, buttermilk or light yogurt. Cottage cheese is an excellent source of protein, but comes up short in calcium content. Cheese is a great source of both calcium and protein, but due to its high fat content should be limited or lower fat versions selected.

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

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DAIRY

	Protein (grams)	Fat (grams)	Calcium (mg)
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 – 2T	2	10	23

Salads are often one of the foods craved during the recovery nutrition phases. The crunchy texture and fresh taste is a favorite of many. Vegetables provide fiber, a host of vitamins and minerals, anti-oxidants to enhance our immune systems, and are almost always low in fat.

Fresh fruits, full of nature's sweetness, can satisfy a sweet tooth and enhance with a good dose of essential vitamins. During the first few months after surgery, eating capacity is very limited. Obtaining adequate protein over-rides

the importance of obtaining the recommended number of servings of fruits and vegetables. By one year post-op, reach for 3/4 to 1 1/2 cups of vegetables per day and 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; and minimize added sugars, fats, preservatives, and other unwanted ingredients. 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). Low fat deli meats are delicious cut into small pieces and added to a salad; make a bread-less sandwich; or add to pita bread, cocktail rye bread, toast, or bread for a variety of high protein taste treats.

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, sugar free 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 fresh fruit to add to 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!**

IN THE NEWS



In previous issues of *On Track With Barix*, we have highlighted the importance of adequate sleep to decrease stress hormones and food cravings. In the news are two new studies about sleep. The first study demonstrated how getting a good night's sleep might help you to learn. Dr. Jeffrey Ellenbogen reported in Current Biology's July 11 edition that the brain appears to firm up memories of newly acquired information during sleep.

The second study by Diane S. Lauderdale, PhD, indicates that most of us do not get enough sleep and we report that we sleep more than we actually do. She found that Caucasian women reported getting 7 hours of sleep on weeknights when actually they slept only 6 hours and 42 minutes—and they were the group that slept the most. Bottom line: "People don't get enough sleep, and they get less sleep than they think," Lauderdale says, in a news release. So get the kids to bed, shut off the TV, put your worries aside and get some zzzzs. In addition to being less stressed with less food cravings, we now know that you'll be smarter too!

Preparing for Surgery

There are three types of lifestyles; those that encourage weight loss; those that allow for weight maintenance; and those that promote weight gain. Each one of us is following one type of lifestyle at each point in our lives. Having bariatric surgery will help you to follow a lifestyle that will encourage weight loss and allow for weight maintenance, however the surgery is just a tool—it cannot do the work for you. Those that 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 anything 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 in many medical conditions and decreased medications (talk to your surgeon for individual conditions)
- An increase in life's options—from riding on a rollercoaster, to getting a job promotion, to playing basketball with your child—many people experience opportunities that were difficult or impossible at a higher weight
- An opportunity to have more fashion choices in smaller clothing sizes

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!*



IT WORKED FOR ME

Here's a little something I've found that helps keep me on track...



In June, I saw my surgeon for my 4-year post-op follow up. I've made my annual check-in a high priority and encourage you to do so also.

During the years since my surgery, I've been able to help keep myself "on track" by checking in with my surgeon. He's helped me keep myself in the best health possible by monitoring my progress and making adjustments along the way. When my iron was dropping, he was able to catch it before it reached a critical point. When my B-12 was getting too low, he caught that too. And the chats with the dietitian and staff are always helpful because I'm able to ask questions and get helpful tips to help me take the best possible care of myself. It's not just about the weight — there's so much more to it.

—Submitted by Amy P.



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!

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 August 31, 2006. This month, thanks to Amy P. 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.

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Recipes

Submitted by Amy P.

COOL & CREAMY COFFEE FREEZE

1/2 cup skim milk
1/2 cup ice cubes
2 TBSP lite Cool Whip®, frozen
1/2 package (4 serving size) instant, sugar free vanilla pudding mix
1 TBSP instant coffee

Blend until smooth; serve immediately. Makes one serving.

NUTRITION INFORMATION PER SERVING: 135 calories; 4 grams protein, 1 gram fat, 25 grams carbohydrate, 668 mg sodium.

ICED MOCHA

1/4 cup skim milk
1/4 cup cold coffee
1/2–1 cup ice cubes
1/2 package Swiss Miss sugar free or diet with calcium hot chocolate mix
2 TBSP lite Cool Whip®, frozen



Blend until smooth; serve immediately. Makes one serving.

NUTRITION INFORMATION PER SERVING: 68 calories; 2 grams protein, 1 gram fat, 14 grams carbohydrate, 131 mg sodium.

CHOCOLATE MINT FROSTY

1 cup skim milk
1/2 cup ice cubes
2–4 TBSP lite Cool Whip®, frozen
1/2 package (4 serving size) instant, sugar free chocolate pudding
2 sugar free York Peppermint Patties®

Blend until smooth; serve immediately. Makes one serving.

NUTRITION INFORMATION PER SERVING: 253 calories; 8 grams protein, 4 grams fat, 49 grams carbohydrate; 727 mg sodium.

1/2 cup skim milk
1/2 envelope of Swiss Miss® sugar free or Swiss Miss diet with calcium hot chocolate mix

1/4 cup ice cubes
2 TBSP lite Cool Whip®, frozen

Blend until smooth; serve immediately. Adjust amounts to make the consistency you enjoy most. (Add frozen banana pieces for something new!)

Makes one serving.

NUTRITION INFORMATION PER SERVING: 90 calories; 4 grams protein; 1 gram fat; 17 grams carbohydrate; 173 mg sodium.

