

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Habit #6

# Smaller Portion Sizes

### STAY SATISFIED AND KEEP PORTION SIZES UNDER CONTROL

**R**ight after surgery portion sizes are small. New pouches and sleeves are tight and don't allow for overeating. As the pouch or sleeve matures, eating slightly larger portions becomes possible. So what, you ask yourself, if portion sizes creep up a bit. After all, you are still eating much less than you did before surgery, and besides, you skipped breakfast and morning snack. But portion size does matter.

Portion size matters because we are not very good at accurately assessing portions. We are so used to larger servings and packaging that we have developed portion distortion. Since 1970, portion sizes at restaurants, in cookbooks, and in packaged foods have been steadily increasing. For example, a typical bagel used to be 3" in diameter and 140 calories, in contrast to today's bagel of 6" and 350 calories. Today, most restaurant meals contain well over 1,000 calories. With larger portion sizes comes an increased calorie intake of 500 calories a day. That can add up to 52 lbs. of extra weight in a year!

Portion size matters because studies show that the larger the portion, the more we eat. Larger popcorn tub at the theater – more popcorn eaten. Larger bag of chips – more chips eaten. Larger bowl of cereal – more cereal eaten. Larger salad – more salad eaten. All day long, we are confronted with larger portions and that has an impact on the number of calories we consume.

Portion size matters because six small meals matter. Six small (1/2 cup to 1 cup of food) healthy meals/snacks each containing a source of protein will help you to meet your nutritional needs, keep energy levels high and help you to maintain restriction. Skipping meals causes your blood sugar to plummet and intake at the next meal to increase. Consuming small portions can help to maintain weight loss surgery restrictions.

### **So what can we do to overcome our natural tendencies and the over-abundant society in which we live?**

- Read the label to find out what the serving size is before you dish up.



- Measure food. Do not count on eye-balling portions – you will underestimate.
- Keep a food log. Tracking helps you become aware of your food choices and portion sizes.
- Plan meals and snacks in advance so you have healthy foods available.
- Don't eat out of large containers. Put foods in single serving bags, bowls or bags.
- Get a "to-go" container as soon as your restaurant meal is served and put all but a small portion away – out of sight and out of mind.
- Eat simply. We eat more when we have a lot of variety to choose from.
- Split a restaurant meal with someone else.
- Put leftovers into single serving containers rather than one big container.

With some effort and practice, you can get in control of portion sizes.

## SUBSCRIBE

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## RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, and Pennsylvania. **Call us today for more information!**

## SHARE YOUR SUCCESS

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

Submit your story online ([http://www.barixclinicsstore.com/share\\_your\\_story.html](http://www.barixclinicsstore.com/share_your_story.html)).

We'd love to hear from you.

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

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

## It Worked for Me

The Barix Forums are about people supporting each other through tough times and WOW moments. No one can quite understand what you are going through like someone who has walked in your shoes.

**POST:** I went to a group consultation at Barix Clinics. I was so excited about moving forward with this procedure and reclaiming my life. Then I found out my insurance wanted six months of consecutive diet counseling sessions in writing from my doctor. I'm getting so discouraged every time I think about having to wait that long. It took me such a long time to take this first step.

**RESPONSE 1:** I know what you mean. It took me a long time to make the decision to have bariatric surgery. I gave it a ton of thought and did a lot of researching. So when I made my decision, I wanted surgery to happen ASAP! My insurance requires the same thing as far as diet history. I was really upset thinking I was going to have to wait, but I was so lucky in that

I actually had a 6 month supervised diet (phentermine) and my insurance company accepted that.

**RESPONSE 2:** It never seems to be fast enough no matter how long one must wait.

I didn't have to do anything for surgery except a sleep study and it still took close to six months. Your time will come. Good luck.

**RESPONSE 3:** My family doctor was working with me on my weight loss. The insurance accepted that with a letter from him outlining the steps taken. Maybe something to investigate. Good luck. It will go fast but seems like it will take forever.

**RESPONSE 4:** Embrace the time. Learn all you can. Research. Examine the issues that got you where you are.



## In the News

### Gastric Bypass Changes Genes

If obesity runs in your family, new evidence supports the theory that your genes may have a lot to do with it. Not only that, but gastric



bypass surgery causes a change in the genes passed along to offspring born after a mother undergoes surgery. The changed genes are involved in blood sugar regulation, inflammatory and vascular disease.

The theory is that the risk of obesity for children born to a mother who has had gastric bypass surgery is much lower than those children born before she had surgery.

This raises more questions. Is it the weight loss that causes a change in genes or something else? What impact does a father's gastric bypass have on future children?

This is exciting research and indicates that the gastric bypass can have a lasting impact on the next generation's health and wellbeing.

## Roasted Pork Tenderloin

- 1 1/2 teaspoons salt
- 1 1/2 teaspoons pepper
- 1/8 teaspoon cayenne pepper
- 1 tablespoon dried thyme
- 2 pounds pork tenderloin

Preheat oven to 350 degrees F. Mix together the salt, pepper, and thyme. Roll the tenderloins in the mixture. Place seasoned tenderloin in a roasting pan with a rack. Bake for 1 hour to 1 hour and 20 minutes, until the internal temperature reaches 155 – 160 degrees. Allow the meat to rest for 5 minutes after removing from oven. Slice across grain to serve. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 130 calories, 23 grams protein, 3 grams fat, 0 grams carbohydrate, 487 mg sodium.



## Parmesan Broccoli

- 2 tablespoons olive oil
- 2 tablespoons chopped garlic
- 2 teaspoons grated lemon rinds
- 4 cups fresh broccoli florets
- 1/2 cup water
- 1/2 cup grated parmesan cheese

In a large skillet, heat oil on high. Add garlic and lemon peel. Stir for 30 seconds. Add broccoli and toss to coat. Add water and cover. Cook for 5 minutes until broccoli is crisp-tender. Add cheese and toss to coat. Add salt and pepper to taste. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 67 calories, 3 grams protein, 5 grams fat, 2 grams carbohydrate, 105 mg sodium.

## How You Can Change a Life

**Your weight loss success** may give someone you know hope for their own life and the motivation to take the first step by calling Barix Clinics. Have your friends and family let us know that you referred them so we can thank you!

**Call us today at 800-282-0066 or visit [www.barixclinics.com](http://www.barixclinics.com).**

## Lemonade Cheesecake

- 8 oz cream cheese, fat free, softened
- 1 tsp Crystal Light lemonade mix, dry
- 1/4 cup milk, skim
- 1/2 cup prepared vanilla pudding, no-added-sugar
- 1/2 cup Cool Whip Free®
- 4 graham crackers, full cracker sheets, crushed
- 1/3 cup Splenda® Granular
- 3 Tbsp. light margarine (50% less fat and calories)

Mix graham cracker crumbs, Splenda, and light margarine. Press into an 8" pie pan. Beat first 3 ingredients until smooth. Fold in vanilla pudding and cool whip. Pour into crust. Chill several hours prior to serving. Makes 8 servings.

**Nutrition information per serving:** 153 calories; 7 grams protein; 4 grams fat; 20 grams carbohydrate; 311 mg sodium.

## REWARD YOURSELF

This month, you could earn a **SPECIAL GIFT** 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 special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines.

Tips must be submitted by July 31, 2013. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).