

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Small Meals

Simple strategies to keep your energy level high and your mood bright.



There are a lot of good reasons to adopt a six small meal eating plan after surgery. Eating six small meals keeps cravings at bay, energy high and moods bright. You're more likely to meet your body's nutritional needs too. If you're an evening grazer, this eating pattern tends to shift calorie intake from evening hours and spread it more evenly throughout the day for energy when you need it most.

If you are struggling to eat just one or two healthy meals, you may wonder how you are going to get in six healthy meals. Follow the ideas below and you'll be well on your way!

Breakfast

Start your day right with a good protein source at breakfast. Consider an egg white and veggie omelet, scrambled eggs, leftovers (why not?) or plain yogurt with Nectar fruit-flavored protein. If you're in a hurry, drink a fruit smoothie with protein powder, a ready-to-drink protein shake, or no-added-sugar Carnation Instant Breakfast.

Lunch

Wraps are often tolerated better than bread and make a great sandwich, or go breadless by rolling up lean meat stuffed with veggies and a drizzle of Italian dressing or light cheese. Soups

are a satisfying option – you may want to add some extra chicken (canned, roasted, or leftover) to boost the protein. Salads topped with lean protein work well. Tuna and chicken salad are good options too.

Dinner

Build your meal on lean meat, fish or poultry and add in some crispy veggies. Meat cooked in a slow cooker comes out moist and tender and it's ready when you walk in the door.

Get efficient. Cook once for up to three meals. For example, bake chicken on Monday and have Chicken Marsala that night, slice for Chicken Salad Santa Fe the next night and chop and freeze chicken for Chicken Chili on Friday night. Cook once and eat three times. Keep on hand the ingredients for two or more healthy recipes that your family loves and it will be easier to resist the draw of fast food.

3 Healthy Snacks

The possibilities for healthy snacks are endless. Try light string cheese and apple slices, cottage cheese and fruit, crackers and peanut butter, a portion-controlled serving of almonds, half of a turkey sandwich, a lean ham and Swiss cheese roll-up, a tortilla with melted light cheese, or refried beans and baked chips. Make a list of your favorites so you remember to stock up when you go shopping.

Avoid pitfalls. A six small meal pattern is not grazing all day and night. A meal

should last 20-40 minutes. Space meals out by 2 ½-3 hours. Be sure to choose healthy, unprocessed foods to nourish your body.

Plan Ahead

A little planning goes a long way. Plan to take healthy meals and snacks with you when you leave home. Stock up on healthy foods at the grocery store. Packing a lunch/snack bag the night before really helps improve morning efficiency.

Portions Count

Portion sizes are important. Your pouch or sleeve will usually let you know when enough is enough, but by starting with the right portion, you will ensure that you don't overdo it. Use small plates and bowls and occasionally measure out food so that you can accurately eyeball a ¾ cup portion. Most people judge portion sizes to be smaller than they really are – if in doubt, measure. Small bites, chewing well and eating slowly also help to control portions.

Be Selective

The food you choose impacts your health and well-being. Choose healthy foods. Build your diet on lean sources of protein—think lean fish, poultry and meat; dairy and legumes. Add in fresh vegetables and fruits. Balance with small amounts of whole grains. Move away from highly processed foods.

Continued from page 1

Protein Rules

Include protein at most, if not all, of your meals. This will help you to reach your daily protein goal and keep blood sugar levels on an even keel.

Eating on the Run

No time to eat? Sometimes, you simply don't have the time to chew foods well. In those instances, a protein drink, yogurt, cottage cheese, a glass of milk or string cheese may work perfectly. Keep protein bars, portion controlled nuts, ready-to-drink protein shakes or other convenient foods on hand for the times when healthy options are not available. The key is to anticipate these situations and be prepared.

Next Step...Shop

Now that you know what you are going to eat, the next step is to shop. Keep your refrigerator, freezer and cupboards stocked with healthy food choices and the ingredients for quick, healthy meals. In the store, choose fresh, unprocessed food when possible to get more nutrition and less potentially harmful additives. Select a rainbow of fresh fruits and vegetables.

Each color group provides different key nutrients for good health – fresh foods taste great and enhance the eating experience. To speed your prep time, take advantage of frozen fruits and vegetables, pre-cut produce, and pre-cooked poultry and meats. Read labels to

keep the added sugar to 2 grams or less per serving.

Armed with a plan and healthy foods on hand, you are well on your way to healthy eating.

Here is a sample menu to help you pull it all together – recipes follow. Rather than focusing on a calorie level, select healthy foods, eat slowly and stop when you feel comfortable or when you have consumed a maximum of $\frac{3}{4}$ -1 cup of food.



800 Calorie Sample Menu					1100 Calorie Sample Menu				1400 Calorie Sample Menu			
	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs
BREAKFAST												
Cheesy Egg Cup	1 serving	95	15	3	1 serving	95	15	3	1 serving	95	15	3
Cantaloupe	1/4 cup	15	1	5	1/4 cup	15	1	5	1/4 cup	15	1	5
English Muffin	N/A				1/2	60	2	13	1	120	4	25
Margarine	N/A				2 tsp	40	0	0	1 Tbsp	60	0	0
SNACK												
Peanut Butter	1 Tbsp	95	4	4	1 Tbsp	95	4	4	1 Tbsp	95	4	4
Apple Slices	1/2 small	38	0	5	1/2 small	38	0	5	1/2 small	38	0	5
LUNCH												
Ham and Muenster Roll-up	2 oz lean ham and 1 oz cheese	183	17	2	2 oz lean ham and 1 oz cheese	183	17	2	2 oz lean ham and 1 oz cheese	183	17	2
Carrot Sticks	4 oz	49	1	11	4 oz	49	1	11	4 oz	49	1	11
SNACK												
Skim Milk	1 cup	90	8	12	1 cup	90	8	12	1 cup	90	8	12
Matrix Vanilla Protein Powder	N/A				1 scoop	110	23	2	1 scoop	110	23	2
DINNER												
Slow Cooker Pot Roast	1/2 serving	180	15	6	3/4 serving	270	23	9	1 serving	360	30	12
Side Salad	1/2 cup	4	0	1	1/2 cup	4	0	1	1/2 cup	4	0	1
Light Dressing	1 Tbsp	25	0	3	1 Tbsp	25	0	3	1 Tbsp	25	0	3
SNACK												
Cottage Cheese, 2%	1/4 cup	49	7	2	1/4 cup	49	7	2	1/4 cup	49	7	2
OTHER												
Milk, Skim	N/A				N/A				1 cup	90	8	12
TOTALS		823	68	54		1123	101	72		1383	118	99

SUBSCRIBE

On Track With Barix

[www.barixclinicsstore.com/
newsletter_sign_up.html](http://www.barixclinicsstore.com/newsletter_sign_up.html)

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, 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
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
800-282-0066

Recipes

Cheesy Egg Cup

½ cup egg substitute
1 wedge Laughing Cow® Light Original Swiss Cheese

Spray a large microwave-safe mug with nonstick spray. Add egg substitute and cheese (cut into pieces) and stir. Microwave for about a minute. Stir gently, and then microwave for another 30 - 45 seconds, until the egg is set. Makes one serving.

Nutrition information per serving: 95 calories, 15 grams protein, 2 grams fat, 3 grams carbohydrate, 490 mg sodium.

Slow Cooker Pot Roast

4 pounds chuck roast
salt and pepper to taste
1 packet dry onion soup mix
1 cup water
3 carrots, chopped
1 onion, chopped
3 potatoes, peeled and cubed
1 stalk celery, chopped



Season the chuck roast with salt and pepper to taste. Brown on all sides in a large skillet. Place in the slow cooker and add the soup mix, water, carrots, onion, potatoes and celery. Cover and cook on the low setting for 8 to 10 hours. Makes 12 servings.

Nutrition information per serving: 361 calories, 31 grams protein, 20 grams fat, 12 grams carbohydrate, 182 mg sodium.

Barix Tip

Extend spring cleaning to your cupboards, pantry, refrigerator and freezer. All of those not-so-great for you foods that snuck in over the colder months need to go. Replace them with healthy staples like protein powders, tuna packed in water, fresh fruits and veggies, light cheeses and dairy products, portion packs of almonds, and frozen fruits for thick protein smoothies. It's so much easier to choose healthy snacks when you're stocked up on the **right stuff**.

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 April 30, 2015. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

