

# THE BARIX™ SUPPORT GROUP GUIDE

For Education and Support of all Barix Clinics Patients

## CARBOHYDRATES

### FUEL FOR YOUR BODY



As the low carb craze dissipates, many are still questioning the role that carbohydrates have in weight control. There are a lot of questions, a lot of theories, a lot of promises, and a lot of diet plans claiming to be the “right” one. More research is needed to explain the complex interactions that occur between appetite, food intake, satiation, and weight control. Research has indicated that low carb diets may help with initial weight loss, but long-term results are similar to more balanced diets of equivalent calories. Dr. Salder from Oregon Health Sciences University found that any additional weight loss found in low carb dieters was due to an increase in water loss, not fat loss. What we do know is that carbohydrates are the body’s (and brain’s) main fuel source. Foods from the dairy, vegetable, fruit, and grain group all contain significant amounts of carbohydrate and important vitamins and minerals essential to good health. Drastically cutting carbohydrates from the diet means important foods from each of these groups are eliminated from the diet.

Although drastically cutting carbohydrates from the diet for weight loss is not supported by

research as effective or healthy, it may make sense to choose your carbohydrates wisely. A basic nutrition review finds carbohydrates in a variety of foods. Grapes, apples, corn, green beans, carrots, juices, bread, candy, apple pie and ice cream sundaes all contain carbohydrates. The most common types of carbohydrates are sugars, starches and fibers. All carbohydrates are made from the basic building blocks of simple sugars. Simple sugars contain two linked sugar molecules. Complex carbohydrates (starches and fibers) contain 3 or more sugar molecules joined together. Healthful sources of carbohydrates; fruits, vegetables, whole grain and low fat dairy products; deliver essential vitamins, minerals, fiber, and phytonutrients (beneficial disease fighting compounds) in addition to providing fuel for the body.

**Intake of added sugars has skyrocketed.** The Center for Science in the Public Interest reports that sugar intake hit an all time high in 1999 with the average American consuming 20 teaspoons or more of added sugar daily. Much of this sugar comes in the form of soft drinks or fruit drinks. Although studies are inconclusive regarding the role that this high intake of added sugars is

having on our obesity epidemic, most health authorities agree that because simple sugars added to foods and drinks provide calories and no other significant nutrients, they should be limited. Roux-en-Y bariatric surgery patients know that not all sugars are processed equally in the body. Foods and beverages with added sugars, even relatively small amounts, cause the post-Roux-en-Y body to react with flu-like symptoms while the sugars found naturally in fruits, dairy products and vegetables are well tolerated. The bottom line—limit added sugars.

**Dietary fiber** is found abundantly in fresh fruits and vegetables and whole grains. There are two main classes of fiber, soluble and insoluble. It is important to include good sources of both in your diet because they each have a role in keeping your body healthy. Soluble fibers dissolve in water and are found in fruits, vegetables, barley and oats. Soluble fibers bind to cholesterol and excrete it from the body. Insoluble fiber cannot be dissolved in water and is found in whole grain products. Insoluble fibers help to increase stool bulk. The American Heart Association recommends obtaining 25–30 grams of fiber from foods

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daily. The average American consumes only 14–15 grams daily. Choosing foods in their closest to nature state (least processed) significantly increases the fiber content. For example, 1 small tomato contains 20 calories and 1.4 grams of dietary fiber. Process that tomato into ½ cup of tomato sauce and it will provide 20 calories and only 0.5 grams of dietary fiber. In addition to losing out on the benefits of almost a gram of fiber, you will ingest an additional 727 mg of sodium by choosing the tomato sauce over the fresh tomato. This situation is repeated over and over throughout your day as you make food choices; an apple or applesauce; an orange or orange juice, a baked potato or French fries, whole grain cereal or cereal made with refined grains, hearty whole grain bread or white bread.



Choosing foods that are closest to nature throughout your day will naturally add more fiber to your daily diet.

Caloric density is another tool to help you choose healthy carbohydrates. Your body senses fullness or satiety after eating a certain weight of food no matter how many calories it contains. Calorie dense foods—those containing 68 calories or more per ounce are no more filling or satisfying than other foods. To calculate the caloric density of a food, divide the calories by the serving size in ounces. For example, a 3 oz serving of carrots provides 35 calories. The caloric density is  $35 \div 3 = 12$ . So carrots have a caloric density of 12. Within each food group are foods with higher or lower caloric densities. Choose most of your foods with a caloric density below 68. Limit foods with a high caloric density.

Another way to classify carbohydrates is the glycemic index. It measures the impact of a food or beverage that contains carbohydrate on blood sugar. White bread is classified as having a high glycemic index because it causes a fast, high spike in blood sugar. Foods that contain fiber, protein, or more complex carbohydrates take longer to digest, and tend to have a lower glycemic index because there is a slower more moderate rise in blood sugar levels. Some studies support the link between a diet abundant in high glycemic foods with an increased risk for diabetes and heart disease, and increased blood sugar control for Type 2 diabetics with low glycemic

index food choices. A study reported in the February 2005 *American Journal of Epidemiology* found that those with lower body weights did not eat less total carbohydrates than the heavier study participants, but did choose foods with a lower glycemic index.

The glycemic load is another indicator of the impact a food has on blood sugar. It takes into account both the glycemic index of a food and the amount of carbohydrate it contains. To find out more, The University of Sydney maintains a current database containing both the glycemic index and the glycemic load of foods at [glycemicindex.com](http://glycemicindex.com).

To keep blood sugar levels even (not too high or too low) and energy levels high:

- Replace refined grains with whole grains
- Limit foods with added sugars
- Choose fruits and vegetables in their closest to nature form with fibers intact
- Add a little fat or protein to mostly carbohydrate snacks or meals (such as a slice of cheese with a few crackers)
- Eat six small meals and snacks throughout the day—keep portions small
- Choose mostly calorie free beverages

## IT WORKED FOR ME!

I carry a container with a few of my vitamin supplements in my purse. That way, if I realize that I forgot to take them before I ran out of the house, they are available no matter where I am. I have had to take my “purse” vitamins several times and I was glad that I had them.

—Submitted by Nancy B.

**Whole-grain foods** utilize the entire grain kernel and contain the bran, germ and endosperm components. Examples of whole-grains are whole-wheat flour, cracked wheat (bulgur), oatmeal, whole cornmeal and brown rice. Refined grains have been processed to remove the bran and germ. This gives them a finer texture, but removes dietary fiber, iron and vitamins. Refined grains products include white rice, white bread, and white flour. Choose lower fat whole-grain breads, cereals, and crackers as closest to nature options.

**REFER a FRIEND! CALL JULIE at 800-282-0066, ext. 1425, or REQUEST a FREE INFORMATION GUIDE for a FRIEND — [www.barixinfo.com/sgg](http://www.barixinfo.com/sgg)**



# DIETARY FIBER CONTENT

## OF COMMON FOODS



	Serving size	Total Fiber (grams)	Soluble Fiber (grams)	Insoluble Fiber (grams)
<b>BREAKFAST CEREALS</b>				
All-Bran	1/3 c (28 gm)	8.43	.59	7.84
Cornflakes	1 1/4 c (28 gm)	1.20	.14	1.06
40% Bran-type	3/4 c (28 gm)	5.46	.56	4.90
Oatmeal, regular, cooked	1 c (234 gm)	4.45	1.64	2.81
Puffed rice	1 c (28 gm)	.53	.14	.39
Shredded Wheat	2/3 c (28 gm)	3.16	.31	2.86
Wheat germ	1/4 c (56 gm)	7.84	.62	7.22
<b>FRUITS</b>				
Apple, no skin	1 med (138 gm)	2.07	.28	1.79
Apple, with skin	1 med (138 gm)	2.76	.28	2.48
Banana	1 med (114 gm)	1.94	.57	1.37
Cantaloupe	1/4 (133 gm)	.93	.13	.80
Grapes	20 (100 gm)	1.00	.10	.90
Orange	1 med (131 gm)	2.49	.79	1.70
Pineapple, canned	1/2 c (125 gm)	.88	.13	.75
Raisins	1/4 c (36 gm)	1.51	.22	1.30
Strawberries	1 c (149 gm)	2.68	.60	2.09
<b>VEGETABLES</b>				
Beans, green	1/2 c (67 gm)	1.27	.34	.94
Broccoli, raw	1/2 c (78 gm)	2.57	.23	2.34
Cabbage, raw	1 c (70 gm)	1.19	.07	1.12
Carrots, raw	1 med (72 gm)	1.80	.14	1.66
Corn, frozen, cooked	1/2 c (83 gm)	1.74	.08	1.66
Potato, no skin	1 med (156 gm)	2.03	.47	1.56
Potato, with skin	1 med (202 gm)	5.05	1.21	3.84
Turnip greens, frozen	1/2 c (82 gm)	2.05	.08	1.97
<b>LEGUMES</b>				
Kidney beans, canned	1/2 c (128 gm)	6.66	1.41	5.25
Pork and beans, canned	1/2 c (128 gm)	5.63	1.79	3.84
Peas, green, frozen	1/2 c (80 gm)	2.80	.24	2.56
<b>BREADS, PASTA</b>				
Bread, white	1 sl (25 gm)	.65	.15	.50
Bread, whole wheat	1 sl (28 gm)	2.59	.57	2.02
Rice, regular, cooked	1/2 c (102 gm)	.41	.10	.31
Spaghetti, cooked	1 c (140 gm)	2.10	.56	1.54

Adapted from Marlett, JA. Content and composition of dietary fiber in 117 frequently consumed foods. J Am Diet Assoc 92:175-186, 1992.

## Peanut Butter Cookies

Submitted by Cindi E.

1 C Splenda®  
1 C Simply Jif® peanut butter

¼ cup egg substitute  
1 tsp vanilla



Preheat oven to 350°F. Spray a medium sized mixing bowl and a 1 cup dry measuring cup with nonstick cooking spray. Measure peanut butter using sprayed measuring cup and place into mixing bowl. Add Splenda. Mix together with a fork. Add egg and vanilla to the peanut butter mixture and mix well. Line cookie sheet with parchment paper. Scoop cookie mixture in 1-tablespoon portions and roll in your hands until a small ball, about the size of walnut is formed. Place on parchment paper. Dip a fork into water, press down on cookie ball to make a crisscross on the top of the cookie. Repeat until all cookie mixture is gone.

Bake 10 to 12 minutes. Cool for two minutes on cookie sheet. Remove cookies carefully from the cookie sheet with a spatula. Makes 16 cookies.

**NUTRITION INFORMATION PER COOKIE:** 97 calories; 4 grams protein; 8 grams fat; 38 mg sodium; 0 mg calcium. **Note:** These peanut butter cookies are great for snacks. The high protein and fat content will keep you satisfied until your next meal. Limit to one cookie per snack due to the high fat content.

## Black Bean Dip

16 oz cream cheese, fat free  
1 can (15 oz) black beans, drained and rinsed  
1 cup reduced fat cheddar cheese, shredded

6 green onions, chopped  
1-½ teaspoons ground cumin  
Dash cayenne pepper  
2 Tbsp. tomato, diced



Process cream cheese in a food processor until smooth. Add ½ of the black beans and process until smooth. Place mixture in a medium sized mixing bowl and add ¾ cup cheese (reserving ¼ cup for garnish), chopped onion (reserving 2 tablespoons for garnish), cumin, cayenne pepper and remaining beans. Garnish with tomato, cheese and onions. Cover and refrigerate. Best flavors after 8 hours of refrigeration. Serve with baked tortilla chips. Makes 12 servings.

**NUTRITION INFORMATION PER SERVING:** 95 calories; 10 grams protein; 3 grams fat; 335 mg sodium.

## 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 all our centers in Michigan, Ohio, Illinois, Pennsylvania, Texas, and Arizona.

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

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

## 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 27, 2006. This month, thanks to Nancy B., 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](mailto:dhart@foresthealth.com).

## NUTRITION Nibbler

Enjoy a taste that used to be reserved for the summer months. Fresh strawberries are huge, sweet and juicy right now. Add them to your morning cereal, blend them into your protein smoothie, take them for your morning snack, garnish your high protein pudding with them, dollop them with light whipped cream, mix them with your other favorite fruits, stir them into your yogurt or just pop one in your mouth (and then chew very, very well). 1 cup of fresh strawberries has 45 calories; about 3 grams of dietary fiber; a caloric density of 9 calories per ounce; a low glycemic index of 40 and a low glycemic load of 1.3. *Enjoy!*

## WHAT'S New

Mount Olive Pickle Company has a new line of no-added-sugar pickles. Sweetened with Splenda, the taste reviews we've received have been very positive. Choose from sweet relish, sweet gherkins, bread and butter chips, bread and butter sandwich stuffers, and bread and butter strips. These no-added-sugar options eliminate 4–8 grams of added sugar per ounce. Look for Meijer brand no-added-sugar pickles on the shelves too.

## OTHERS CARE. PLEASE SHARE.

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story on the "Share Your Success" section of the Patient website. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.