

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## Exposing the Healthy Food Posers

Some foods you know are not great choices. Triple layered chocolate cheesecake, cheesy fries, cola, and fried chicken are clearly not healthful food choices. They are easy to spot and to avoid. But how about those not-so-clear choices—the ones with clever marketing; the ones that start with a healthy food item but whose additives really add up; the ones that sound so wholesome but really aren't. We've tagged those foods as "posers" and are here to expose their not-so-healthy attributes and to suggest alternatives that support a healthy weight.

### SALADS AND SALAD BARS

Salads and salad bars are often a medley of fresh produce intermingled with fat-laden toppings. Learning how to navigate the salad menu or the salad bar is a useful skill. The

first step is to be aware of the fat-laden selections that abound and to limit your portions of these salad favorites.

ITEM	SERV. SIZE	CAL.
Chow mein noodles	½ cup	118
Peanuts	1 Tbsp.	50
Cottage cheese, regular	½ cup	116
Pepperoni slices	1 oz	140
Potato salad	½ cup	179
Tuna salad	½ cup	192
Shredded cheddar cheese	2 Tbsp.	114
Croutons	½ cup	90
Ranch dressing	2 Tbsp.	148
Italian dressing	2 Tbsp.	109
Bleu cheese dressing	2 Tbsp.	160

For a lower-calorie, nutrient-dense salad, start with a healthy portion of dark, leafy greens. Choose generous portions of fresh veggies, garbanzo beans, grilled chicken, boiled or steamed shrimp, roasted turkey breast, water-packed tuna, black beans, grilled salmon, and hard boiled eggs or egg whites. Either top the salad with several spritzes of spray salad dressing or a drizzle of light salad dressing, or order oil-based dressing on the side to dip your salad into. Thick salad dressings can add an extra caloric load to your salad because

it takes more to give each bit flavor. Really, who uses only 2 tablespoons?

### YOGURT

Hopefully, you've flipped around the yogurt containers to expose the enormous level of added sugar in many varieties. Some of the sugar in the yogurt is coming from the naturally-occurring milk lactose (about 7 grams per 6 oz); the rest is added. Even the yogurt marketed for kids is usually loaded with added sugar. Don't write yogurt off, though. It is a good source of protein, calcium and probiotics (healthful bacteria). Taking the time to find a healthful variety in your local grocery store is worth the effort. To avoid the added sugar, one option is to choose a fat-free or low-fat plain (unflavored) yogurt and add your own sugar-free syrup, blended fruit or 100% fruit juice concentrate to flavor. You can also look for those that use a sugar sub to sweeten the yogurt. For a higher protein content, check out Greek yogurt.

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**Here are a few examples of products available in most grocery stores:**

Product	Calories	Protein	Sugar (per 6 oz)
✓ Dannon Greek, plain	90	17	7
✓ Stoneyfield Farms, OIKOS Greek, plain	90	17	7
✓ FAGE Greek Total 0, plain	90	15	7
⊗ Stoneyfield Farms OIKOS Greek, flavored	124	15	18
✓ Yoplait Greek, plain	100	14	9
✓ Kroger Carb Master, flavored	80	12	3
⊗ Yoplait Greek, strawberry	130	12	18
⊗ Dannon Activa	113	8	13
✓ Breyer's Light, flavored	80	6	7
✓ Dannon Light and Fit, flavored	80	5	7
⊗ Yoplait Light, flavored	100	5	14

### PROTEIN DRINKS

Protein drinks can be a convenient way to reach daily protein goals. However, if you are not careful, your high-protein concoction can morph into a high-calorie disaster. To keep calories in check, use a low calorie base for smoothies: water, Crystal Light® or Fuze®. Then add protein powder (about 100–120 calories and 20–25 grams protein). Finish up by adding 1/2 –1 cup frozen fruit, the no-sugar-added variety (35–80 calories). Some protein drinks taste better when made with skim milk, and for 80 calories you will gain 8 grams of protein, calcium and vitamin D. Avoid adding high-calorie ingredients like peanut butter (190 calories in 2 Tbsp), whole milk (160 calories in 8 oz), fruit juice (about 120 calories in 8 oz), and sugar-free ice cream (70–100 calories for 1/2 cup) on a regular basis.

Ready-to-drink products should have less than 2 grams of added sugar, a high protein content (many have 20–40 grams per

serving), and a low calorie count (220 or less per serving). Finding something that you like and can stick with is key. Buy single servings of several brands and flavors and give them a try—keep an open mind and don't give up with the first yucky taste that you encounter—there are good-tasting, healthful products out there.

### SUGAR-FREE TREATS

Grocery store aisles are filled with no-added-sugar and sugar-free treats. Some of these are both delicious and low in calories. Just think about Crystal Light, sugar-free popsicles and other frozen treats, Fuze, and sugar-free coffee syrups. Then you have the products that taste really good without added sugar, but are comparable in calories to their sugar-laden counterparts.

- Hershey Dark Chocolate Miniatures—5 pieces | sugar-free variety 150 calories | regular variety 190 calories.

- Pudding—1/2 cup | no-added-sugar variety 30 calories | regular variety 90 calories.
- Oreo Sandwich Cookies—2 cookies | sugar-free variety 100 calories | regular variety 107 calories.
- Smucker's Carmel Sundae Syrup—2 Tbsp. | sugar-free variety 90 calories | regular variety 100 calories.

The lesson here is to choose the sugar-free varieties to prevent the sugar-related spikes in blood sugar and appetite, but keep portions small—these are not free foods just because they don't contain added sugar.



### MUFFINS

Muffins often look like a healthy alternative to doughnuts, pancakes, sweet cereals and other sugar-laden breakfast options. Take a closer look and you will see that most muffins are just cake in disguise. In fact, you'd be better off eating a Hostess cupcake (181 calories, 6 grams fat, and 17 grams sugar) than most muffins. A large Sara Lee lemon poppy seed muffin has 460 calories, 22 grams of fat and 34 grams of sugar. Look for a healthier alternative and you may find a large Sara Lee bran muffin weighing in at 440 calories, 22 grams of fat and 22 grams of sugar. Cut the portion and choose a small Sara Lee muffin and you still take in 210 calories, 8 grams of fat and a whopping 21 grams of sugar. Lighten the fat by choosing a reduced-fat version and the calories drop to

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270 and the fat to 9 grams, but 21 grams of sugar remain. Uncle Wally's produces a line of sugar-free muffins that really do look delicious on their website, and they provide a very respectable 120 calories, 2 grams of fat and 1 gram of sugar—now, where to buy these healthful versions may be the challenge.

If you love muffins, look for healthy no-added-sugar muffin recipes online or at the Barix Connection website. Read labels carefully on ready-made products and steer clear of the muffins served at restaurants and coffee shops.

As you go out and navigate the grocery store aisles, restaurant menus and recipe files, keep your poser radar set on high. We've given you a few examples here, but posers are everywhere. In general, choose foods as close to their natural form (least processed) as possible to avoid added fat, sugar, colorings, preservatives and other additives. Build your diet on lean sources of protein (lean meats/fish/poultry and low-fat dairy products), fresh vegetables, fresh fruits, and whole grains. Choose small portions of no-added-sugar treats and snack occasionally. Keep portions small. And read labels on packaged foods carefully. We have more food choices than at any time in human history, but with a plethora of choices comes the responsibility to choose wisely. Don't worry, you are onto the posers' game—just let them try to slip one past you!

## REQUEST

A FREE BROCHURE

for you or a friend at

800-282-0066,

or [www.barixinfo.com](http://www.barixinfo.com)



# CONSIDERING SURGERY

Now is a great time to explore the calorie-free (or almost calorie-free) beverage options available. Weight loss surgery is effective at limiting the amount of food that you consume, but it isn't very good at limiting the amount of fluid that you drink—at least after the initial recovery period. That is a good thing because it means that it will be easy to drink enough fluid to stay well-hydrated. The key is to choose beverages that have few or no calories. There are lots of options out there to choose from. Keep a lookout at your local grocery store to see what they come up with next. *Here are few favorites to get you started:*

PRODUCT	CALORIES per 8 oz serving
Alpine Sugar Free Spiced Cider Mix	15 calories
Powerade Zero	0 calories
Propel	10 calories
Crystal Light	5 calories
Fuze Slenderize	10 calories
Water	0 calories
Vitamin Water Zero	0 calories
Lipton Diet Green Tea	0 calories
Coffee (decaf or reg.)	2 calories

## In the News

A study reported in the August issue of the Journal of the American College of Surgeons found that women who undergo weight loss surgery before getting pregnant are three times less likely to develop gestational diabetes and are much less likely to require a cesarean delivery. Most of the women in the study of 700 had the gastric bypass surgery; some had the adjustable gastric band. This is one more example of the benefits of weight loss surgery.

# IT WORKED FOR ME

*Excerpts from the Barix Message Boards*

**Q:** *Help, I need ideas for protein!*

**A:** *My favorite has been turkey mignons from Wal-Mart. They have 31 grams of protein in a 4 oz mignon.*

**A:** *Carb Master yogurt from Kroger's has 12 grams of protein and 80 calories per container; that's usually my breakfast.*

**A:** *I use Atkins Protein bars. One has 17 grams and another has 18 grams.*

**A:** *Try unflavored protein powder. Any Whey is good but I can't find it in Canada. I found Whey Protein Isolate at Costco. I add a scoop to Carnation Instant Breakfast and milk. I also add it to fruit and yogurt for a smoothie or add it to instant pudding.*

# 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 October 31, 2010. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

# SUBSCRIBE

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On Track With Barix

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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, Ohio, and Pennsylvania. *Call us today for more information!*

## 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/share\\_your\\_story.html](http://www.barixclinicsstore.com/share_your_story.html).

What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

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

# RECIPES

### Corn Muffins

from [hungrygirl.com](http://hungrygirl.com)

- 1 cup all-purpose flour
- 3/4 cup yellow cornmeal
- 1/4 cup Splenda®
- 1/4 cup granulated sugar
- 1 tbsp. baking powder
- 1/4 tsp. salt
- 1 1/2 cups canned cream-style corn
- 3/4 cup fat-free liquid egg substitute
- 3/4 cup fat-free Greek yogurt

Preheat oven to 375 degrees. Combine flour, cornmeal, Splenda, sugar, baking powder, and salt in a large bowl. Mix well and set aside. In a separate medium bowl, mix together corn, egg substitute, and yogurt. Whisk thoroughly. Add contents of the medium bowl to the large one, and stir until completely mixed.

Line 9 cups of a 12-cup muffin pan with baking cups and/or spray with nonstick spray. Evenly distribute batter among the 9 cups – cups will be VERY full. Bake in the oven for 15 - 20 minutes, until a toothpick inserted into the center of a muffin comes out clean. Allow to cool and then enjoy! Makes 9 muffins.

### NUTRITION INFORMATION

**PER SERVING:** 158 calories, 6 grams protein, 0.5 grams fat, 32 grams carbohydrate, 358 mg sodium.



### Blueberry Thrill Muffins

from [hungrygirl.com](http://hungrygirl.com)

- 1 cup whole-wheat flour
- 1 cup blueberries
- 1/2 cup light vanilla soymilk
- 1/4 cup sugar-free pancake syrup
- 1/4 cup fat-free liquid egg substitute
- 1/4 cup Splenda®
- 3 tbsp. brown sugar (not packed)
- 2 tbsp. light whipped butter or light buttery spread, room temperature
- 2 tbsp. no-sugar-added applesauce (get Mott's Blueberry Delight if you can find it!)
- 1 1/2 tsp. baking powder
- 1/2 tsp. vanilla extract
- 1/4 tsp. salt

Preheat oven to 400 degrees. In a mixing bowl, combine flour, Splenda, brown sugar, baking powder, and salt. Mix well. In a separate, large mixing bowl, combine soymilk, syrup, egg substitute, butter, applesauce, and vanilla extract. Using an electric mixer or a whisk, mix until thoroughly blended. (Don't worry if butter bits do not break up completely.) Add dry ingredients from the first mixing bowl to the mixture in the large one. Mix until completely blended. Then fold in the blueberries.

Line a 6-cup muffin pan (or half a 12-cup pan) with baking liners and/or spray with nonstick spray. Evenly distribute batter among the 6 cups. Place in the oven and bake for about 22 minutes, until a toothpick inserted into the center of a muffin comes out clean. Enjoy! Makes 6 servings.

### NUTRITION INFORMATION

**PER SERVING:** 137 calories, 4 grams protein, 2 grams fat, 27 grams carbohydrate, 269 mg sodium.

