

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Maximize Your Weight Loss

SET YOURSELF UP FOR SUSTAINABLE WEIGHT LOSS.

### Be in the know.

**M**ake education a top priority. You'll need knowledge and skills to make changes in the way you eat, think and live for best results from your surgery. **Barix Clinics offers many educational opportunities:** follow up appointments, in-person support groups, a Facebook support group, monthly newsletters, and tips sheets. You can sign up to receive emails when the newsletter and tips are available or access past editions at [barixclinic-store.com](http://barixclinic-store.com). Being part of the online or in-person support groups helps you to stay informed and motivated.

### Track.

If you monitor specific behaviors, you're more likely to be successful at keeping them up.

- Take and record your weight on a daily, weekly or monthly basis. Understand that it is normal for your weight to fluctuate by a few pounds, but have an upper weight flagged as a warning sign. If your weight creeps past that warning flag, it's time to take action.
- Keep a food log. Using a website or phone app will make keeping a food log much easier. You'll be able to see

that you're meeting your nutrition goals and if there are shifts in your eating behavior. You'll be able to easily see the number of calories you're consuming and how this impacts your weight. This single act will make you very aware of and help you to control your food intake.

- Find one or more ways to measure your exercise efforts. It may be the number of steps you take in a day or week; the pounds you can lift for a variety of exercises, or the number of cycling classes you take in a week. We all have great intentions, but it's important to track the efforts that we are actually able to make.

### Keep fluids calorie-free.

Your surgery restricts calories from solid foods by limiting the amount of food you can eat at one time. It is not good at restricting calories from fluids. Sipping on higher-calorie fluids can derail your efforts. 100% fruit juice, if consumed, should be limited to 6 oz. a day. Milk and/or protein drinks count as a meal or snack. Sugar-sweetened beverages should be strictly avoided. Alcohol can also contribute significantly to caloric intake and may slow weight loss or cause regain.



The thing we don't want to do is **OVERSTATE THE BENEFITS**, but there is all kinds of proof that **EXERCISE**, both physical and mental, **INCREASES BRAIN ACTIVITY.**

Nolan Bushnell

### Eat six small protein-rich meals.

Eating small meals throughout the day can help to maximize weight loss—about every 2 ½ to 3 hours. Take 20 minutes or so to eat your meals and then put the food away and stop eating. Don't pick on the food until it's gone in an effort to meet your protein goal. Avoid grazing or eating anything with calories between meals—this is your time to sip on calorie-free fluids. Your surgery restricts the amount you can eat at one time, but it does not prevent you from eating small amounts all day long. If you tend to eat

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out of boredom, when you're stressed, or while watching TV, find strategies to avoid eating between meals.

### Keep portions in check.

The amount of food that you are comfortable eating at a meal can increase over time. To minimize this, be sure to avoid drinking with meals and for 30 minutes after, measure and limit meals to no more than 1 cup of food per meal, use smaller plates, bowls, and glasses, and log your food intake to be fully aware of how much you are eating.

### Prepare foods at home.

You're much more likely to eat healthier foods and consume a lot fewer calories when you prepare foods at home. Plan and prep on your days off. Dish up leftovers into single serving containers to refrigerate or freeze until later.

### Keep up your protein intake.

Protein helps you to keep more of your muscle tissue, feel more satisfied, and maintain your weight loss. There is no need to change your original protein goal (provided before surgery) once you've lost weight. Initially, most of your protein will come from liquid sources (milk and protein drinks), but you'll want to transition to getting the majority of protein from the foods you choose throughout the day.

### Eat the right foods.

Build your diet on lean protein sources and fresh vegetables. Add in fresh fruits and small amounts of whole grain and healthy fats. Eat mostly fresh, unprocessed foods. Limit simple carbs in the form of added sugars, crackers, granola bars, rice, pasta, potatoes, and breads. Carbs should come mostly from low-fat dairy, fresh veggies/fruits and small amounts of whole grains.

### Move more.

Incorporating regular exercise into your daily routine will help you to reach your goal weight and reduce your risk of weight regain. The time invested in exercising pays off immediately by raising your energy level and mood. The long-term benefits are numerous. In addition to better odds of reaching and maintaining a healthy weight, you'll have a lower risk for numerous health conditions, including heart disease, many types of cancer, type 2 diabetes, arthritis, and many others.

How much exercise do you need? You need at least 30 minutes of brisk exercise 5 days a week. You can do this all at once or break it into smaller chunks of movement throughout the day. Keep in mind that as you lose weight and become more fit, your body will work more efficiently and you'll need to increase your effort level to continue to become more fit.

### Manage stress and emotions.

If you tend to cope with emotional highs and lows with food, you'll need to be aware of that and work to find new coping mechanisms. If you notice that you're grazing throughout the day, feeling out of control with your eating, or continually making poor food choices, you may want to engage the help of a trained therapist. Work independently on implementing stress management techniques, such as meditation or deep breathing.

**YOU CANNOT HAVE A  
POSITIVE LIFE AND A  
NEGATIVE MIND.**  
Joyce Meyer

### Medications and Medical Conditions

There are a multitude of medical conditions which could affect your weight loss. You'll want to work with your primary care physician to manage medical conditions. Medical conditions that can impact your weight loss include:

- Sleep apnea. Continue with your C-Pap machine after surgery until you are cleared by a follow-up sleep study.
- Thyroid problems.
- Medications can slow weight loss. Discuss the medications you take with your primary care doctor. For those that promote weight gain, see if there are options for weight neutral medications.
- Joint pain can slow you down. Work with your doctor to find safe medications that relieve pain without being harsh on your new pouch or sleeve.

You've taken a big step by making the decision to have weight loss surgery. Be sure to follow it up with all of the behaviors that will help you to reach and maintain a healthy weight.



## 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](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**  
[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  
**800-282-0066**

## Recipes

### Strawberry Chocolates

- 2 oz unsweetened chocolate bar
- 6 Tbsp. cocoa butter
- ½ cup powdered erythritol (Swerve or other brand)
- 1 1/2 tsp. vanilla extract
- 1 8-oz. pkg. cream cheese, reduced-fat, softened
- 1 cup strawberries, sliced
- 1 pkg strawberry gelatin, sugar-free
- 24 mini muffin liners

Line mini muffin tins with paper or foil liners and set aside. Make chocolate by heating chocolate bar and cocoa butter in a heavy saucepan over low heat, stirring frequently. When melted, slowly stir in powdered erythritol. Remove from heat and add ½ teaspoon of vanilla extract. Spoon ½ of the melted chocolate into the mini muffin tin. Place in freezer for 5 minutes.

Mix together cream cheese, strawberries, gelatin and 1 tsp of vanilla extract. Beat until smooth. Place in a food storage bag and cut a small hole in one corner for piping. Pipe out evenly on top of solidified chocolate. Press down with a spoon to even out.

Spoon the remaining chocolate over the strawberry filling and freeze for 5 minutes. Remove from the freezer and enjoy. Store in a covered container in the refrigerator. Makes 24 servings.

**NUTRITION INFORMATION PER SERVING:** 52 calories, 1 gram protein, 5 grams fat, 2 grams carbohydrate, 43 mg sodium.



### Chocolate Muffins

- ¼ cup unsweetened cocoa
- ¾ cup erythritol (or other sweetener)
- 1 ½ cups flour
- ½ tsp baking soda
- 1 ½ tsp baking powder
- 1 tsp vanilla extract
- 1 cup Oikos Triple Zero Yogurt, vanilla
- 1 egg
- ½ cup vegetable oil

Preheat oven to 450 degrees F and spray 12-count muffin pan with non-stick spray or add muffin liners. In a medium bowl, mix together cocoa, sweetener, flour, baking soda, and baking powder and set aside. In a large mixing bowl, combine yogurt, vanilla extract, egg and vegetable oil—slowly stir in dry ingredients. Fill muffin cups 2/3rds full. Bake 18–20 minutes or until a toothpick inserted in the center comes out clean. Makes 12 servings.

**NUTRITION INFORMATION PER SERVING:** 162 calories, 4 grams protein, 11 grams fat, 15 grams carbohydrate, 128 mg sodium.

## Get Rewarded!

*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 February 28, 2018.** Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).*