

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Vegetarian Lifestyle

USE THESE SMART PLANNING TIPS FOR NUTRITIONAL EXCELLENCE

A well-balanced vegetarian diet has some real health benefits and is associated with a lower risk of obesity, heart disease, diabetes and stroke. Not surprisingly, it can add years to your life.

The key to a nutritionally sound vegetarian diet is variety, including fruits, vegetables, leafy greens, whole grain products, nuts, seeds, legumes, and in some cases dairy products and eggs. Those who simply replace animal products with plant-based junk food run the risk of nutritional deficiencies and are not likely to reap any health benefits. But well-planned vegetarian diets can meet nutritional needs – yes, even after weight loss surgery – and help you to live both a healthier and a longer life.

Meeting Protein Goals

Since many concentrated sources of protein come from meat, fish, poultry and dairy products, how can you meet your protein goal after weight loss surgery without these foods? It's not too hard if you focus on selecting and eating food with a higher protein level first. High-protein smoothies and shakes can help you to reach your protein goals more easily. There is a wide range of protein supplements made from soy, hemp or other vegetarian sources to choose from. These can

Types of Vegetarian Diets

LACTO-VEGETARIAN diets exclude meat, fish, poultry and eggs. Dairy products are included.

LACTO-OVO VEGETARIAN diets exclude meat, fish and poultry. Dairy products and eggs are included.

OVO-VEGETARIAN diets exclude meat, poultry, fish and dairy products. Eggs are included.

VEGAN diets exclude meat, poultry, fish, eggs and dairy products.

FLEXITARIAN diets are primarily plant-based, but include meat, dairy, eggs, poultry and fish occasionally or in small amounts.

be mixed with soy milk for a greater protein boost. See page 3 for a more complete listing.

Not All Proteins are Created Equal.

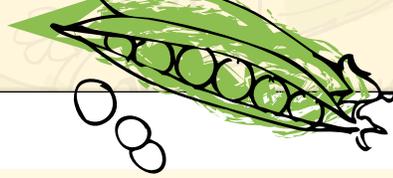
Proteins are made up of amino acids. Complete proteins contain all essential (cannot be made by the body) amino acids. Where animal sources of protein are complete, non-animal protein sources (with the exception of soybeans—which contain complete protein) lack one or more of the essential amino acids. This is where eating a variety of foods comes in. Plant-based foods complement each other by providing different sets of amino acids, so that

the body ends up with all the essential amino acids that it needs to function properly. The complementary foods don't even need to be eaten at the same time to provide the body with complete proteins.

Combine the food groups below for complete proteins. Those with a particularly strong matching of amino acids are in bold.

- **Legumes** with **grains**, nuts, **seeds** or dairy
- **Grains** with **dairy**, **legumes**, nuts or seeds
- **Dairy** with nuts, seeds, **grains** and legumes

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Some familiar complementary food combinations include beans and rice, peanut butter sandwich, macaroni and cheese, hummus with pita bread, grilled cheese sandwich, cereal with milk, pizza, and refried beans with a tortilla.

Legumes

Legumes can be easily incorporated into your diet in fun and delicious ways. There are lots of varieties, so cooking with them is very versatile. Legumes are nutrition powerhouses rich in calcium, vitamin B-12, iron, zinc and protein. Many legumes can be found in fresh, dried, canned or frozen options. If you are going for canned legumes, look for those with an organic label. These usually do not have added salt, preservatives or other unnecessary ingredients.

What About Vitamin Supplements?

Everyone undergoing weight loss surgery needs a complete multi-vitamin and mineral supplement. Many need sublingual vitamin B-12, calcium and vitamin D and iron. Let your dietitian know if you follow a vegetarian diet so that they can adjust your supplement regimen to meet your individual needs.

Make sure to include foods in your diet that are a good source of calcium, vitamin D and iron, and have your lab values evaluated regularly to insure that you are meeting your body's requirements.

Dietary Iron Sources

Iron from animal sources (heme iron) is generally better absorbed than iron from plant sources (nonheme iron). Foods rich in vitamin C enhance absorption. Coffee, tea, and calcium-rich foods decrease absorption. If you are unable to obtain adequate protein from dietary sources, you may require additional iron supplementation, but check with your doctor or dietitian first.

LEGUMES

| | | | |
|-------------------|---------------------------|--------------------|---------------------|
| Alfalfa | Egyptian Bean | Licorice | Red Kidney Bean |
| Asparagus Bean | Egyptian White Broad Bean | Lima Bean | Rice Bean |
| Asparagus Pea | English Bean | Madagascar Bean | Runner Bean |
| Baby Lima Bean | Fava Bean | Mexican Black Bean | Red Eye Bean |
| Black Bean | Fava Coceira | Mexican Red Bean | Red Clover |
| Black-eyed Peas | Field Pea | Molasses Face Bean | Scarlet Runner Bean |
| Black Turtle Bean | French Green Beans | Mung Bean | Small Red Bean |
| Boston Bean | Frijol Bola Roja | Mung Pea | Snow Peas |
| Boston Navy Bean | Frijole Negro | Mungo Bean | Southern Peas |
| Broad Bean | Great Northern Bean | Navy Bean | Sugar Snap Peas |
| Cannellini Bean | Green Beans | Pea Bean | Soybean |
| Chickpeas | Green/Yellow Peas | Peanuts | Wax Bean |
| Chili Bean | Kidney Beans | Peruvian Bean | White Clover |
| Coco Bean | Lentils | Pinto Bean | White Kidney Bean |
| Cranberry Bean | Lespedeza | Red Bean | White Pea Bean |
| Dwarf Beans | | | |

IRON-RICH FOODS



| Heme Iron 3.5mg or more | Heme Iron 2.1-3.4mg | Heme Iron 0.7mg-2.0mg | Nonheme Iron 3.5mg or more | Nonheme Iron 2.1mg-3.4mg | Nonheme Iron 0.7mg-2.0mg |
|----------------------------|------------------------|--------------------------|-------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 3 oz beef liver | 3 oz beef | 3 oz chicken | 1 cup enriched cereal | 1/2 cup canned lima beans, red kidney beans, chickpeas or split peas | 1 oz peanuts, pecans, walnuts, pistachios, roasted almonds, roasted cashews or sunflower seeds |
| 3 oz chicken liver | 3 oz canned sardines | 3 oz halibut | 1 cup cooked beans | 1 cup dried apricots | 1/2 cup dried seedless raisins, peaches or prunes |
| 3 oz clams | 3 oz turkey | 3 oz perch | 1/2 cup tofu | 1 medium baked potato | 1 cup spinach |
| 3 oz mollusks | | 3 oz salmon | 1 oz pumpkin seeds | 1 medium stalk of broccoli | 1 medium green pepper |
| 3 oz oysters | | 3 oz tuna | 1 oz squash seeds | 1 cup cooked enriched egg noodles | 1 cup pasta |
| | | 3 oz ham | 1 oz sesame seeds | 1/4 cup wheat germ | 1 slice of bread |
| | | 3 oz veal | | | 1 cup rice |

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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 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).

We'd love to hear from you.

QUESTIONS ABOUT FINANCING YOUR SURGERY?

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

PROTEIN SOURCES (from page 1)

| Food | Protein | Non-Vegetarian | Lacto-Vegetarian | Lacto-Ovo-Vegetarian | Ovo-Vegetarian | Vegan |
|--------------------------------|-------------|----------------|------------------|----------------------|----------------|-------|
| 3 oz meat/fish/poultry | 21 grams | √ | | | | |
| whey protein powder | 18-25 grams | √ | √ | √ | | |
| 8 oz skim milk | 8 grams | √ | √ | √ | | |
| ½ cup cottage cheese | 14 grams | √ | √ | √ | | |
| 6 oz Greek yogurt | 13 grams | √ | √ | √ | | |
| 6 oz yogurt | 7 grams | √ | √ | √ | | |
| 1 oz cheese | 6 grams | √ | √ | √ | | |
| egg, medium | 6 grams | √ | | √ | √ | |
| ¼ cup egg substitute | 6 grams | √ | | √ | √ | |
| 1 Tbsp. nonfat dry milk | 1.5 grams | √ | √ | √ | | |
| ½ cup vegetarian refried beans | 9 grams | √ | √ | √ | √ | √ |
| ½ cup black beans | 7 grams | √ | √ | √ | √ | √ |
| ½ cup chickpeas | 8 grams | √ | √ | √ | √ | √ |
| 1 small baked potato | 3 grams | √ | √ | √ | √ | √ |
| ½ cup oatmeal | 3 grams | √ | √ | √ | √ | √ |
| 1 slice bread | 2 grams | √ | √ | √ | √ | √ |
| ½ cup tofu | 9 grams | √ | √ | √ | √ | √ |
| 1 black bean burger | 11 grams | √ | √ | √ | √ | √ |
| soy protein powder | 18-25 grams | √ | √ | √ | √ | √ |
| 1 cup unsweetened soy milk | 6 grams | √ | √ | √ | √ | √ |
| 1 cup unsweetened almond milk | 1 gram | √ | √ | √ | √ | √ |
| 3 oz seitan (wheat gluten) | 19.5 grams | √ | √ | √ | √ | √ |
| ½ cup soybeans | 15 grams | √ | √ | √ | √ | √ |
| ½ cup cooked lentils | 9 grams | √ | √ | √ | √ | √ |
| ½ cup cooked quinoa | 5.5 grams | √ | √ | √ | √ | √ |
| ½ cup cooked broccoli | 2.5 grams | √ | √ | √ | √ | √ |
| 2 Tbsp. hemp protein powder | 6 grams | √ | √ | √ | √ | √ |
| 2 Tbsp. hemp seeds | 5 grams | √ | √ | √ | √ | √ |
| 2 tbsp. peanut butter | 7 grams | √ | √ | √ | √ | √ |
| 28 almonds | 6 grams | √ | √ | √ | √ | √ |

Pumpkin Berry Spinach Salad

- 2 cups fresh pumpkin
- olive oil cooking spray
- ½ tsp. salt
- ½ cup roasted pumpkin seeds
- ¼ cup walnuts, chopped
- 1 cup cup fresh strawberries, sliced
- 3 cups fresh spinach

Preheat oven to 400 F. Slice the fruit of a pumpkin lengthwise into strips and then cut those up into large chunks. Microwave the chunks in a bowl for 2 minutes and then cut into 1-inch cubes. Spray with olive oil cooking spray and sprinkle with salt. Roast on a baking sheet for about an hour, stirring every 20 minutes. Cool.

Toss all ingredients together and drizzle with Walden Farms salad dressing. (www.waldenfarms.com). Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 160 calories, 7 grams protein, 10 grams fat, 10 grams carbohydrate, 214 mg sodium.



In the News

Most of us are really out of touch with the calories contained in our fast food meals. A recent study found that 25% of people estimated that their meal had 500 calories less than it actually did. The average adult fast food meal has 836 calories. The average school-aged child's meal has 733 calories. That's a lot of calories and we are not aware that we are eating that much. Soon we will be faced with calories on menu boards before we order. The big question is whether it will change our food selections.

It Worked for Me

Adapted from the Barix forums

POST: I found **My Fitness Pal** to be an outstanding tool to help stay in control of food choices, and it is free. It is very easy to use. I can log in from my laptop at work and I've also downloaded the app on my iPad, which syncs to the online version. It has an amazing search feature that allows you to search for all kinds of food! Almost everything that I've looked up is in there.



Southwest Salad

- 2-4 cups chopped romaine lettuce or leafy green of choice
- 1 serving red quinoa cooked and chilled (1/4 cup dry)
- ½ cup organic black beans, canned
- ½ cup corn
- ½ cup red pepper, chopped
- 1 small tomato, chopped
- 2 Tbsp red onion, diced

Put all of the salad ingredients in a bowl, top with Walden Farms Chipotle Ranch dressing (www.waldenfarms.com) and enjoy. Makes 3 servings.

NUTRITION INFORMATION PER SERVING (includes 4 tbsp. Walden Farms dressing): 150 calories, 7 grams protein, 2 grams fat, 30 grams carbohydrate, 348 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 August 31, 2013 Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.