

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## Protein for Every Phase

*Power-packed protein options –for every stage of your journey*

Your good health depends on getting the right amount of protein in your diet. Protein is used by the body in many ways as an essential part of muscles, hair, nails, hormones and enzymes.

To ensure that you get the right amount of protein, your Barix Clinics nutritionist will provide you with a protein goal. This is an optimal level of protein to help your body meet its needs. If you don't get enough protein in your diet, your body will break down its internal store—your muscles. A lower muscle mass slows metabolism, making it harder to reach and maintain weight loss goals. On the other hand, getting too much protein can provide excess calories and stress the body.

The way in which you reach your protein goal will most likely change over time. Right after surgery, intake is very limited and protein supplements are a main protein source. As food options expand, a transition from protein drinks to lean meat, fish, poultry and dairy products usually takes place. There is not a specific food combination or meal plan required. Protein is found in a variety of healthy foods so you will be able to combine your favorite protein-containing foods into six small meals to fit your food preferences and lifestyle.

### Liquid Phase

The volume of fluid that your body can handle is very limited during this phase, so it is especially important to use a concentrated source of protein to help meet your goal. Protein drinks fit this bill and work well for many people after surgery. Make sure the supplements you select have 2 grams or less of added sugar. Keep an eye on what you add to your protein drink so you don't end up with more calories than you realize--use limited amounts of juice and peanut butter, and avoid adding sugar-free ice cream. Protein drinks are available in both ready-to-drink and powdered forms. There are advantages to both.

**Ready-to-Drink Protein Supplements** are quick, easy and may contain 30 grams of protein or more in a serving. There's no shaking, mixing or blenders to clean and you don't end up with a large airy volume to drink. There are many products available using whey (milk), soy, or vegan protein sources.

**Premier Protein:** 30 grams of concentrated protein in just 11 oz. Comes in chocolate, vanilla and strawberry flavors. Costco and Sam's Clubs both carry them by the case for less than \$2.00 per serving. They are also available online (various sellers) and at grocery and nutrition stores.

**Protein2o:** 15 grams of protein in a fruit-flavored drink. Protein2o is available online ([drinkprotein2o.com](http://drinkprotein2o.com)) and at your local Kroger store (look

in the bottled water aisle) or Giant Carlisle store.

**EAS AdvantEDGE:** 17 grams of protein. EAS AdvantEDGE has just 100 calories and comes in several flavors including strawberry cream, chocolate fudge and café caramel.

**Nature's Best Isopure:** 40 grams of protein. Isopure is sweetened with Sucralose and comes in clear grape, punch, blue raspberry and other flavors.

**Protein Powders** are often less expensive and more versatile than ready-to-drink options. Whey is the most common protein source, although egg white, soy, vegetables, and other protein sources are also easy to find. The Barix Guide to Good Health has some great recipe ideas to keep you from getting bored.

**Matrix 2.0** is a moderately priced whey-based protein supplement with 23 grams of protein per scoop. It is delicious and versatile. Flavors include strawberry cream, milk chocolate, perfect chocolate, cookies and cream, mint cookie and peanut butter cookie.

**Nectar** comes in unique fruit flavors, such as fuzzy navel, Caribbean cooler, and twisted cherry. Providing 23 grams of protein per scoop, it is good mixed with water, made into a slushy or mixed with plain yogurt.

**Smooth, no-added-sugar yogurts** range in protein from 4 grams up to 15 grams per serving. These are delicious to eat alone or add to a protein smoothie.

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**Dannon Oikos Triple Zero** is highest in protein with 15 grams per serving. Sweetened with stevia, it has a smooth texture and not-too-sweet taste that is sure to please after-surgery taste buds.



**Plain (unflavored) Greek Yogurts** of any brand are a good option. Stir in baby food fruit or your favorite non-calorie sweetener to taste. For an extra 23 gram protein burst, stir in a scoop of fruit-flavored Nectar Protein powder.

**Kroger Carb Master Yogurt** has 9 grams of protein and a large variety of delicious flavors. Available only at Kroger.

**Low-fat milk** has 8 grams of protein in each 1-cup serving. Drink by itself, heat it up and add no-added-sugar hot cocoa, stir in no-added-sugar Carnation Instant Breakfast or a squirt of sugar-free chocolate syrup.

**Pudding** (sugar-free) made with milk from a box mix has 5 grams of protein. If you make it with canned evaporated skim milk instead, you'll up the protein to 11 grams per ½ cup serving. Another option is to mix unflavored protein into the milk before adding to the mix.

**Soup** (blended and strained) is a savory protein source for the liquid phase. Protein content is dependent on the protein content of the soup and what makes it through the strainer.

### Pureed Foods

Once you start on the pureed food phase, you can add smooth-consistency foods to all of the liquid options. Some favorite pureed protein sources are:

- Cottage cheese, mash with a fork until smooth
- Chili, blended
- Soups, blended
- Canned chicken, add to soups before blending
- Tuna, chop until smooth and mix with low-fat mayonnaise or Miracle Whip

- Chicken, canned, chop until smooth and mix with low-fat mayonnaise or Miracle Whip
- Chicken, canned, blend with low-fat gravy, pour over mashed potatoes
- Oatmeal, make with skim milk or evaporated skim milk instead of water
- Softly scrambled egg substitute

### Soft Foods

In addition to the liquid and pureed options, ground meats, flaky fish, eggs, low-fat cheese, and soft deli meats can now be used to help you reach your protein goal. At this stage, it is important to learn to take very small bites and chew food to a paste-like consistency before swallowing. Be sure to take a few small bites, pause and check your body signals for acceptance. Stay away from untoasted bread, rice, pasta and solid meats like steak, roast, pork chops, chicken breast, etc. Some favorite high-protein soft foods are:

- Soft, flaky fish
- Ground meats
- Pizza tortilla (flour tortilla heated in non-stick pan on medium-high heat, topped with pizza sauce, low-fat mozzarella cheese, and finely diced ham until tortilla is crispy and cheese is melted)
- Mexican tortilla (flour tortilla heated in non-stick pan on medium-high heat, topped with refried beans, seasoned ground beef or turkey, and low-fat shredded cheddar cheese until tortilla is crispy and cheese is melted)
- Soft deli meat (lean turkey, chicken, or ham) finely diced. Add some shredded low fat cheese if desired
- Most soups
- Cottage cheese, low-fat cheeses, light cheese sauces
- Crackers topped with tuna salad, chicken salad or hummus
- Eggs, scrambled, fried in non-stick pan, hard boiled, or egg salad
- Soft cooked vegetables, soft fruits, toasted bread and crackers

### Regular Foods

Solid meats (chicken, pork, beef, etc) can now be added to the diet. High-protein foods (lean meat / fish / poultry and low-fat dairy products) may begin to replace protein drinks. Many people choose to

include a protein drink daily as one of their six meals. Be sure to build your diet around high-protein foods and eat six small meals. Well-tolerated foods include:

- Soft, moist meats. Slow-cookers are a great cooking method
- Baked fish, shrimp, crab, tuna, lobster
- Lean deli meats
- Eggs
- Low fat (2% milk) cheeses, Laughing Cow Light cheese, Babybel Light cheese, cheese sticks, cottage cheese
- Yogurt, Greek yogurt
- Low-fat milk
- Soup
- Beans
- Lean meat and low-fat cheese roll-ups



## In the News

Getting enough sleep is essential for a healthy metabolism and weight. Missing just 30 minutes a night can wreak havoc on both your weight and insulin resistance. In a recent study those who didn't get enough sleep were 72% more likely to be obese and more likely to have blood sugar regulation issues.

The Sleep Foundation recommends that adults get 7-9 hours of sleep a night. They provide the following tips on their site to help you achieve that goal.

- *Stick to a sleep schedule, even on weekends.*
- *Practice a relaxing bedtime ritual.*
- *Exercise daily.*
- *Evaluate your bedroom to ensure ideal temperature, sound and light.*
- *Sleep on a comfortable mattress and pillows.*
- *Beware of hidden sleep stealers, like alcohol and caffeine.*
- *Turn off electronics before bed.*

## SUBSCRIBE

On Track With Barix

[www.barixclinicsstore.com/  
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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, 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

### Pico de Gallo Grilled Chicken Salad

1 medium tomato, diced  
1 small onion, diced  
1 seeded jalapeno, finely chopped  
juice of 1 lemon  
2 tsp. fresh cilantro, chopped  
1/2 tsp. garlic, minced  
1/8 tsp. black pepper  
1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes  
non-stick cooking spray  
4 cups green leaf or red leaf lettuce, washed and chopped

Stir together tomato, onion, jalapeno, lemon juice, cilantro, garlic and pepper in a medium bowl.

Lightly spray a medium nonstick skillet with cooking spray and add chicken. Cook on medium-high heat for 10 minutes or until chicken is cooked through, stirring occasionally.

Divide lettuce onto 4 plates, top with chicken and tomato mixture. Makes 4 servings.

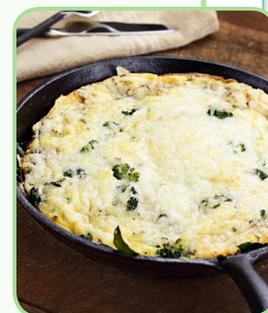
**Nutrition information per serving:** 154 calories, 25 grams protein, 3 grams fat, 4 grams carbohydrate, 148 mg sodium.

### Broccoli and Feta Omelet

Cooking spray  
1/4 cup broccoli,  
2 large eggs, beaten  
2 tablespoons feta cheese, crumbled  
1/4 teaspoon dried dill

Coat a nonstick skillet with cooking spray. Cook broccoli on medium heat for 3 minutes. Whisk eggs and dill together in a bowl and add to skillet. Cook 3-4 minutes. Flip omelet, add feta cheese and cook about 2 minutes more until cooked through. Makes 1 serving.

**Nutrition information per serving:** 223 calories, 17 grams protein, 16 grams fat, 3 grams carbohydrate, 459 mg sodium.



*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 May 31, 2015. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).*

