

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Back to Basics

Take steps to reclaim your health by limiting processed foods.

In the past 60 years, the American diet has changed significantly. Portion sizes have increased, in many cases quadrupled; more meals are prepared and eaten outside the home; and we've come to rely on the convenience of packaged foods. As our waistlines surge and our health plummets, we've begun to question the role that these changes are having on our bodies and on our health. Many experts propose that getting back to the basics (avoiding processed foods, preparing foods at home and controlling portions) is a step in the right direction to reclaiming our health.

### Processed Foods

Most foods that we buy are processed to some degree. Skim milk has the fat removed and is pasteurized for safety. Beans may be soaked, cooked and packed for convenience. Processing is any change made to a food from its natural state and includes peeling, slicing, cooking, dehydrating, preserving, and freezing. Some processing, such as freezing, allows us to eat fruits and vegetables through the winter months. Minimal processing like this leaves nutrients intact and does not add additional ingredients.

Highly-processed foods, on the other hand, often barely resemble their natural states. Examples include potato chips, candy, donuts, cookies, ice cream,

and muffins. Looking at the label for any highly-processed food, you'll most likely see a long list of ingredients, many that you would not have in your kitchen. It's been reported that most Americans get 70% of their daily intake from highly-processed foods. Here are some reasons why you might want to consider limiting highly-processed foods in your diet.

Highly-processed foods can be intensely rewarding, overpowering the complex mechanisms that our bodies have built in to help us balance the amount of food we eat with the amount of food we need. Food manufacturers work hard to make the foods they produce as desirable as possible. Fatty, sweet and salty attributes trick our brains and we eat more than we need. Companies even advertise that fact—you can't eat just one, can't get enough, and nobody can say no. These foods are processed to the point that they are no longer like anything you find in nature. To top it off, they're in bright packages, highly accessible, priced right and ultra-convenient.

Consistently eating highly-processed foods causes weight gain, fatigue and inactivity, and a short-term avoidance doesn't reverse the effects.

Ingredients are added to processed foods for many purposes. They keep food fresh (preservatives). They give



food appealing colors (colorants). They give food flavor (flavoring). They give food texture (texturants). Although these chemicals have been tested for safety, many times we find out years later that artificial ingredients we thought were safe really weren't. The Center for Science in the Public Interest has [great information](#) about the safety of additives if you'd like to learn more. Here's an ingredient list from a well-known cereal bar. You decide—healthy or *not-so-healthy*?

CEREAL (RICE, WHOLE GRAIN WHEAT, SUGAR, WHEAT BRAN, SOLUBLE WHEAT FIBER, SALT, MALT FLAVORING, MALTODEXTRIN, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2]), CORN SYRUP, SOLUBLE CORN FIBER, FRUCTOSE, STRAWBERRY FLAVORED FRUIT PIECES (SUGAR, CRANBERRIES, CITRIC ACID, NATURAL STRAWBERRY FLAVOR WITH OTHER NATURAL FLAVORS, ELDERBERRY JUICE CONCENTRATE FOR COLOR, SUNFLOWER OIL), SUGAR, VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, PARTIALLY HYDROGENATED PALM KERNEL OIL), MALTODEXTRIN, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, SORBITOL, GLYCERIN, NONFAT DRY MILK, NATURAL AND ARTIFICIAL STRAWBERRY FLAVOR, SOY LECITHIN, SALT, NATURAL AND ARTIFICIAL FLAVOR, NIACINAMIDE, COLOR ADDED, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), BHT (PRESERVATIVE). LESS THAN 0.5g TRANS FAT PER SERVING

Continued from page 1

We fill up on processed foods and don't eat what's good for us, and that can make us sick. Eating 5 servings of fresh vegetables and 2 serving of fresh fruit reduces your risk of death at any point in time from all causes by 42 percent.



Processed foods are often high in simple, refined carbohydrates. Think cakes, pies, cookies, breakfast bars, donuts, ice cream, fruit drinks and soft drinks. Even if you are avoiding simple sugars (as you should be after weight loss surgery), refined carbs are often found in muffins, breads, cereals and pasta. These can cause quick spikes and drops in blood sugar levels.

Trans fats have been significantly limited in many snack foods in recent years due to pressure from consumers. But high amounts of unhealthy fat and sodium remain.

Processed foods are often much lower in important nutrients compared to whole, unprocessed foods. Sometimes vitamins and minerals are added to make up for losses that occurred during processing, but these cannot replace all of the natural vitamins, minerals, antioxidants, and trace nutrients that nature provides in unprocessed foods.

Highly-processed foods are usually very low in fiber. Fiber prevents constipation, provides a sense of fullness, and helps promote the good bacteria that live in your intestine. The best sources of fiber in the diet are those wonderfully unprocessed fresh vegetables, fresh fruits and whole grains.

Hopefully you've found enough reasons to at least consider replacing some of the highly processed foods

that have made their way into your diet with fresh, wholesome foods.

### Here are some ways to get started.

Provide your body with enough protein throughout the day with six small meals (1/2 cup – 1 cup each) that each include a source of lean meat, skinless chicken, seafood, low-fat dairy products or legumes.

Include a variety of fresh vegetables and fruit. Add chopped vegetables to an egg white omelet for breakfast. Roll a slice of lean deli meat and real cheese around chopped tomato, spinach, and onion for lunch. Fill your plate with 1/2 cup veggies and 1/2 cup protein at dinner. Snack on raw veggies dipped in Laughing Cow cheese, apple slices with peanut butter dip, and yogurt with fresh fruit.

Eat unsalted nuts in small (100 calorie) portions.

Batch prepare foods ahead of time. Chop veggies, cut fruit and put them in the front of the refrigerator where they are clearly visible.

Add wheat bran to your diet as a nutritious, whole grain fiber source. Mix it with applesauce, stir it into yogurt, brown it with meat, add it to protein smoothies or eat it as hot cereal.

If you need to buy canned vegetables, pasta sauces, or beans, look for organic options. These usually don't contain unwanted additives.

Drink plain water infused with fresh fruit or vegetable slices—light flavor without all the sweeteners and additives.



Make your own soups with fresh ingredients. Freeze leftovers in individual containers for future lunches.

Visit your local farmer's market for the freshest produce. Search the web for new and delicious ways to prepare foods in a wholesome way.

Buy herb plants to grow indoors or out so you'll always have fresh herbs to season foods.

Get your family involved preparing and trying new wholesome foods.

We are living in a world today where

## LEMONADE

is made from artificial flavors  
and furniture polish is made  
from real lemons.

Alfred E. Newman



## In the News

Once thought of as safe, trans fats have been linked to heart disease and now emotional distress. The large majority of trans fats are found in highly-processed baked goods and fried foods. A common tendency is to reach for a cookie or cake when feeling down and stressed, but rather than help, a **new study** shows that consuming foods with trans fat may depress rather than calm. Trans fats are formed when oil is processed to make it more solid.

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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!**

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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**  
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We'd love to hear from you!

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

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## Recipes

### Whole Wheat Bran Muffins

1 cup whole wheat pastry flour  
1/2 cup almond meal or flour  
1 cup wheat bran  
1/4 cup Stevia granulated  
2 T brown sugar  
1 1/2 tsp. ground cinnamon  
1 1/2 tsp. baking powder  
1/4 tsp. salt  
2 eggs, beaten  
1 1/4 cups low-fat buttermilk  
3 T applesauce, unsweetened  
1 1/2 tsp. vanilla  
1 apple, peeled and diced  
1/2 cup walnuts

Preheat oven to 350 degrees F. Spray 12 muffin cups with nonstick cooking spray or oil.

In a medium-sized bowl, stir together whole wheat pastry flour, almond meal, wheat bran, Stevia or brown sugar, cinnamon, baking powder, and salt.

In a small bowl, beat eggs and then stir in buttermilk, applesauce, vanilla and apple. Toast walnuts for 1-2 minutes in a dry pan over high heat, cool and finely chop. Add to liquid ingredients.

Add the egg mixture to the flour mixture and stir just enough so that all the dry ingredients are moistened. Use a large spoon to divide the batter among the muffin cups. Bake at 350 degrees for 30 minutes or until a toothpick inserted into the center of a muffin comes out completely clean. Cool and enjoy. Makes 12 servings.

**Nutrition information per serving:**  
147 calories, 5 grams protein, 7 grams fat, 19 grams carbohydrate, 145 mg sodium.



### Stuffed Chicken Breasts

1 large red bell pepper  
1/4 cup (1 ounce) crumbled feta cheese  
2 tablespoons pitted black olives, finely chopped  
1 tablespoon fresh basil, minced  
8 (6-ounce) skinless, boneless chicken breasts  
1/4 teaspoon salt  
1/4 teaspoon black pepper

Preheat oven broiler. Cut bell pepper in half lengthwise and discard seeds and membranes. Place pepper, skin side up, on a foil-lined baking sheet and flatten with hand. Broil 15 minutes or until blackened. Place in a resealable plastic bag and let stand for 15 minutes. Remove from the bag and chop finely.

Preheat grill to medium high heat. Cut a horizontal slit through the thickest portion of each chicken breast to form a pocket. Combine bell pepper, cheese, olives, and basil and add 2 tablespoons to each pocket. Close the opening with a wooden pick. Sprinkle chicken with salt and pepper. Grill chicken for about 6 minutes on each side until done. Remove from grill. Let stand 10 minutes before serving. Makes 8 servings.

**Nutrition information per serving:** 210 calories, 35 grams protein, 6 grams fat, 2 grams carbohydrate, 266 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 July 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).*

