

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Summer Eating

Simple strategies to keep those healthy habits in check all summer long

The weather is finally warming up, the school year is ending, and summer fun is calling. The post-bariatric-surgery lifestyle is all about finding a healthier way to live life — healthy alternatives to your favorite summer fare, new ways to add movement throughout your day, and developing new skills and habits to keep you healthy and happy. This issue is packed full of so many ideas that you won't be tempted to let your healthy habits take a summer break.

Summer Hydration. Now that the heat's on, it is especially important to stay properly hydrated. Many traditional summertime drinks are filled with added sugars and calories.

Here are some simple sugar-free ways to enjoy your favorite drinks:

- Start your summer morning in high gear with an iced coffee. Brew a pot of strong coffee and refrigerate — it will stay fresh for a few days in the refrigerator. Add a splash of sugar-free flavored syrup and fat-free half & half or sugar-free flavored creamer. Then pour over ice or blend to icy goodness. Health bonus: Caffeinated coffee may lower your risk of developing nonmelanoma skin cancer.
- A tall glass of iced tea on a hot day is refreshing. Drink it straight or add fresh lemon, lime or orange slices, a squirt of peach nectar, Crystal Light flavorings, or fresh fruit to blend or infuse. Health bonus: Tea is rich in

antioxidants and drinking it regularly may lower your risk of Alzheimer's disease and diabetes, promote healthier teeth and gums and stronger bones.

- Infuse fresh flavors into your water by adding fresh fruit (berries, melon, citrus, apples, pears, grapes, cherries, or tropical fruits), vegetables (cucumber, celery, fennel or carrots), herbs (rosemary, thyme, mint, basil, cilantro, or parsley) or spices (cinnamon sticks, cardamom pods, fresh ginger, cloves, or vanilla bean). Simply soak the fruit, vegetable, spice or herb in a glass or pitcher of cold water for 3-4 hours. Remove the ingredient and enjoy. The infused water will stay fresh for up to 3 days if refrigerated.
- Fruit smoothies are a delicious way to sneak some protein into your day. Start with skim milk, add Greek yogurt or protein powder and fresh or frozen fruits. You may want to boost your smoothie with fresh dark green leafy greens. Blend and enjoy.

Eat Right. Summer activities can keep you moving so much that it is more challenging to find the time to plan meals/snacks and grocery shop. Don't skip these important strategies to keep your food intake on target. Instead simplify and make a food plan that you can repeat. Stick to six small protein-rich meals and be sure to look ahead for upcoming gatherings so you can take a healthy food item or two to share.



Picnics, Potlucks, and Cookouts.

One of the best things about summer is gathering with friends and family on the deck or at a park to enjoy food and fun. These events are easy to navigate if you are armed with a "can do" attitude and the right foods and drinks on hand.

- Take your own drinks. You might want to "treat" yourself to a sugar-free tropical drink garnished with fresh fruit or a glass of sugar-free margarita mix with a lime (leave out the tequila). Calorie-free does not have to mean boring.
- Take a dish and/or dessert to pass that you know is on your plan.
- Feel free to say no to when someone offers you an unhealthy option.
- Focus on people and activities more than food.

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- Take your own lean protein options for the grill. Think fresh fish, shrimp, marinated chicken breast, lean pork, beef tenderloin, and black bean or turkey burgers.
- Select fresh fruit and vegetables for sides.



Sweet Treats. Summer just isn't summer without a frozen concoction here and there or a s'more to complete the campfire. Alternatives to your favorite summer treat are available without much extra effort.

- Many ice cream shops have sugar-free options available. DQ offers an orange cream bar and fudgesicle without added sugar. Frozen yogurt is often available in a sugar-free version with fresh fruit toppings. Baskin Robbins and other chains have sugar-free ice cream versions too.
- Better yet, make your own protein-rich ice cream. Really — this is worth the effort. See recipes on page 3.
- Even s'mores can be adapted to fit your post-surgery eating plan. Simply start with 1 graham cracker square, add a sugar-free Hershey's mini bar and a perfectly golden campfire roasted sugar-free marshmallow, then top with another graham cracker square. See recipe on page 3.
- A big bowl of chocolate mousse may become a family gathering favorite. No one will guess that it is sugar-free. See recipe page 3.



Maximize Movement. Fitness trackers are great because they help you to see how much you do or do not move throughout the day, so you can intentionally find ways to increase that movement and track your progress. Many small efforts can add up throughout the day. Keep in mind that it's unlikely that you'll need to increase calorie intake to compensate for exercise. The calories burned during exercise help to offset the decrease in energy expenditure you experience from carrying around a lot less weight.

- Always wear or carry walking shoes with you. If you have a 10 minute wait at the dentist's office, walk around the block or up and down the building steps.
- Intentionally park at the far end of the parking lot.
- Pace inside your house while watching TV or waiting for the dryer to finish.
- Go for short walks throughout the day and a longer walk when you can work it in.
- Seize summer fun activities like kayaking, biking, swimming, Frisbee, jump rope, and hiking every chance you get.
- Take advantage of cooler weather in the early morning or later evenings. You might even time it so you can catch the sunrise or sunset.

- Work out in the water to keep cool and build your fitness.
- Visit amusement parks, museums, zoos, parks or aquariums to walk for hours without realizing it.

REST is not idleness, and to lie sometimes on the grass under the trees on a summer's day, listening to the murmur of water, or watching the clouds float across the blue sky, is by no means waste of time.

John Lubbock
Recreation, *The Use of Life*

Sleep. Longer days and more outdoor activities can cut into your sleep schedule. A lack of sleep increases appetite, carb cravings and food intake. Do your best to go to bed and wake up at the same time each day. Turn off the electronics, pull the shades and play quiet music as white noise to help you settle in earlier.

Stress. Unfortunately stress doesn't take a summer vacation. Learning new stress management and coping skills can help you weather life's storms. Invest time in learning and practicing the skills of yoga, meditation, and deep breathing. **Heartmath.com** has some products that teach your body to shift to a positive emotional state in a moment — what a great tool to have in your toolbox.



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Recipes

PB Cup Ice Cream

- 1 cup skim milk
- 2 scoops chocolate protein powder (Matrix was used for nutrition information)
- 2 Tablespoon PB2 or other powdered peanut butter

Place all ingredients in blender and puree. Pour into ice cream maker and follow instructions. Makes 2 servings.

NUTRITION INFORMATION PER SERVING:
186 calories, 30 grams protein, 3 grams fat, 12 grams carbohydrate, 241 mg sodium.

S'mores

- 2 graham cracker squares (1 large rectangle)
- 1 sugar-free Hershey's mini bar
- 1 sugar-free marshmallow (another option is to use a sugar-free peep)

Microwave Directions

Place 1 graham cracker square on a microwave safe plate, top with chocolate and then marshmallow. Microwave on high for 15 seconds until marshmallow is soft and puffy. Top with other graham cracker square and enjoy. Makes 1 serving.

Campfire Directions

Toast marshmallow over campfire until perfectly browned. Assemble s'more by placing 1 graham cracker square on plate, top with chocolate and then toasted marshmallow. Top with other graham cracker square and enjoy. Makes 1 serving.

NUTRITION INFORMATION PER SERVING:
121 calories, 2 grams protein, 4 grams fat, 18 grams carbohydrate, 90 mg sodium, carbohydrate, 241 mg sodium.



Strawberry Ice Cream

- 1/2 cup strawberries
- 1 Tablespoon sugar-free vanilla syrup
- 1 cup skim milk
- 2 scoops vanilla protein powder (Matrix was used for nutrition information)
- 1/4 cup strawberries, chopped

Place all ingredients except 1/4 cup chopped strawberries in blender and puree. Pour into ice cream maker and follow instructions. Five minutes before ice cream is done, stir in chopped strawberries. Makes 3 servings.

NUTRITION INFORMATION: 182 calories, 28 grams protein, 2 grams fat, 14 grams carbohydrate, 199 mg sodium.

Chocolate Mousse

- 1 1/2 cups skim milk, cold
 - 1 pkg. fat-free, sugar-free chocolate instant pudding (4 serving size)
 - 1 cup Cool Whip Lite®, thawed
- Pour milk into mixing bowl. Add pudding mix. Beat with wire whisk 2 minutes.

Gently stir in whipped topping. Spoon into individual dishes or medium serving bowl. Refrigerate until ready to serve. Garnish if desired. Makes 5 servings.

NUTRITION INFORMATION PER SERVING:
94 calories, 3 grams protein, 2 grams fat, 15 grams carbohydrate, 286 mg sodium.