

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

HEALTHFUL FOOD CHOICES



A balanced diet of healthful foods provides your body with the good health and energy to enjoy life to the fullest. Your health will vary throughout your lifespan and is partially based upon genetics, but to a large extent it is determined by your food and lifestyle choices. Science backs up the old saying, “You are what you eat.” Choosing a healthful, balanced diet and making good eating, exercise and lifestyle choices will have a positive impact on your enjoyment of life.

Choosing healthy foods sounds pretty basic, but what defines a food as healthy or not so healthy? There are some foods that will meet your body’s nutritional requirements better than others. Our body’s nutritional needs are best met when we choose a variety of foods from different food groups. There is no single food or food group that can provide your body with optimal nutrition. Each food group provides unique and specific nutrients for optimal health. With that in mind, let’s first explore what a food should contain to be considered “healthy” and then we’ll put it all together with the *Barix Nutrition Guide* (shown on page 3).

In the last century, the American diet has dramatically changed. Some of the changes have positively impacted the health of our citizens. The availability of fresh fruits and vegetables throughout the year, the fortification of foods with

essential nutrients, and the technology of refrigeration, improving the quality and safety of our food supply, have been positive changes. On the down side, many of our foods are now highly processed with many additives; convenience, fast foods, and large portions encourage over-consumption; and sugar is consumed at an all time high. We have the opportunity to choose healthier foods more than ever before, but the lure of quick, convenient, and inexpensive processed food often wins out.

One concept to keep in mind when looking for healthier foods is that foods closest to their natural form are typically better choices. Take for example an apple. In its original form, it provides 81 calories, 18 grams of naturally occurring sugar and almost 4 grams of dietary fiber. Process the apple into apple juice and it will have 112 calories in 12 oz, 28 grams of sugar and almost no dietary fiber. Make it into applesauce and it ends up with 110 calories, 26 grams of sugar and no fiber in a 4 oz serving. Continuing down this line of thought, if you process the apple into a slice of apple pie, it will provide 400 calories, 31 grams of sugar and 19 grams of fat. Clearly the crisp, crunchy sweetness of nature’s apple cannot be improved upon. When choosing healthful foods, consider what has been taken out or added during processing. Choose foods in their natural form when possible.

Vitamins and minerals are nutrients required in relatively small amounts, vital for health, that cannot be produced by the body and therefore need to be supplied by the diet. Several vitamins and minerals have been identified as essential to prevent deficiency diseases. Neither vitamins nor minerals provide calories. Some foods are dense with a vitamin(s) or mineral(s). Think of an orange which provides 75 mg of Vitamin C, meeting the daily Vitamin C requirements for most people; skim milk which provides about 1/3 of the calcium requirement in an 8 oz glass; and broccoli, which scores high with 75% of Vitamin A, 50% of Vitamin C and 100% of Vitamin K provided in a 12 calorie 1/2 cup serving. Other foods are nearly void of anything but calories. These are often referred to as empty calorie foods. Cake, candy, pop, French fries, doughnuts and chips classify as empty calorie foods. Even the no-added-sugar varieties of these foods lack substantial nutrients.

Cont. on page 2

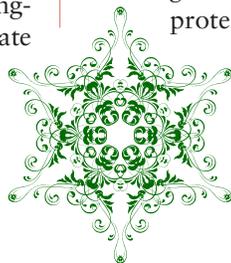
The understanding of nutrition is constantly growing. In recent years the health boosting benefits of phytochemicals have been discovered. Phytochemicals are substances found in plants that contain disease-preventing compounds. You



are probably familiar with one type of phytochemical called antioxidants. Antioxidants help the body to prevent damage that can lead to cancer, heart disease and strokes. Known antioxidants include Vitamins C, E and A; selenium (a mineral); and carotenoids (the compounds that give plants their color). It has been estimated that more than 100 different phytochemicals may be found in one serving of vegetables. As the evidence grows, the message is clear; eat 5 servings a day from the fruit and vegetable groups. Just keep in mind that Cherry Coke does not count as a fruit serving.

Carbohydrates have been given a bad rap lately. New lo-carb products are found on the grocery store shelves daily. Are carbohydrates unhealthy? Do they lead to obesity, diabetes, and other disorders? There are still a lot of questions and more research is needed. What we do know is that carbohydrates are the body's main fuel source. Many "carbs" are foods that also contain important vitamins and minerals needed for good health. Foods from the dairy, vegetable, fruit, and grain food groups all contain a significant amount of carbohydrates. Drastically reducing carbohydrates to very low levels means that important foods from each of these food groups are eliminated from the diet. Recent research indicates that there is no long-term advantage to low carbohydrate diets for weight loss.

Although there is not the scientific research to support drastically cutting down on carbohydrates, it does make sense to limit the carbohydrate sugar. The *USDA*



Fact Book reports that the average American consumes 32 teaspoons or more of added sugar daily. Much of this is in the form of sugar laden soft drinks and fruit drinks. Sugar is one of the empty calorie foods mentioned earlier. It provides calories and no other health boosting nutrients. The effects that it has on blood sugar levels and insulin levels (not to mention dumping syndrome) and the extra empty calories it provides are enough to warrant a very drastic reduction or elimination from the diet. Beware of no-added-sugar treats. Often they are no lower in calories and often higher in fat than the sugar-laden originals. Choose these foods as an occasional treat rather than a daily indulgence.

Fiber is found in fresh fruits and vegetables and whole grains. It helps to move food through the digestive system more effectively. Certain types of fiber can help to lower cholesterol levels. The American Heart Association recommends obtaining 25-30 grams of fiber from foods daily. The *Barix Nutrition Guide's* recommendations for fruits, vegetables, bread, cereal, rice and pasta supports the intake of adequate fiber. Choosing foods in their closest-to-nature state significantly increases the fiber content.

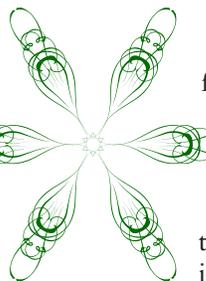
Protein is especially important during the rapid weight loss phase following surgery. Obtaining adequate protein and engaging in regular exercise will promote the loss of fatty tissues while maintaining a greater amount of muscle tissue. Complete proteins are found in the meat, fish and poultry food group and the dairy food group. Protein supplements or protein bars can also be helpful in meeting protein goals.

Eighteen months after surgery, protein needs return to pre-surgery levels. For women, 45-55 grams of complete protein daily is adequate and for men, 60-70 grams of protein is adequate. Consuming excessive protein is not

beneficial and will be stored—as all excess calories are—in the form of fat.

Foods should provide a certain satiety level. That is, they should make you feel satisfied after eating and for a few hours longer. Those that contain fiber, fat or protein and require chewing tend to have a higher satiety level than simple carbohydrates. Some foods may leave one person satisfied and another person scrambling back to the fridge. Yogurt for me is a low satiety level

food.



I like yogurt and it has some good health benefits, but I don't feel like I have had anything to eat after polishing off a carton.

For approximately the same calorie investment, I can choose lean turkey on light bread with Fat Free Miracle Whip® and feel very satisfied. Begin to notice the satiety level of the foods that you choose.

We have talked a lot about what makes a food healthful. What about the flip side...what makes a food not so healthful? Healthful foods are limited in added sugars, excessive sodium, hydrogenated or saturated fat, processing, and calories and are available in ways that help limit portions. Again,

think of the apple... perfectly portioned, with no added sugar, sodium or fat: moderate in calories and free from processing.



Compare a bag of chips that are high in sodium and fat, highly processed and bulk packaged to encourage over-consumption. It would be so easy to mindlessly eat 1/2 a bag of chips while watching TV and load up on 1000 calories, but think of eating the equivalent amount of calories in the form of apples—it would take 12 medium sized apples.

COMBINING HEALTHFUL FOODS FOR OPTIMAL HEALTH

Scientists at the University of Texas Southwestern Medical Center at Dallas have discovered a gene that keeps flies and mice from getting fat. The gene is called Adipose or Adp. The scientists were able to show that genetically engineered mice with the Adp gene became skinny. Adp seems to work in a dose related manner so the more Adp activity, the leaner the mice became. "This is good news for potential obesity treatments, because it is like a volume control instead of a light switch. It can be turned up or down, not just on or off," researcher Jonathan Gaff, MD, PhD stated. This research adds to the pool of information about the complex mechanisms that impact obesity. The development of drugs to target this system are years off.

WHAT'S NEW?

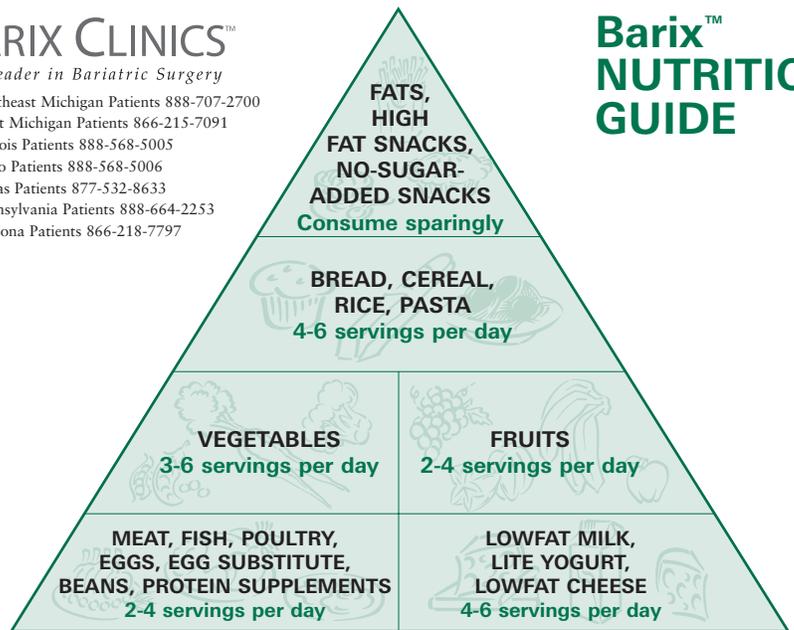
The Rockin' Roll™ is a phenomenal protein bar that tastes like a decadent treat. It has a smooth creamy nougat that is dipped in buttery caramel and then it's smothered with real peanuts. If you're a fan of nuts, you'll go nuts over this bar and it's really good for you! Eat half for one of your six small meals. High in protein (21g) and essential fats, the Rockin' Roll™ bar also provides 6 grams of fiber and only 2 grams of sugar and 0 grams of trans fats.



BARIX CLINICS™

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 Pennsylvania Patients 888-664-2253
 Arizona Patients 866-218-7797



Barix™ NUTRITION GUIDE

USING THE Barix™ NUTRITION GUIDE

- Start at the bottom of the guide with protein-rich foods/beverages and climb your way up to the nutrient-dense fruit and vegetable level. Finish off with a healthy dose of whole grain foods.
- Six small meals and snacks help you meet your protein needs – keep your blood sugar levels even, your energy level high and keep portions small.
- Limit the number of no-added-sugar desserts and treats. Often these are not much lower in calories than their sugar-laden counterparts.
- Enjoy!



The Barix Clinics patient website features an online Cookbook and other helpful advice. Contact a Patient Service Representative at 800/282-0066 for access.

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SERVING SIZES



Meat, Fish, Poultry, Eggs, Egg Substitute, Beans, Protein Supplements
 Meat, Fish, Poultry 2 oz.
 Eggs 2 each
 Egg Substitute 1/2 cup
 Beans 1/2 cup
 Protein Supplements 1 scoop



Lowfat Milk, Lite Yogurt, Lowfat Cheese
 Lowfat Milk 4 oz.
 Lite Yogurt 4 oz.
 Lowfat Cheese 1/2 oz.



Bread, Cereal, Rice, Pasta
 Bread 1/2 slice
 Bagel 1/4
 Pasta 1/4 cup
 Rice 1/4 cup



Vegetables
 Fresh or Frozen 1/4 cup
 Raw Leafy Greens 1/2 cup



Fruits
 Fresh, Canned or Frozen 1/4 cup



Fats, High-Fat Snacks, No-Sugar-Added Snacks
 These foods are a concentrated source of calories and provide few other nutrients. Consume sparingly.



What is Christmas?

It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.

Agnes M. Pharo

REWARD YOURSELF

This month, you could earn a **\$25 GIFT CERTIFICATE** 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 \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by December 31, 2007. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.

OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

REQUEST

A FREE BROCHURE FOR YOU OR A FRIEND at 800-282-0066, or www.barixinfo.com



QUESTIONS

ABOUT FINANCING YOUR SURGERY?

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

RECIPES

APPLE CRISP

Filling:

1 cup Splenda®
1 teaspoon ground cinnamon
1/4 cup 100% orange juice
5 baking apples, cut into 1/4 inch slices

Topping:

1 cup old-fashioned oats-uncooked
2 tablespoons Splenda
1/4 teaspoon ground cinnamon
2 tablespoons butter, softened
1/2 cup Rice Krispie® cereal
1/2 cup chopped walnuts

Preheat oven to 350 degrees F. Spray an 8” baking dish with cooking spray. Mix Splenda, cinnamon and orange juice for filling together in bowl. Add apples and toss to coat. In another bowl, stir together oats, Splenda, and cinnamon. Add butter with ?? Stir in cereal and walnuts.

Put filling in baking pan and spoon topping over the apple mixture. Bake for 45 minutes or until browned. Serve warm. Makes 8 servings.

NUTRITION INFORMATION

PER SERVING: 160 calories, 3 grams protein, 8 grams fat, 21 grams carbohydrate, 45 mg sodium.



CHILI

1 pound lean ground beef
8 ounces lean ground turkey
1 tablespoon olive or canola oil
2 large onions, coarsely chopped
3 cloves garlic, finely chopped
3 sweet red or green peppers, coarsely chopped
1 tablespoon chili powder or more to taste
1 teaspoon ground cumin
1 teaspoon coriander
1 can (28 ounces) diced tomatoes
Dash of hot red pepper sauce (optional)
1/8 teaspoon pepper
1 package (10 ounces) frozen corn, thawed
1 can (16 ounces) red kidney beans, drained and rinsed

Cook the beef and turkey in a Dutch oven over high heat, stir frequently until meat is well cooked. Remove from heat and drain fat from meat in colander. Rinse with warm water to remove additional fat from the meat.

As the meat is draining, use the Dutch oven to heat the oil over moderate heat. Add the onions and garlic and sauté 5 to 7 minutes. Stir in the sweet peppers, chili powder and spices and cook about 5 minutes longer or until the peppers are slightly soft. Return the meat to the pan.

Stir in the crushed tomatoes, hot red pepper sauce, pepper and bring to a boil. Partially cover and simmer, stirring occasionally, 20 to 30 minutes. Sauce will thicken. Stir in the corn and kidney beans. Cover and cook about 5 minutes longer to heat through. Makes 12 servings.

NUTRITION INFORMATION

PER SERVING: 170 calories, 17 grams protein, 4 grams fat, 19 grams carbohydrate and 273 mg sodium.

IT WORKED FOR ME

Submitted by Brooke E.

I often struggle with food choices during the holiday season, so I use a food journal. It gives me a sense of control and helps to keep my food intake in line.



"If there is no joyous way to give a festive gift, give love away."
~ Unknown ~

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, Ohio, and Pennsylvania. Call us today for more information!

HEALTHFUL TIDBITS

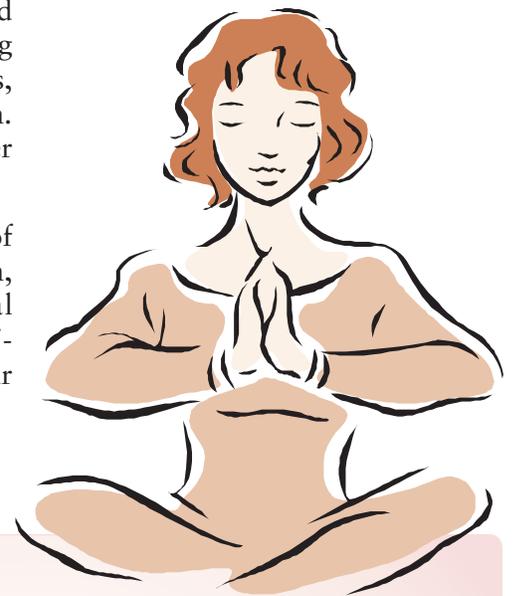
REDUCE STRESS, INCREASE FOCUS WITH MINDFUL MEDITATION!

Meditation can help reduce stress and give you greater focus. It is the practice of focusing your attention and can have some positive health benefits. It often involves controlled breathing and sitting quietly for about 15 minutes. Concentrative meditation is the focus on an image, sound, word or your own breathing. Mindful meditation is concentrating on the moment and what is currently taking place, being aware of all of the sights, sounds, feelings and thoughts going on. Meditation can be a form of prayer for some.

Meditation can lessen symptoms of stress, chronic illness, depression, anxiety, and other medical conditions. It is simple. Take a 5-minute breather—just close your

eyes and breathe slowly, focusing on each breath. Become mindful as you are folding clothing or washing the dishes—just focus on all of the sensations taking place. Turn down the lights, focus your eyes on a candle flame and clear your mind of thoughts.

Give it a try—all you have to lose is the stress!



NUTRITION NEWS

A new study finds that a diet of 1,200 calories for women and 1,500 calories for men leads to a longer life and better physical fitness in the later years of life. The study, published in the October issue of *Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, showed that the calorie restricted diet reduces visceral fat (the fat surrounding internal organs) and reduces inflammatory factors that cause a decline in physical health. In addition to the loss of visceral fat, a greater muscle mass was maintained.

The researchers concluded that people would have a difficult time sticking to a diet with so few calories. Hmm...wonder if they have heard about bariatric surgery patients? Perhaps you can add a longer lifespan and improved physical performance into advanced age to your list of benefits from having bariatric surgery!

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www.barixclinicsstore.com/newsletter_sign_up.html