

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Track Your Way to Success

Studies have shown that people who track their food intake and exercise are more likely to be successful losing weight and in keeping it off. Why does this simple act work so well? There are several reasons:

- Tracking cuts down on mindless munching and increases your awareness of what and how much you are eating. Tracking encourages you to set goals and you become aware of when you are and are not meeting those goals.
- Tracking teaches you the nutrient content of the foods and beverages you are selecting. You'll understand how specific foods better help you to reach your goals. You will certainly hesitate when you discover the high calorie, fat, or sugar content of a food you thought was pretty healthy.
- If you are tracking accurately, you will automatically become better with portion control. You'll see that a serving of almonds is 24 nuts, but if you've allotted 100 calories for your snack, 15 nuts is your personal portion size.

DON'T EXCHANGE
what you **WANT** for what you
WANT at the **MOMENT**.

- Tracking helps you to see changes that happen overnight or, even more importantly, over time. You can clearly see if your calorie intake has shifted from 900 calories to 1400 calories—something as simple as a Starbucks drink can make that happen.
- It's easy to plan to exercise a specific number of times each week, but tracking will keep you honest about how many of those sessions actually take place. Regular exercise is key to long-term health.

If you're to give tracking a chance, think through these tips to establish a successful tracking habit.

First things first, deciding what to track. You'll want to be sure to record the information that is most helpful to you personally.

- Food intake should include a minimum of calories, protein, and ounces of fluid. You could also record feelings, level of hunger, servings of vegetables, fiber, time of meals/snacks, or other factors that are important to you.



- Exercise logging should minimally include a measurement such as steps per day, minutes of aerobic exercise, or number of classes. It could also include the amount of weight and reps used for strength training exercises, number of sit-ups, etc.
- Food and emotions can be tightly intertwined. Learning to “feel through” emotional situations rather than numbing with food is an important skill to develop. Recording your emotions can help you to identify some of the feelings that you're experiencing. For example, if you feel that you really need some chocolate, ask yourself what you are feeling at the moment. You may find stress, anger, loneliness, sadness, joy or other feelings that may best be resolved in another way.
- Full-length pictures help to document your weight loss journey and can many times capture the changes that are occurring before you do.

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- Weight is important to track, just don't become a slave to the scale. Once a week or at the most, once a day will help document your loss.
- Measurements of arms, waist, thighs, and hips can often change even when the scale is stuck and provide motivation during a plateau.
- You can also include the number of medications you are able to discontinue, blood sugar levels, blood pressure numbers, the number of flights you can take before becoming breathless, or your energy level (on a scale of 1-10).



Next, find a format that works for you. Are you a pad of paper and pen tracker? There's nothing wrong with that—sometimes the simpler, the better. Some prefer a little more structure in the way of a spreadsheet or log form. Free websites and phone apps are available and many find these easy to use. These may have the advantage of syncing with your fitness tracker.

How often will you update your tracker? There are certainly several options and it's important to find that one that works best for you. No matter what frequency you select, it's important to record everything you eat, even those splurges you'd rather not record.

WORKING OUT without tracking what you eat is like working without tracking what you SPEND.

- One option is to plan and record your meals and snacks a week in advance. Update any variances on a daily basis. An advantage to this method is that you can have the nutrition information in advance, allowing you to make adjustments to the plan that better meet your nutrition goals. You can also think through how to fit in exercise into your week.
- You may want to update your tracker daily—setting up an end-of-day routine to record your intake and exercise. This works well for those who are fairly routine and have good memories. Keep in mind that it's not easy for many of us to remember every bite throughout the day so you may sacrifice some level of accuracy by using this method.
- Recording as you go works well for many people. Right before or after eating, record intake and track exercise as you go. This method allows for adjustments throughout the day based upon intake and output so far. It is also the most accurate way to record food intake.

Be Accurate with Portions. Measure portions regularly at first and then on occasion. The tendency is to underestimate portion size and that can skew food tracking significantly.

Include the Extras. The mayo on your sandwich, the cube of cheese, a handful of nuts—all add up. Even 100 extra calories a day can slow weight loss or start weight gain.



Don't Feel the Need to Be Perfect.

There is no perfect eating and exercise plan. Don't let the fear of not being good enough stop you from getting started on tracking. If you slip up, pick up where you left off.

Take time once a week to review your logs—reflection is an important piece. If you're not sure what you should or could do differently, don't hesitate to share your log with your Barix Nutritionist for feedback.

IF YOU BITE IT,
WRITE IT
IF YOU DRINK IT,
INK IT
IF YOU SNACK IT,
TRACK IT
IF YOU NIBBLE IT,
SCRIBBLE IT
IF YOU STEAL IT,
REVEAL IT
IF YOU GRAB IT,
BLAB IT
IF YOU LICK IT,
BIC IT
IF IT GOES IN
YOUR SMACKER,
IT GOES IN
YOUR TRACKER

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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
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

Banana Oatmeal Bars

1 cup bananas, raw, mashed
3 tablespoons water
2 Tablespoons peanut butter, smooth, reduced fat
2/3 cup whey protein powder, vanilla flavor
1/3 cup oats, dry

Preheat oven to 325 degrees. Mash bananas in a small bowl. Mix together powdered peanut butter and water, add mashed bananas; stir. Add in whey protein powder and oats; stir until well mixed.

Spray 8x8 baking dish with non-stick cooking spray and add batter. Bake at 325 degrees for 25 minutes. Cool and cut into 12 pieces. Store bars in an air-tight container. Makes 6 servings.

NUTRITION INFORMATION PER SERVING:
79 calories, 6 grams protein, 1 gram fat, 13 grams carbohydrate, 37 mg sodium.

Avocado Chicken Salad

1 avocado, mashed to chunky consistency
1/2 cup low-fat cottage cheese
1/3 cup plain Greek yogurt
2 tablespoon lemon juice
1/2 tsp salt
1/4 tsp black pepper
1 clove garlic minced
4 cups chicken breast, cooked and shredded
3 green onions, chopped
1/2 cup cilantro, chopped

Add cottage cheese, Greek yogurt, lemon juice, salt, pepper, and garlic to a food processor or blender. Process until completely smooth. Stir in mashed avocado, chicken, green onions, and cilantro. Keep tightly covered in the refrigerator until ready to eat. Makes 6 servings.

NUTRITION INFORMATION PER SERVING:
238 calories, 33 grams protein, 9 grams fat, 5 grams carbohydrate, 336 mg sodium.



Apple Muffins

1 cup oats
1 cup cottage cheese, low-fat
4 eggs, large
1 tsp vanilla extract
1 tsp baking powder
2 1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp cardamom
1/8 tsp ground ginger
1/16 tsp allspice
1 cup apple, diced
1/4 cup walnuts, chopped

Preheat oven to 350 degrees F. Place oats, cottage cheese, eggs, vanilla extract, baking powder, and spices in the blender. Blend until smooth. Stir in 3/4 cup diced apple.

Fill 8 lightly greased muffin tins with batter. Sprinkle with remaining apple and walnuts. Bake for 15-20 minutes. Enjoy. Makes 8 servings.

NUTRITION INFORMATION PER SERVING:
129 calories, 9 grams protein, 7 grams fat, 11 grams carbohydrate, 192 mg sodium.

Get Rewarded!

*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, 2017.** Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.*