

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



You ARE What You Eat

We've never had more evidence about how the foods we eat impact our health—for better or worse. But knowing and doing are two very different things, and although we realize that eating something isn't good for us, it's quick, easy, and we like it, so we don't change. Here are a few recent studies that might provide the incentive needed to make better food choices, because after all, we are what we eat.

A new study out of UCLA indicates that consistently eating **processed foods** causes weight gain, fatigue and inactivity. A short-term change in diet didn't reverse these effects. Sure, it takes more effort to eat fresh, unprocessed foods, but the investment may be well worth it to avoid weight gain, fatigue and inactivity, which may lead to all sorts of other health maladies. Information on eating more fresh foods. <http://barixclinics.com/blog/?p=1273>

Eating seven or more portions of fruit and vegetables a day reduces your risk of death at any point in time from all causes by 42 percent, reports a new study. Vegetables have a bigger impact, with each serving of fresh vegetables reducing the risk of death by 16%, salad by 13% and fresh fruit by 4%. This has

led some to recommend 5 servings of fresh vegetables and 2 servings of fresh fruit daily. This recommendation is challenging for the post weight loss surgery patient, although if one ate ½ cup of veggies and 1-2 oz of lean protein at each of 5 meals and a serving of fruit with a sixth meal, they could get close.

Servings of Fresh Vegetables and Fruits per Day	0 to <1	1 to <3	3 to <5	5 to <7	7+
Reduced Risk of Death for any Point in Time	0%	14%	29%	36%	42%

Scientists have found that almonds keep blood vessels healthy, reduce high blood pressure and improve blood flow; reducing the risk of heart disease. In the study, participants ate 50 grams, about 54 almonds, a day for a month. At 6 calories per almond, a more reasonable approach may be to sprinkle a few slivered almonds on your salad, yogurt, sautéed vegetables, or entrée—you're likely to reap some of the heart-healthy effects.

Added sugars have been associated with cavities, obesity, and diabetes; now added to the list is an increased risk from death from cardiovascular disease (CVD). Researchers used health survey data to estimate sugar consumption, and higher sugar consumption was associated with death from CVD. Higher sugar consumption was defined as 7

servings or more of sugar-sweetened beverages per week—which is a lot lower sugar consumption than average.

Probiotics, “good” bacteria, can help you lose weight and have been shown to increase weight loss after gastric bypass.

In both of these studies, probiotics were given in the form of supplements. In the first study people (who had not had weight loss surgery) were put on a low fat and calorie diet and given 100 million colonies of the probiotic *Lactobacillus rhamnosus*. The women taking the supplement lost twice as much as the control group (for some reason probiotics didn't have the same impact for men). In the study with post gastric bypass patients, 2.4 billion colonies of *Lactobacillus* were given daily. Those taking the probiotics lost 70% of excess weight compared to 66% of excess weight for those who didn't take the supplements. These aren't huge differences in weight loss, but for those working to reach a healthy weight, every pound counts. Although yogurt and other fermented dairy products contain probiotics, supplements are needed to provide this higher level of colonies.

To summarize recent studies on nutrition and health: eat fewer processed foods, eat 5 servings of fresh vegetables and 2 servings of fresh fruit per day, toss in a few almonds, avoid added sugars, and add a probiotic supplement to your daily diet. **On the following page, see how to pull it all together:**

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On Track With Barix

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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?

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Continued from page 1

Day 1	Day 2	Day 3
Breakfast 1/2 cup egg sub with 1/4 cup pico de gallo	Breakfast Breakfast burrito made with eggs, spinach, onion, and tomatoes wrapped in a small flour tortilla	Breakfast Fruit and veggie muffin
Snack 2/3 cup slices of fresh red, yellow and orange pepper and 1 wedge of Laughing Cow Cheese Light	Snack Cut veggies and hummus	Snack Peanut butter and banana
Lunch Mixed greens, cherry tomatoes, shredded carrots topped with 2 oz grilled chicken, sprinkle of slivered almonds.	Lunch 1/2 cup tuna salad with celery, onion, and grape tomato halves.	Lunch Black bean chili carrot sticks
Snack Protein powder, 1/2 cup milk, 1 cup frozen strawberries blended	Snack 1/2 cup grape or cherry tomatoes 1 slice string cheese	Snack Protein powder, 1/2 cup milk, 3/4 cup canned pumpkin, pumpkin pie spices blended
Dinner 2 oz baked fish 1/2 cup grilled asparagus, sprinkled with Parmesan cheese	Dinner 2 oz pork tenderloin 1/2 cup green beans with toasted almonds	Dinner 2 oz shrimp cocktail Spinach salad
Snack Celery sticks with peanut butter	Snack 1 cup mixed berries with low sugar yogurt topping	Snack 10 almonds

It Worked for Me

Submitted by Heather H.

I realize that keeping a positive attitude is important to my health and well-being, but sometimes I get caught up in the worries of the day. To overcome my tendency to worry, I start my day by devoting a few minutes bringing to mind all of the things that are going right and that I am grateful for. I start my day on the right foot by doing this. As the day progresses and I notice that I am fretting about something, I shift my thoughts to that morning time. Worry isn't productive, and learning to break the habit of worrying about things beyond my control has brought more peace into my life.

Every 35 days, your skin replaces itself; your liver, about a month. Your body makes these new cells from the food you eat.

What you eat literally becomes you.

You have a choice in what you're made of. You are what you eat.

**Daily Inspirations for
Healthy Living**

Shrimp Fajitas on the Grill

1 tablespoon of extra virgin olive oil
 1 tablespoon of lime juice
 2 garlic cloves, crushed
 1 ½ teaspoon of chili powder
 1 teaspoon of ground cumin
 cayenne pepper, to taste
 1 ½ pounds of shrimp, peeled, deveined, tailless
 2 red bell peppers, sliced thin
 1 red onion, sliced thin
 6 flour tortillas, the 8 inch size
 ¾ cups of guacamole
 Cooking spray

In a resealable plastic bag, combine olive oil, lime juice, garlic, chili powder, cumin, and cayenne pepper. Shake to mix. Add shrimp and shake to coat shrimp. Refrigerate for 20 minutes to overnight.

Place red bell pepper and onion in a grill basket and spray with cooking spray. Cook in closed grill over medium heat for about 10 minutes, turning halfway. Drain marinade from shrimp and add to the grill basket. Cook for about 5 minutes until shrimp is pink and cooked through. Remove from heat.

Wrap tortillas in foil and warm on grill for 1 minute on each side.

To serve, top tortillas with shrimp and vegetables, fold tortilla. Serve with a dollop of guacamole on the side. Makes 6 servings.

Nutrition information per serving: 289 calories, 18 grams protein, 10 grams fat, 30 grams carbohydrate, 490 mg sodium.



Summer Spinach Salad

1 bag (10 oz.) spinach leaves, washed and chopped
 2 c. sugar snap peas
 2 c. fresh strawberries, sliced
 1/2 medium red onion, cut into thin slices
 1/2 c. sliced almonds, toasted
 1 bag Tyson Grilled and Ready Chicken Breast Strips
 ¾ cup Walden Farms Raspberry Framboise dressing

Place spinach, sugar snap peas, strawberries, onion and toasted almonds in a large bowl. Add dressing, toss lightly.

Warm chicken strips in nonstick skillet on medium heat for 3 to 5 minutes or until warm – add to salad and serve. Makes 6 servings.

Nutrition information per serving: 199 calories, 26 grams protein, 7 grams fat, 11 grams carbohydrate, 769 mg sodium.

The food you eat can be either the safest and most powerful form of medicine, or the slowest form of poison.

Ann Wigmore

In the News

When you lose weight, with or without weight loss surgery, your body wants to lose muscle tissue as well as fat tissue. It's important to minimize muscle tissue loss in order to keep strength and a higher metabolism. A study recently found that by doubling the Recommended Dietary Allowances for protein (46 grams per day for women and 56 grams per day for men), muscle tissue loss was minimized and fat loss was promoted. Higher intakes of protein failed to provide additional benefits.

Your Barix Clinics nutritionist uses a different, individualized, method to calculate protein needs. Typical protein needs with this method are 0.8 grams of protein per kg of ideal body weight. To provide for additional protein to promote fat loss and minimize muscle loss, the equation 1.2 grams of protein per kg of ideal body weight is used for gastric bypass and gastric sleeve patients. Although this protein recommendation is lower (for most patients) than used in the study, most patients are able to easily meet this protein goal by eating six small high protein meals.

Reward Yourself

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, 2014. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.