



# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Right Portions

*Strategies to maintain small portions in a supersized world*

**P**ortion sizes have increased dramatically over the last several decades. To compete for our dollar, the race has been on to provide larger and larger servings. Now, almost everywhere you go food is available and usually offered in oversized portions—gas stations, grocery stores, vending machines, restaurants, and gatherings of every type. Even cookbooks have increased listed portion sizes, and the size of our plates, cups and bowls are larger to accommodate more food and drink.

We have become so accustomed to seeing these large portions that we have lost track of the healthy amounts we should be eating. Today's portions seem perfectly normal to us even though they are greatly inflated—up to 4 times from 1950's portion sizes.

Studies show that when we are offered larger portions, we eat more—30% more. These colossal portion sizes fool our brains and we don't perceive that we ate more so we don't compensate by eating less later on. To make matters worse, people are eating a lot more food at a time when less than half (48%) of all adults meet physical activity guidelines and less than 3 in 10 high school students get the recommended 60 minutes or more of physical activity every day.

Below are just a few examples of how much portion sizes have changed. It's easy to see how quickly the calories add up.

But you've had bariatric surgery; you're eating small portions—right? You know that post-surgery portions should be

between ½ cup and 1 cup per meal. Yes, but even with your small stomach capacity, portion sizes can expand over time. You take an extra bite here, a larger piece there and pretty soon that slightly larger portion seems normal. Constantly bombarded with jumbo-sized portions of food everywhere you go, portion distortion can set in.

The good news is that there are some specific strategies you can use to maintain small portion sizes after surgery—even in a supersized world.

### In general:

- Track food intake—this helps you be both aware and accountable for what you eat.
- Strive to put right-sized portions in front of you for each meal/snack.
- Keep it simple. More variety equates with eating more food.
- Eat six small protein-rich meals to help keep blood sugar levels even and portions small.
- Don't graze between meals. It's easy to walk by a bowl of nuts and grab a handful each time—eliminate this type of eating.
- Maintain portion sizes of ½ - 1 cup of solid food at each meal or snack.

Food	Used to be	Now	Calorie Difference
Bagel	3-inch diameter; 140 calories	6-inch diameter; 350 calories	<b>210 extra calories</b>
Cheeseburger	333 calories	590 calories	<b>275 extra calories</b>
Soft Drink	6.5 oz; 85 calories	20 oz; 250 calories	<b>165 extra calories</b>
French Fries	2.4 oz; 210 calories	6.9 oz; 610 calories	<b>400 extra calories</b>
Pizza (2 slices)	500 calories	850 calories	<b>350 extra calories</b>
Muffin	1.5 oz; 210 calories	4 oz; 500 calories	<b>290 extra calories</b>



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### At home:

- Use smaller plates, bowls, cups, glasses and even silverware.
- Measure food regularly—guessing isn't accurate.
- Slow down meal time. Taste and enjoy your food.
- Buy items in single-serving portion sizes or make your own single servings.
- Prepare healthy lunches and snacks on your day off and use single-serving containers so you can just grab and go on busy days.
- Make mini meals by using mini muffin tins and mini loaf pans for your meals.
- Plate your food away from the table so that getting a second helping requires you to get up.

### At a restaurant:

- Ask the server to bring you a “to go” container with your food and portion it out before you begin eating.
- Rather than ordering an entrée, consider sharing a meal.
- A side salad topped with grilled chicken, shrimp or salmon makes a good meal (or two).



### At the office:

- Bring portion-controlled lunches and snacks from home. Divided lunch containers or Bento boxes are a great way to do this. Limit lunches eaten out since restaurant meals usually equate with larger portions.
- Don't keep a box of crackers, a bag of pretzels or a jar of nuts in your desk drawer. You're setting yourself up for grazing.
- If you're struggling to remember to eat while at work, set an alarm on your phone to remind yourself.



## In the News

We've all had food cravings and rarely does celery top the list. It is foods high in fat or sugar, or highly processed foods that are often on our minds and a new [University of Michigan study](#) finds that these foods seem to trigger the most addictive-like response.

The reality of a food or type of food being addictive is still under debate, although some individuals meet the criteria for substance dependence when the substance is food. It might be that some people are more sensitive to the rewarding properties of these foods.

The study is important because identifying specific foods with addictive properties could change the way obesity is treated—adopting methods used to stop smoking and drug use.

## Ham and Eggs

- 6 large eggs
- ½ cup skim milk
- Dash pepper
- 12 slices thin sliced lean ham
- ¾ cup shredded cheddar cheese (or other cheese of choice)
- ¾ cup vegetable of choice (onion, asparagus, peppers, mushrooms, spinach, etc), finely chopped

Preheat oven to 350 degrees. Spray muffin tin cups with non-stick cooking spray and line each with a slice of ham. Add about 1 tablespoon of vegetable and 1 tablespoon of cheese to each cup. Beat eggs, add milk, and pepper and mix well. Pour on top of cheese. Bake at 350 degrees for 20-25 minutes until centers are set. Makes 12 servings.

**Nutrition information per serving:** 104 calories, 11 grams protein, 6 grams fat, 1 gram carbohydrate, 413 mg sodium.

## Recipes

### Mini Lasagna

- 16 oz ground beef (90% lean)
- 1 can Hunts Garlic and Onion Spaghetti Sauce (or equivalent)
- 1 tsp dried oregano, divided
- ½ tsp dried basil
- 2 cups part skim ricotta cheese (or cottage cheese)
- 24 small square wonton wrappers
- 2 cups shredded part skim mozzarella cheese

Preheat oven to 375 degrees F. Brown ground beef in a large skillet over medium heat until cooked through. Add spaghetti sauce and bring to a gentle boil. Reduce low heat and simmer for 10 minutes.

In a large bowl, stir together the ricotta, oregano, and basil.

Spray a 12-cup muffin tin with nonstick cooking spray and place a wonton wrapper into each of the 12 cups, pressing firmly in the bottom of the cup and up the sides.

Divide half of the ricotta mixture among the 12 muffin cups. Layer next with ½ of the meat mixture and then top each cup with 2 tsp of mozzarella.

Gently press another wonton wrapper on top of the mozzarella layer. Top with remaining ricotta, followed by remaining meat sauce and then mozzarella. Place in preheated oven and bake for 10 minutes. Let cool. Makes 12 servings.

**Nutrition information per serving:** 258 calories, 21 grams protein, 12 grams fat, 16 grams carbohydrate, 535 mg sodium.



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Fast food is popular because it's convenient, it's cheap and it tastes good. But the **REAL COST** of eating fast food never appears on the menu.

Eric Schlosser

### Mini Meatloaf

1 teaspoon olive oil  
1 cup onion, finely chopped  
1/2 cup carrot, finely chopped  
1 teaspoon dried oregano  
2 garlic cloves, minced  
1/2 cup ketchup  
1 1/2 pounds ground beef, extra lean  
1 cup bread crumbs  
2 tablespoons mustard  
1 teaspoon Worcestershire sauce  
1/4 teaspoon black pepper  
2 large eggs  
4 cups potatoes, peeled and cubed (about 2 pounds)  
1/2 cup evaporated non-fat milk  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
3 tablespoons fresh chives, chopped

Preheat oven to 350°. Sauté chopped onion, carrot, dried oregano and garlic in olive oil on medium-high heat for 2 minutes. Cool.

Combine onion mixture, 1/2 cup ketchup, ground beef, bread crumbs, mustard, Worcestershire sauce, pepper and eggs in a large bowl. Spoon the mixture into 12 muffin cups coated with cooking spray. Bake at 350° for 25 minutes or until a thermometer registers 160°. Let stand for 5 minutes.

Make the mashed potatoes while the meatloaf is cooking. Place potatoes in a saucepan and add just enough water to cover potatoes. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until tender. Drain. Mash while adding milk, salt and pepper.

Put the potatoes into a pastry bag with a wide star tip and pipe the mashed potatoes on top of each mini meatloaf. Garnish with chives. Makes 12 servings

**Nutrition information per serving:** 188 calories, 15 grams protein, 7 grams fat, 16 grams carbohydrate, 333 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 June 30, 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).*

