

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Brilliant Breakfasts

Break free from the cereal bowl with these nutritional ways to start your day.

Are you ready to move beyond cereal and toast to make your breakfast work better for you? Breakfast is such an important meal and one that people often skip or don't take full advantage of. You want to start your day with a good dose of protein. This will wake your metabolism up and get your body revving.

There are many quick, delicious ways to start your day. Here are a few to get you thinking along the right lines.

Milk

A glass of skim is a great way to start your day and provides 8 grams of protein. The brand Fairlife milk boosts the protein up to 13 grams and as a bonus is lactose-free. Soy milk (be sure to look for no-added-sugar varieties) is right up there with 7-8 grams of protein per cup. Almond, cashew and rice milk have become popular alternatives, but they are lacking in the protein department.

Add a touch of chocolate to your milk with no-added-sugar chocolate milk powders, hot cocoa mix, chocolate syrup or Carnation Instant Breakfast—and then enjoy hot or cold.

Use milk as the basis for a smoothie—just add protein powder, fruit, peanut butter, yogurt, or juice for a breakfast treat.



Yogurt

Yogurt is delicious and versatile. The biggest challenge is finding a product that is low in sugar. You can start with a plain yogurt or a plain Greek yogurt for more protein and then add your own flavoring. Dannon Triple Zero and Kroger Carb Master are pre-flavored and free of added sugars.

Yogurt lends itself to a variety of breakfast treats, besides eating it right out of the carton.

- Make a parfait by layering it with berries and then top with a few slivered almonds.
- Add it to your favorite smoothie recipe.
- Stir 2 tbsp powdered peanut butter into 6 oz of vanilla yogurt and top with bananas.
- Blend with fat-free cream cheese and a little lemon zest and top with fresh fruit.

Cottage Cheese

You may not put cottage cheese and breakfast in the same sentence, but take another look. It's a natural mixed with sliced bananas, pineapple, berries, melon, peach slices or applesauce. Blend it into a fruit smoothie. You can make pancakes with it—really try it! Top pancakes or French toast with a blend of cottage cheese and no-added-sugar preserves for a deliciously sweet, but not-too-sweet, 7 grams of protein topping.

Fruit Topping

1 c cottage cheese, fat-free
¼ cup fruit preserves, no-added-sugar
Put in blender and blend. Makes 4 servings.

Nutrition per serving: 50 calories, 7 grams protein, 0 grams fat, 8 grams carbohydrate, 215 mg sodium.



Continued on page 2

Continued from page 1



Eggs

Scrambled, fried, soft or hard cooked, eggs are a favorite breakfast food. You can microwave them in a cup, make breakfast bites, whip up an omelet or even add them to a smoothie. Use fresh whole eggs, egg whites or pasteurized egg products. You'll be sure to find a variety of delicious ways to enjoy eggs at breakfast or any time of day. The American Heart Association has given the green light to eating an average of 1 whole egg per day. There's no limit on egg whites. Whole eggs and egg whites are packed with high-quality protein and healthful nutrients.

Muffins

Traditional muffins are right up there with donuts as a nutrition disaster. But it is easy to reinvent muffins into an on-the-go breakfast powerhouse. Add ham and cheese, upgrade the ever-favorite blueberry muffin, and be sure to give mini chocolate muffins a try.

Mini Chocolate Muffins

(from theworldaccordingtoeggface.com)

- 1 egg, beaten
- 3 tablespoons milk, skim
- 2 tablespoons sugar-free vanilla syrup
- 1 tablespoon canola oil
- 3 tablespoons pancake mix
- 2 tablespoons unsweetened cocoa
- 1 scoop chocolate protein powder
- Pinch salt

Preheat oven to 350 degrees Fahrenheit. Mix egg, milk, syrup and oil and combine thoroughly. In a separate bowl, mix pancake mix, cocoa, protein powder and

salt. Add dry ingredients into wet ingredients and stir till combined. Pour into a non-stick mini muffin pan that has been sprayed with non-stick spray. Bake for 10 minutes.

Pancakes

Pancakes are not known for their awesome contribution to your daily protein goal—well, that's all about to change. Give these cottage cheese pancakes and blueberry pancake recipes a try. Top with the fruit topping recipe in this newsletter, sugar-free syrup or no-added-sugar preserves.

Life, within doors, has few pleasanter prospects than a neatly-arranged and well-provisioned breakfast-table.

Nathaniel Hawthorne
The House of the Seven Gables

Cottage Cheese Pancakes

- ¼ cup oats pulsed in the blender to make "oat flour"
- 2 heaping tablespoons pancake mix
- 2 egg whites
- ½ cup nonfat cottage cheese
- 3 tablespoons nonfat milk or more if necessary
- ½ teaspoon vanilla

Blend all ingredients until smooth. Add more milk if necessary.

Lightly coat and large nonstick skillet with nonstick cooking spray and preheat on medium. Once the pan has heated, pour batter into the pan to make 4 pancakes. Cook until the batter begins to look set and the bottom sides are golden brown. Flip and continue to cook on the second side. Makes 2 servings.

Nutrition information per serving: 163 calories, 15 grams protein, 2 gram fat, 22 grams carbohydrate, 424 mg sodium.

Blueberry Pancakes

- 2 tbsp vanilla protein powder
- 1 egg
- 3 egg whites
- 1 large banana, extra-ripe
- ½ cup blueberries

Mix all ingredients except blueberries. Spray nonstick pan with cooking spray and preheat to medium. Pour ¼ cup of batter at a time to make small pancakes—should make 5 pancakes. Sprinkle each pancake with blueberries. Flip when bottom side is done. Continue cooking until bottom is golden brown and center is done. Makes 5 pancakes.

Nutrition information per pancake: 88 calories, 7 grams protein, 1 gram fat, 9 grams carbohydrate, 67 mg sodium.



Smoothies

When you're looking for a light option that you can sip while you get ready or drive to the office, smoothies have you covered. Start with low-fat milk (use Fairlife ultra filtered milk for a lactose-free protein boost); add protein powder, yogurt, Greek yogurt, or pasteurized eggs to enhance the protein. Flavor it with peanut butter (or peanut butter powder) and bananas, peanut butter and chocolate, fresh or frozen fruit, powdered sugar-free Jell-O, unsweetened coconut, a squirt of fruit juice, fresh or frozen greens. You can add in powdered calcium, probiotics, matcha (green tea powder to boost metabolism), chia seeds, or ground flax seeds. Watch the calories in the additives so you get a great nutrient-dense drink rather than a calorie bomb.

Next time you wonder what's for breakfast—you'll have lots of healthy options.

SUBSCRIBE

On Track With Barix

[www.barixclinicsstore.com/
newsletter_sign_up.html](http://www.barixclinicsstore.com/newsletter_sign_up.html)

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

Broccoli and Feta Omelet

Cooking spray
¼ cup broccoli, chopped
2 large eggs, beaten
2 tablespoons feta cheese,
crumbled
1/4 teaspoon dried dill

Coat a nonstick skillet with cooking spray. Cook broccoli on medium heat for 3 minutes.

Whisk eggs and dill together in a bowl and add to skillet. Cook 3-4 minutes. Flip omelet, add feta cheese and cook about 2 minutes more until cooked through. Makes 1 serving.

Nutrition information per serving: 223 calories, 17 grams protein, 16 grams fat, 3 grams carbohydrate, 459 mg sodium.



In the News

If you are considering bariatric surgery, start a good quality complete vitamin and mineral supplement now and have your primary care doctor check out your iron and vitamin D levels with simple blood tests. A new study found that a good percentage of people are deficient in vitamins and minerals before surgery, especially vitamin D and iron.

It makes sense to get in the best health-state possible before surgery. Get or stay active, lose a few pounds and take a complete multi vitamin and mineral supplement.



Breakfast Muffin

2 cups reduced fat Bisquick baking mix
2 tbsp. white grape juice, frozen concentrate
½ cup skim milk
1 cup egg substitute, liquid
3 oz ham, extra lean, finely diced
¾ cup fat free cheddar cheese, shredded
½ cup onion, diced

Preheat oven to 400 degrees F. Place paper liners in muffin tins. Spray liners with cooking spray. Mix reduced fat Bisquick, white grape juice concentrate, skim milk and egg substitute. Stir well. Add ham, onion and fat free cheddar cheese. Bake 15-20 minutes. Makes 12 servings.

Nutrition information: 112 calories, 7 grams protein, 1 gram fat, 412 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 November 30, 2015. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.