

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Some things *have to* CHANGE.

Strategies to help you get better through *change*, not *chance*.

It's true, if you keep doing the same things, you are going to get the same results. If you want to be healthier, even with the tool of weight loss surgery, some things have to change. Bariatric surgery causes a pause in your life — a chance to reflect on lifestyle habits that are no longer serving you well and to focus on those new habits that will help you to reach your weight and health goals. As life goes on and situations change, it is important to occasionally reflect on your lifestyle habits and adjust as needed.

The best way to approach healthy changes is to *focus on* new healthy behaviors rather than the current ones you'd benefit from changing. For example, if you spend your energy preparing and packing a healthy lunch and snack bag at home the night before, you won't need to worry about eating the unhealthy foods in the break room, cafeteria, restaurant or vending machine.

There are clear-cut behaviors that help you reach and maintain your weight and health goals. Many of these involve making a change from pre-surgery behavior.

**Focus on what you drink.** Between meals, drink water or other low-calorie beverage options in place of drinks full of sugar and/or calories. As a meal, select a protein-rich beverage such as low-fat milk, low-fat Fairlife milk (an extra 5 grams of protein per cup and no lactose), ready-to-drink protein supplement, or a protein/fruit or veggie smoothie. Avoid carbonated beverages and alcohol for at least 6 months following your surgery — and then only drink them in limited amounts. Remember that your body responds differently to alcohol after surgery.

**Focus on when you drink.** Sip on calorie-free beverages between meals, not with meals. Practice the 5/30 rule by putting your drink down 5 minutes before you start eating your meal or snack and not picking it back up until 30 minutes from the end of your meal. Drinking with meals causes the pouch or sleeve to expand and food to be pushed through — allowing for larger portions of food.

**Focus on what you eat.** Small portions of lean protein sources (meat, fish, poultry, dairy, protein supple-



Your life does not get better  
by chance, it gets better by  
**CHANGE.**

Jim Rohn

ments), complemented with veggies, fruit and whole grains. Preparing foods at home puts you in control of what you eat. If you choose foods with the least processing, you'll avoid added fat, salt, sugar, preservatives and additives that are prevalent in processed foods. Preparing fresh wholesome foods may be a big change, but one that is worth the extra effort. You may want to work on one meal/snack at a time and then expand until you've upgraded your entire day.

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**Focus on when you eat.** Six small protein-rich meals spaced throughout the day will help to keep your metabolism in high gear and your energy level high. Meals should be spaced 2 ½ to 3 hours apart and have a start and stop time (about 20 minutes). Avoid grazing between scheduled meals/snacks. If you have the desire to eat between meals, you probably need something other than food.

We cannot become what we **WANT** by remaining what we **ARE**.  
Max DePree

**Focus on finding foods with 2 grams or less added sugar.** Fresh fruits are a healthy alternative to sweets. Add a little protein powder or Greek yogurt and make a sweet drink that is good for you. No-added-sugar alternatives mean that you can still enjoy pumpkin pie, ice cream, muffins or any of your favorite sweets.

**Focus on how much you eat.** Meals and snacks should range in size from ¼ cup to 1 cup of food at a time. If you are eating more than 1 cup of food, slow down, take small bites and chew your food well. Have your meal last for 20 minutes and chances are you'll be more than satisfied with 1 cup of food.

**Focus on taking the right supplements.** Providing your body with the

right supplements can keep your body running strong despite a very limited food intake. You may need to try a few different supplements to find the ones that work best for you. Supplements come in all different forms — pills, chews, gummies, sublingual and even patches. Work with your Barix nutritionist to find the combination that works best for your individual needs.

**Focus on getting enough exercise.** When you lose weight, it takes less energy (calories) to move throughout your day — from walking to your car to vacuuming the house. Because of this, you'll need to do more and more intentional exercise as you lose weight to burn the same number of calories. To illustrate, a 350# person walking at a good pace (3 mph) for 30 minutes will burn 262 calories. Once that person has lost 100#, they will need to walk 42 minutes to burn the same number of calories. If they lose 150#, they will need to walk for 53 minutes for the same calorie expenditure. The key is to continue to increase your intentional exercise as you lose weight to offset your lower energy needs.



**Learn new skills and be willing to grow and change.** Take the time to learn healthy ways to cope with life's ups and downs — before you get hit. Learn new stress management skills.

We are what we **REPEATEDLY DO**.  
Excellence, then, is not an act, but a habit.  
Will Durant

**Set up a healthy bedtime routine so you get better sleep.** Try new foods and recipes. Find new active hobbies and spend less time on sedentary activities.

**Recognize that surgery is a tool** and that you will need to live a lifestyle that supports a healthy weight if you want to have a healthy weight. Surgery did not cure your morbid obesity, but it put it into remission — it's up to you to keep it there. You don't need to have perfect habits (whatever those might be), but you will need to make lifelong efforts to be healthy.

The secret of **CHANGE** is to focus all of your energy, not on fighting the old, but on **BUILDING** the **NEW**.  
Socrates

## 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 February 28, 2016. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).*

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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](mailto: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](http://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

### Better Breakfast Sandwich

½ cup liquid egg sub  
1 wedge Laughing Cow Light Creamy Swiss cheese  
1 bagel thin  
1 large slice of tomato  
4 spinach leaves  
2 tablespoons avocado, mashed  
Cooking spray

Spray a large microwave-safe mug with cooking spray. Add egg sub and microwave for 1 minute. Break cheese wedge into pieces and mix in. Microwave for 1 minute more or until set.

Spray non-stick pan with cooking spray and pre-heat on medium. Assemble sandwich by layering bottom of bagel thin, avocado, egg, tomato, spinach leaves and top of bagel thin. Place on pre-heated pan and cook until bottom browns. Flip and cook other side. Cut into half. Makes 2 servings.

**NUTRITION INFORMATION PER SERVING:** 153 calories, 11 grams protein, 6 grams fat, 15 grams carbohydrate, 305 mg sodium.

### Pesto Mini Pizza

12 mini pitas  
6 tablespoons pizza sauce  
8 ounces part skim milk mozzarella cheese, shredded  
12 slices of pepperoni  
6 tablespoons pesto sauce  
2 small tomatoes, thinly sliced  
Fresh basil leaves for garnish

Preheat oven to 400 degrees. Cut off the edges of pita bread with a sharp knife and gently separate the halves. Place the pitas on a baking sheet with the edges of the bread curving upward.

Top 12 of the pitas with one tablespoon of pizza sauce, one tablespoon mozzarella cheese and one slice of pepperoni. Top each of the other 12 with 1/2 tablespoon of pesto sauce, 1 tablespoon mozzarella cheese, and a slice of tomato.

Bake for 10 minutes or until cheese is melted. Garnish with fresh basil leaves and serve immediately. Makes 24 mini pizzas.

**NUTRITION INFORMATION PER PIZZA:** 63 calories, 3 grams protein, 5 grams fat, 5 grams carbohydrate, 214 mg sodium.

### PB & J Yogurt Parfait

1 carton vanilla Dannon Oikos Triple Zero yogurt  
1 tablespoon powdered peanut butter  
1/2 cup strawberries, chopped  
1 teaspoon peanuts, chopped

Stir peanut butter powder into yogurt. Place ½ of the strawberries in a mid-sized glass. Top with ½ of the peanut butter-yogurt mixture. Repeat with strawberries and yogurt. Garnish with a sprinkle of chopped peanuts. Makes 1 serving.

**NUTRITION INFORMATION PER SERVING:** 213 calories, 18 grams protein, 3 grams fat, 24 grams carbohydrate, 86 mg sodium.

