

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

March Ahead to Better Health

Follow these daily challenges to keep your diligence in check

March is National Nutrition Month and a great opportunity to make a small change each day to improve your health and wellness. As Will Durant said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." Work these small behaviors into habits and you're likely to improve your health.

March 1 | Organize Your Kitchen

It's time to toss outdated foods and condiments and those that don't work for your post-bariatric surgery meal plan. You may be tempted to keep the chocolate chip cookies for the children, grandchildren or spouse, but if they are going to be a temptation—best to purge. Give refrigerator and freezer surfaces a good wipe down. Organize cupboards and counters. A well-organized kitchen will make it easier to select and prepare healthy foods.

March 2 | Take Note of Portion Sizes

Get your measuring cups out and see how much you're really eating. If you've moved beyond ½ to 1 cup of food per meal/snack, start to scale back. Use smaller plates, bowls, and silverware.

March 3 | Slow Down

Slow down and make your meal last for 20 minutes — really taste and chew the food. Chances are that at the end of 20 minutes, you'll be very satisfied with less.



March 4 | Speed Up

Speed up your metabolism by getting adequate exercise. Just how much activity do you get in a day? You'll never know unless you track it. New fitness trackers not only let you know the number of steps taken in a day, but also track the intensity of your workout and other helpful information.

March 5 | Post a List

Make a list of your favorite high-protein snack foods, sweet and savory, and post it. [Click here](#) if you need some inspiration. Use it when you make your grocery list to have healthy snacks on hand all day long. When you can't think of what sounds good to eat, a glance at your list is all you'll need.

March 6 | Plan & Prepare

Plan out meals and snacks for the week ahead. Shop and do a little prepping — cut up veggies, pre-cook meals and portion out snacks. This takes the guesswork out of it and makes meals and snacks a breeze.

March 7 | Venture Out of Your Norm

Try something new — a more nutritious lasagna recipe, a birthday celebration without cake, high-protein ice cream you make right at home, or a little green in your smoothie. Moving out of your routine can help you to find foods that better satisfy your needs and your taste buds. [Look to our website](#) for some inspiring ideas.

March 8 | Reach Out

Connect with others who are working to improve their lifestyle habits. Share ideas for eating better and moving more. Encourage each other and celebrate successes. Buddy up for workouts; you're more likely to follow through if someone is counting on you.

March 9 | Graze No More

Meals and snacks have a start and a stop time — about 20 minutes. When you're done eating, avoid the temptation to eat until the next meal/snack time 2 ½ hours later. If you have a strong urge to graze between meals, sip on calorie-free beverages and think about what it is that you need (a nap, a quick walk, or someone to vent to); you're probably not physically hungry.

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March 10 | Sweet Swaps

If you're a sweet lover or even an occasional sweet eater, find no-added-sugar alternatives to your favorite treats. There's no reason to break away from your plan when there are such delicious alternatives. **Added sugar has some real dangers** to your weight loss success.

PRODUCTIVITY
is never an accident. It
is always the result of
commitment to excellence,
intelligent planning, and
focused effort.
Paul J. Meyer

March 11 | Tortilla, Anyone?

Add a tortilla option to your meal planning for next week. Mission Carb Balance Soft Taco Tortillas are delicious and versatile. You can use other flour tortillas if these are not available. Place tortilla in a non-stick skillet on medium heat. Top with:

- pizza sauce, chopped lean ham and low-fat mozzarella cheese
- refried beans, taco meat and shredded cheddar
- muenster cheese and thin-sliced turkey

Heat until bottom is golden brown and crunchy and toppings are warm and melted. Slice or fold in half to enjoy.

March 12 | Fresh is Best

After lean protein sources, fill out your meal with vegetables and fruits. Fresh or frozen have the least additives and are your best options.

March 13 | Shop Ahead

It's time to plan meals and snacks for next week and make sure you have everything you need on hand. Think through the times you were not prepared last week and try to improve.

March 14 | Do Something Fun

Turn on the radio and dance in your bedroom, go roller skating, trek through a museum or a park if weather permits — however you define fun, make time today for a few minutes (or more) of a fun activity.

March 15 | Write Before You Bite

If you are struggling to meet your protein goal, stalled on a plateau, or needing to get back on track, a food (and exercise) tracker can help you become fully aware of what you are eating. It doesn't take much to derail an eating plan—tracking encourages you to pause and think about what you are going to eat before you take a bite.

March 16 | Surround Yourself with Health

Join an online support group, have healthy foods in plain sight, keep your food tracker near, buy health and fitness magazines, carry your athletic shoes with you—start to think of yourself as a fit and healthy person.

March 17 | Focused

Multi-tasking while eating can easily result in taking large bites, not chewing foods completely and eating too quickly — causing discomfort. Your goal for the day is to consume one meal

NEVER LOOK BACK
unless you are planning
to go that way.
Henry David Thoreau

or snack without any distractions. Yes, that means putting away your phone or computer and turning off the TV.

March 18 | Breakfast Right

It's important to start your day right so today's challenge is to find 3 new high-protein breakfast ideas that you can add to your meal plan next week. **You'll find lots of recipes to try on our website.** You're sure to find some new favorites.



March 19 | File Recipes

Get your favorite recipes in order so that when you start meal planning, they are right at your fingertips. Printing recipes and using plastic sheet protectors in a 3-ring binder works great. If you're a messy cook, you can just wipe the plastic off. As your collection grows, divider tabs or even separate binders can help you to categorize.

March 20 | Plan out Your Upcoming Week

It's time to plan, shop and prepare for the upcoming week. Focus on breakfast this week — prep as much as possible ahead of time for this busy time of day.

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March 21 | It's Okay to Take Shortcuts

Let your grocery store do the work. Look for pre-cut stir-fry veggies, single-serve packets of tuna, fresh cut fruit, frozen fruit (without added sugar), light Babybel cheese, light string cheese, single serving yogurt cups, rotisserie chicken, and canned beans (get organic for less salt). Read labels to make sure you're selecting options without added sugar or other unwanted ingredients.

March 22 | Be Prepared for the Unexpected

An appointment that lasts way too long, a traffic jam or one of a million situations that can throw you off schedule happens. Be prepared by having healthy snacks tucked in your purse, your car, your desk or your pocket. Going too long without eating can cause your blood sugar to plummet. You're likely to eat too fast and not chew well when you do get a chance to eat.

March 23 | Pack It

Mornings are often busy and unpredictable. Tonight, pack your lunch and snacks for tomorrow. In the morning, just grab and go.

March 24 | Drink Up

So long, soda pop and artificial sweeteners—nature's got a better way to hydrate.

Add a hint of flavor to water with the infusion of natural fruit and vegetables for a special treat. It's easy, healthy, fresh and unprocessed. Infused water is created by soaking fruit, veggies, herbs or spices in water. Over time, the water takes on the subtle flavors. You can use specially-designed infusion pitchers, balls, or glasses or simply place your infusion ingredients in a glass or pitcher. Soak the ingredients in cold water for 3-4 hours in the fridge. Remove the ingredients and enjoy. After the ingredients are removed, the infused water will



stay fresh in the refrigerator for up to 3 days.

March 25 | Slow Cook

Having time or motivation to prepare healthy foods at the end of the day can be challenging. Slow cookers come to the rescue. Look up 3 new slow cooker recipes to use for meal planning next week.

March 26 | Today is the Day

What healthy activity have you been putting off — going for a walk, getting back to yoga class, or opening the FitBit you received as a gift? Whatever it is for you, today is the day to stop putting it off and just do it.

March 27 | Ready, Willing and Able

It's time to get ready so you are able to prepare delicious meals at home next week. Meal planning is the starting point and then off to the grocery store. Be sure to include the new slow cooker recipes that you found on Friday.

March 28 | Brighten Someone's Day

Spend a few minutes first thing today to consider whose day you can brighten. If you're able to make their day without them finding out it's you—even better. Fresh tulips on a co-worker's desk, a gift card for food to the homeless person you pass daily, or a fruit basket on a

neighbor's front porch are a few ideas to consider. You'll get more out of this than the recipient—try it and you'll see.

March 29 | Take Ten

Take ten quiet meditative minutes to calm your mind and spirit. Sit in a quiet place and close your eyes or light a candle to hold your gaze. Breathe in and out slowly, watching your breath as it enters your nose, fills your lungs and is expelled. There is a lot of research showing how beneficial taking ten can be to your health and well-being.

March 30 | Celebrate

Celebrate all of the good in your life. Set a beautiful dinner table and savor small portions of your favorite foods.



March 31 | Reflect

Which of these behaviors were most helpful to you? How can you keep moving forward with improving your health and well-being? What else might you be ready for on the journey to better health? It's your life—live it to the fullest!

Now that National Nutrition Month has come to an end, be sure to keep using the strategies you learned and soon enough, they will become automatic habits.

PLANNING
is bringing the future into the present so that you can do something about it now.
Alan Lakein

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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.

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We'd love to hear from you!

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Recipes

South of the Border Lettuce Wrap

Submitted by Carolyn F.

3 cups chicken breast, cooked and cubed
1 can (15 oz) black beans, rinsed and drained
1 medium tomato, seeded and finely chopped
½ cup salsa
¼ cup onion, finely chopped
1 can (4 oz) green chilies, chopped
¼ cup sweet red pepper, finely chopped
1 tbs lime juice
½ teaspoon seasoned salt
¼ teaspoon garlic powder
1 medium ripe avocado, peeled and finely chopped
½ cup reduced fat sour cream
12 Bibb or Boston lettuce leaves

In a large bowl, combine the first 11 ingredients. Refrigerate until serving. Stir in avocado just before serving.

Place ½ cup chicken mixture on each lettuce leaf. Top with 2 teaspoons of sour cream. Fold lettuce over mixture to make a wrap. Makes 12 small wraps.

NUTRITION INFORMATION PER SERVING: 130 calories, 13 grams protein, 4 grams fat, 10 grams carbohydrate, 239 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 March 30, 2016. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.



Blueberry Cheesecake Bars

¼ cup graham cracker crumbs
¼ cup Splenda
1/3 cup light margarine, melted
12 oz cream cheese, light, softened
2/3 cup Splenda
½ cup egg substitute
1/3 cup sour cream, fat free
2 teaspoons vanilla extract
¾ cup fresh or frozen blueberries
¼ cup apricot preserves, no-added-sugar
1 tablespoon water

Preheat oven to 350 degrees F. Mix together graham cracker crumbs, ¼ cup Splenda® and butter. Spray an eight-inch square pan with non-stick cooking spray and press mixture evenly in the bottom. Bake 5 minutes and set aside.

Beat cream cheese at medium speed with an electric mixer until smooth. Gradually add Splenda® beating until blended. Add egg substitute and mix well. Add sour cream and vanilla, mix just until blended. Gently stir in blueberries. Pour mixture into prepared pan. Bake for 30 to 35 minutes, or until firm. Remove from oven and cool on a wire rack for 30 minutes. Cover and chill 2 hours.

Topping Directions: Combine apricot preserves and water in a small saucepan. Cook over medium heat, stirring constantly until jam melts. Spread over filling; cut into bars. Makes 20 servings.

NUTRITION INFORMATION PER SERVING: 71 calories, 3 grams protein, 4 grams fat, 5 grams carbohydrate, 48 mg sodium.