

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



READY... SET...
Summer!



It's summer—that amazing time of year when the days are long and simple pleasures abound. Rather than slacking off, keep your healthy eating and exercise habits simple, yet effective this summer.

First off, make sure you get your nightly dose of sleep. It is tempting to stay up with the sun, but not getting enough sleep can have a negative impact on your health. A sleep deprived brain doesn't function properly, affecting your cognitive abilities, memory and emotional state. It puts you at greater risk for developing chronic diseases and weight gain. Keep a regular bedtime and wake up time—you'll feel better and that's the start of a good day.

Healthy hydration is even more important in the summer heat. Each night take a few moments to make up a batch of fresh fruit and/or veggie infused water. Put some of it in a take-along container to enjoy the next day. Infused water tastes so fresh and good; you're sure to boost your fluid intake. As an extra bonus,

Some of the
BEST MEMORIES
are made in flip flops.

you'll avoid sweeteners and additives you find in commercially prepared flavored water.

Defuse stress and boost your immune system by connecting with nature. Watch a sunrise, walk barefoot in the grass or on a beach, go for a trail hike, dip your toes in the water, or take a nap under the shade of a tree. You'll be relaxed and recharged—ready to tackle whatever comes your way.

Move your exercise routine out of the gym and into the great outdoors. Ride a bike, go for a hike, hop in a canoe, swim, play Frisbee, or any other outdoor activity that you enjoy. Shoot for 30-60 minutes or more a day. This is a great time to heat up your perpetually chilled post-surgery body.

With your post-surgery energy boost, you'll probably find yourself on the go a lot this summer. Don't give into the draw of the fast-food lane. Instead plan for and pack healthy take-along foods. Invest in a good cooler and some leak-proof containers—you'll need them when you're out and about. **Here are some great ideas for on-the-go meals and snacks:**

- Light mozzarella string cheese and apple slices



- Beef or turkey jerky
- Cottage cheese and fruit
- Hummus and bell pepper strips, snap peas, celery sticks, and baby carrots
- Greek yogurt with a sprinkle of nuts or fruit
- Hard boiled eggs
- 100 calorie packs of nuts or seeds
- Roasted chickpeas or soy beans
- Low-sugar protein bars divided into 100 calorie portions
- Homemade protein bites
- Homemade protein packs (portion-controlled cheese, nuts, and fresh veggies)
- Homemade lunchables (deli meat, cheese and small-portion protein bar)
- Tuna packs
- Deli meat and cheese rolls



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REST is not **IDLENESS**,
and to lie sometimes on the
grass under trees on a summer's
day, listening to the murmur of
the water, or watching the clouds
float across the sky, is by no
means a waste of time.

John Lubbock

- Grilled chicken breast strips and guacamole dip
- Salads with protein toppings
- Fresh mozzarella cheese and tomato slices—add a little pesto and balsamic vinegar
- Shrimp cocktail and lemon slices
- Low-sugar yogurt drinks (Dannon Triple Zero, Kroger Carb Master)
- Fairlife milk (comes in single serving size)
- Light PB Dip: reconstitute 2 Tbsp. of PB2 with 1 Tbsp. of water in a small dish. Stir until smooth and mix with 6 oz Dannon Triple Zero Vanilla yogurt. Serve with cut fruit.

Summer is a great season to move away from highly-processed foods and instead prepare meals with fresh ingredients, including seasonal fruits and vegetables. Add quick proteins that don't require cooking like tuna, cottage cheese, Greek yogurt, rotisserie chicken, black bean burgers, shrimp, or krab sticks.

Salads are a great way to go in the summer heat. Add a variety of fresh vegetables and fruits, a healthy protein source (chicken breast, salmon, tuna, cottage cheese, or shrimp), go light or without cheese, and choose a light no-added-sugar dressing. Skinny Girl Poppyseed Salad Dressing (available online or at Walmart) is perfect for light summer salads.

Take a vacation from all non-essential uses of TVs, computers and cell phones—one week or one month. Use that time to pursue an activity you've wanted to try, spend time with others, practice a stress-reducing activity, get out in nature (ideas: star gaze, cloud watch, bird watch, plant), read a book, contemplate, or listen to music.

What is summer without the sweet taste of a frozen treat? No-added-sugar popsicles or fudgesicles are musts to keep stocked in the freezer. Blend ice and Crystal Light. Many commercial sugar-free ice cream options are packed with gut-wrenching sugar alcohols—so be cautious with these. Best bet, use a little imagination or do a quick internet search for delicious no-added-sugar frozen treat recipes. Here are two, with the added benefit of protein, to get you started:

Peanut Butter Ice Cream

- 1 cup Fairlife milk, fat-free
- 2 scoops Matrix protein powder, chocolate
- 2 tbsp. powdered peanut butter (like PB2)

Add all ingredients to blender and blend until well mixed. Pour into ice cream maker and follow instructions for freezing. Makes 2 servings.

NUTRITION INFORMATION PER SERVING: 175 calories, 32 grams protein, 3 grams fat, 8 grams carbohydrate, 187 mg sodium.

Get wet! Swimming pools, water parks, lakes, oceans and even yard sprinklers can provide welcome relief from the summer heat. Play and have fun.



Make up a new upbeat playlist and listen while you go for a walk or a jog. It will help you keep up a good pace.

Strawberry Cheesecake Ice Cream

- 1 cup frozen strawberries (sliced if you can find them), no-added-sugar
- 4 tbsp. light cream cheese
- 1 tsp. vanilla extract
- 2 tbsp. sweetener (Splenda, Stevia, or erythritol)
- 1 tbsp. sugar-free gelatin powder, strawberry
- 1 cup Fairlife milk, fat-free
- 2 scoops Matrix protein powder, vanilla or strawberry

Add all ingredients to blender and blend until well mixed. Pour into ice cream maker and follow instructions for freezing. Makes 3 servings.

NUTRITION INFORMATION PER SERVING: 163 calories, 22 grams protein, 5 grams fat, 9 grams carbohydrate, 137 mg sodium.



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Recipes

Chicken Pitas with Curry

- ¼ cup fresh cilantro leaves, chopped
- ¼ cup reduced-fat sour cream
- 2 tbsp. low-fat mayonnaise
- 1 tbsp. fresh lime juice
- 1 tsp. grated peeled fresh ginger
- ¼ tsp. curry powder
- ¼ tsp. ground coriander
- 1/8 tsp. salt
- 2 cups cooked chicken-breast meat, chopped
- 5 radishes, sliced thin
- 1½ cup cantaloupe, chopped
- ¼ small red onion, diced
- 3 tbsp. roasted cashews
- 2 large pitas, cut into halves

In a small bowl, stir together cilantro, sour cream, mayonnaise, lime juice, ginger, curry powder, coriander and salt until well blended. In another bowl, combine chicken, radishes, cantaloupe and onion. To serve, toss chicken mixture with dressing. Top with cashews and serve with pitas. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 303 calories, 26 grams protein, 9 grams fat, 21 grams carbohydrate, 363 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 June 30, 2017.** Please send comments, ideas, recipes and "It Worked For Me" tips to Deh Hart, RD, LD at dhart@foresthealth.com.*



Creole Salmon

- 1 lb. fresh green beans, trimmed
- 1 tbsp. olive oil
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/3 c. nonfat Greek yogurt, plain
- 1 tsp. Creole seasoning
- 1 tsp. grated lemon peel
- 1/4 c. almonds, coarsely chopped
- 4 skinless salmon fillets (6 oz. each)

Preheat oven to 450 F. Line large baking sheet with foil.

In large bowl, toss green beans, olive oil, salt, and pepper. Spread evenly on pan and bake for 10 minutes.

Mix together yogurt, Creole seasoning, and grated lemon peel. Spread on salmon fillets and sprinkle with almonds. Move beans to one side of pan and place salmon on other side. Coat salmon with cooking spray. Bake 12 minutes or until salmon is cooked through and beans are tender. Makes 4 servings.

NUTRITION FACTS PER SERVING:
404 calories, 45 grams protein, 16 grams fat, 19 grams carbohydrate, 677 mg sodium.

