



USING THE Barix™ NUTRITION GUIDE

- ➔ Start at the bottom of the guide with protein-rich foods/beverages and climb your way up to the nutrient-dense fruit and vegetable level. Finish off with a healthy dose of whole grain foods.
- ➔ Six small meals and snacks help you meet your protein needs – keep your blood sugar levels even, your energy level high and keep portions small.
- ➔ Limit the number of no-added-sugar desserts and treats. Often these are not much lower in calories than their sugar-laden counterparts.
- ➔ Enjoy!



The Barix Clinics patient website features an online Cookbook and other helpful advice. Contact a Patient Service Representative at 800/282-0066 for access.

SERVING SIZES



Meat, Fish, Poultry, Eggs, Egg Substitute, Beans, Protein Supplements

Meat, Fish, Poultry	2 oz.
Eggs	2 each
Egg Substitute	1/2 cup
Beans	1/2 cup
Protein Supplements	1 scoop



Lowfat Milk, Lite Yogurt, Lowfat Cheese

Lowfat Milk	4 oz.
Lite Yogurt	4 oz.
Lowfat Cheese	1/2 oz.



Bread, Cereal, Rice, Pasta

Bread	1/2 slice
Bagel	1/4
Pasta	1/4 cup
Rice	1/4 cup



Vegetables

Fresh or Frozen	1/4 cup
Raw Leafy Greens	1/2 cup



Fruits

Fresh, Canned or Frozen	1/4 cup
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Fats, High-Fat Snacks, No-Sugar-Added Snacks

These foods are a concentrated source of calories and provide few other nutrients. Consume sparingly.