

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## Eat light and eat right!

Tips for quick meals and snacks to keep your on-the-run Summer healthy!

**T**he hot summer temperatures bring an opportunity to hone our healthy eating skills and embrace the fresh, light foods of the season. Healthy eating begins at home. Meals eaten at home are more nutritious than meals eaten out and they have the added benefit of family bonding. Food preparation can be simple and quick, fitting into even the busiest schedule. Read on for some great ideas to make this summer your healthiest yet.

Summer activities limit the time that we have for food preparation and often take us away from home. Putting effort into planning will go a long way to ensure that your healthy eating habits don't take a summer vacation. Use the calendar to mark all of your activities and then pencil in meals. Multi-task your meal prep by cooking once for up to three meals. For example, bake chicken on Monday and have Chicken Marsala that night, Chicken Salad Santa Fe the next night and chop and freeze chicken

for Chicken Chili on Friday night. Cook once...and eat three times.

Have the ingredients for two healthy recipes that your family loves on hand at all times as a back-up. Knowing that you can quickly make healthy food at home can help to overcome the urge to pick up fast food.

Slow cookers are great for this time of year. Put the food in before you leave the house and return to a ready-to-eat meal. Add a quick salad or vegetable and you are all set.

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First say to yourself  
what you would be;  
and then do what  
you have to do.

Epictetus

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**Don't forget about breakfast.** Start with a good protein source to fuel your morning and minimize food cravings throughout the day. Consider an egg white and veggie omelet, Special K Protein

Plus cereal, a fruit smoothie with protein powder, plain yogurt with Nectar fruit flavored protein, or no-added-sugar Carnation Instant Breakfast to start your day.

**Eating six small meals** keeps cravings at bay, keeps your energy and mood high, and helps you to meet your body's nutritional needs. Include a low-fat source of protein with each of your six meals. Mini-meal possibilities are endless: try light string cheese and apple slices, cottage cheese and fruit, crackers and peanut butter, a portion of almonds, half of a turkey sandwich, a lean ham and Swiss cheese roll-up, a tortilla with melted light cheese, or refried beans and baked chips.

**Don't forget to hydrate.** Warm weather and summer activities increase the need for fluids. Choose very low-calorie or calorie-free drinks. Water, diet tea, Fuze Slenderize, Minute Maid

Light and Crystal Light are just a few examples of the drink options available. Drink up to 24 oz of low-fat milk per day to hydrate and nourish—each ounce has 1 gram of protein and is a good source of calcium and vitamin D. Remember not to eat and drink at the same time, overfilling your pouch or sleeve.

### Keep portions in check.

Sometimes the food just tastes so good that it is hard to stop at a  $\frac{3}{4}$  cup portion. Sometimes you are mindlessly eating and not aware of how much is going in your mouth. Your pouch or sleeve will usually let you know when enough is enough, but by starting with the right portion, you will ensure that you don't overdo it. Use small plates and bowls and occasionally measure out food so that you can accurately eyeball a  $\frac{3}{4}$  cup portion. Remember to take small bites, chew well and eat slowly.

**Take it with you.** A family day trip should include a cooler or two packed with healthy foods and drinks. Take lean deli meats and cheeses for lunch wraps, fresh cut fruit and yogurt for snacks, nuts, lean beef sticks, string cheese, protein bars, sugar-free drinks, and low-fat milk or juice boxes.

Now that you know what you are going to eat, the next step is to shop. Keep your refrigerator, freezer

Some people plant in the spring and leave in the summer. If you're signed up for a season, see it through. You don't have to stay forever, but at least stay until you see it through.

Jim Rohn

and cupboards stocked with healthy food choices and the ingredients for quick, healthy meals. In the store, choose fresh, unprocessed food when possible to get more nutrition and less potentially harmful additives. Select a rainbow of fresh fruits and vegetables. Each color group provides different key nutrients for good health—fresh foods taste great and enhance the eating experience. To speed your prep time, take advantage of frozen fruits and vegetables, pre-cut produce, and pre-cooked poultry

and meats. Read labels to keep the added sugar to 2 grams or less per serving.

Armed with a plan and healthy foods on hand, you are well on your way to healthy eating. But we can't forget the importance of living an active life. Long summer days and warm temperatures generally promote more activity. There is always something around the house to do; gardening, mowing the lawn, home improvements, deep cleaning, or raking. Early morning or late evening walks are great to avoid the heat of the day. In addition to your daily activities, be sure to shoot for 30 minutes of aerobic activity a day (yes, a brisk walk counts) and strength training three times a week. Summer is a great time to try a new aerobics class, yoga, bike riding, swimming, jogging, inline skating, or water skiing. Weight loss makes it possible to get off the sidelines and join in. Make this your best, healthiest summer ever.

## In the News

**A**nother study emphasizes the importance of adequate sleep for weight management. This study found that sleepy people are less likely to resist high-calorie foods because of a decrease in the part of the brain that inhibits behavior and an increase in hunger.

William Killgore of Harvard Medical School, who led the study, said, "When you are sleepy, there's a good chance that you won't be able to control how much you eat. You may be drawn to unhealthy foods because you are not putting the brakes on as well as you would be if you were well-rested."

These study results fit with earlier studies that show an increase in the hormone ghrelin (tells you when to eat) and a decrease in the hormone leptin (tells you when to stop eating) with inadequate sleep. And now we see that your prefrontal cortex isn't working well to help you resist high-calorie foods.



# Recipes

## Baked Chicken Fingers

2 teaspoons olive oil  
 1 lb chicken breasts, boneless, skinless, sliced into thin strips  
 ½ cup low-fat buttermilk  
 ½ cup crushed corn flakes  
 ¼ cup Italian seasoned breadcrumbs  
 1 teaspoon garlic powder  
 ½ teaspoon oregano  
 ¼ teaspoon black pepper  
 1 teaspoon olive oil

Preheat oven to 400 degrees. In a non-metal bowl, combine chicken and buttermilk; refrigerate for 15 minutes.

Combine the cornflakes, breadcrumbs, garlic, oregano and black pepper into a large zip-top bag. Add chilled, drained chicken strips to bag and shake to coat.

Spread olive oil over bottom of a shallow baking pan; add coated chicken. Bake for 4–8 minutes; flip chicken and bake an additional 4–8 minutes until crispy on the outside and cooked through. Makes 4 servings.

**NUTRITION INFORMATION PER SERVING:** 240 calories, 25 grams protein, 12 grams fat, 6 grams carbohydrate, 161 mg sodium.

## Santa Fe Chicken Salad

¼ cup fat-free Italian dressing  
 ¼ cup fresh salsa  
 2 tablespoons lime juice  
 2 cups chicken breast, cooked and shredded  
 1 can (15 oz) organic black beans, drained and rinsed (organic beans reduce sodium content)  
 1 ½ cup corn  
 4 cups mixed salad greens  
 40 low-fat tortilla chips  
 4 tablespoons fat-free sour cream  
 4 tablespoons low-fat cheddar cheese, shredded

Mix Italian dressing, salsa and lime juice together in a large bowl. Add chicken, black beans, corn and salad greens and toss.

Put one cup of tortilla chips on each of four serving plates. Top with salad mixture and garnish with a dollop of sour cream and a sprinkle of shredded cheddar cheese. Makes 4 servings.

### NUTRITION INFORMATION

**PER SERVING:** 353 calories, 34 grams protein, 7 grams fat, 47 carbohydrates, 548 mg sodium.



## Featured Product

The patented BlenderBottle® is the best-selling portable mixer simply because it works. No batteries, no cord, no hassle. It's powerful enough to mix the thickest ingredients with ease. Use it in the kitchen, at the office, at the gym, when you travel, or on the go.

Function or style? Too hard to choose? Now you can hold both in the palm of your hand. The BlenderBottle® is as functional and effective as it is unique:

- BlenderBall® mixer inside
- Secure screw-on lid
- Wide mouth makes it easy to add ingredients
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- Easy to clean—dishwasher safe
- 20 or 28-ounce capacity
- Available in a variety of colors
- Fits in most car drink holders
- Patented
- BPA-free

## REWARD YOURSELF

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 July 31, 2011. 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, Ohio, 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 ([http://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  
at 800-282-0066

## It Worked for Me

People don't always react the way that you would expect after surgery. Just knowing that others are also experiencing this can perhaps help. Below is a post from the Barix message boards and some responses (edited).

### Post:

Yesterday I was celebrating my only grandchild's 2-year birthday! I was enjoying my family, who all know that I had WLS. Most of my family is very happy for me and compliments me on the changes they are noticing. I had a hamburger on my plate, minus the bun. My mother asked why I was eating a plain ole hamburger with no bun in a 'what the heck is wrong with you' tone. I just smiled and rolled with it. Later when cake and ice cream was served, my mother-in-law (severe diabetic, high blood pressure, 100# overweight) confronted me with, "Can't you at least eat some ice cream?" Why can't others accept the decisions and choices we make when trying to improve our health?



The more difficulties  
one has to encounter, within  
and without, the more  
significant and  
the higher in inspiration his  
life will be.

Horace Bushnell

## REQUEST A FREE BROCHURE

for you or a friend. Call us at  
800-282-0066, or log on to  
[www.barixinfo.com](http://www.barixinfo.com)



### Response 1:

Some people don't get it and never will. When people have told me, "Just once in awhile won't hurt," or, "You should treat yourself once in awhile," I say, "Once is never once with me."

I've also told people that since I have eaten small portions for so long, my tummy hurts (it does) if I eat too much at once, since I eat every three hours. My stomach must have

shrunk or something. I might add that I have kept my WLS private.

### Response 2:

You did well at your family gathering! Keep up the good work.

### Response 3:

I make it very known that I had surgery to give me my life back. The decision I made to have the surgery included the decision to let go of carbs, sugar and crap that my body does not need to be healthy. Decisions made, I love my life and my new body and butt out if you're not supportive.

