

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Back to Basics

Choices to Help Simplify Your Life



A lot of people are taking a look at the choices that they make every day and considering how they can get back to a more basic way of living. What this means for each person and each family can be very different. And the driving force behind it can be just as varied.

Of course the economy has made many people reassess their lifestyles. In fact, 40 million Americans currently rely on food stamps, an increase of 50% from just 4 years ago. The predictions of what we will pay for gas at the pump range widely from a conservative estimate of \$3.17 per gallon to the former head of Shell Oil predicting \$5.00 per gallon by year's end. Not only does this lead to less money in our pockets for food and other expenses, but it also affects the prices of goods that we buy including food.

Not only are fuel prices pushing up the prices of food, but freaky weather and natural disasters have significantly reduced the production of corn, wheat, and other crops. Fewer supplies and higher costs mean that we are going to see even higher prices in grocery stores and restaurants.

Families are also beginning to realize the value of sitting down together. Something as simple as regular family meals impacts

kids in big ways—better grades, better vocabularies, and less risk of using drugs/alcohol/tobacco, having eating disorders, and being depressed. Those are some pretty big returns for something so basic. Not only do family meals provide a sense of stability and belonging, they provide better nutrition than meals eaten out. People tend to consume more vegetables, fruit, and whole grains and less carbonated beverages and fat when eating at home.

---

**Three Rules of Work:**  
Out of clutter find  
simplicity; From discord find  
harmony; In the middle of  
difficulty lies opportunity.

Albert Einstein

---

Food safety is another concern, not only from all of the recent food recalls but also uncertainties about additives, preservatives, excess salt and added sugars.

Clean eating, eating food in its closest-to-nature form, anti-inflammatory foods, raw foods, home cooking, and shopping at the local produce market are all trends toward getting back to the basics of healthy eating.

All of these intentions to get back to basics and eat healthier foods

together as a family are great, but what about putting it into practice? Who has the time, the energy, or the money? It might be easier than you think. Just be sure not to have an all or nothing attitude. Sitting down together as a family twice a week is better than not at all and eating fresh, healthy food for one meal a day is better than not at all. Start small and build on your efforts. **Here are some ideas to help you overcome obstacles that may get in your way.**

---

**TIME.** There are so many great ways to get beyond the obstacle of time. First and foremost, plan ahead. Make a list and shop once for the week. Take advantage of the convenience options offered in the grocery store produce section, such as fresh-cut vegetables and fruit. Use the slow cooker regularly—so nice to walk in the door to a hot delicious meal. Intentionally cook extra and freeze leftovers or use in another way later in the week. For example, bake chicken breasts once and then serve baked chicken breasts, chicken enchiladas, and chicken salad, all from baking chicken one time. Rather than shooting for the perfection of cooking everything from scratch, get in the habit of eating together as a family with a combination of prepared foods and cooked-from-scratch foods.

**SCHEDULES.** Crazy schedules may prevent family members from sitting down together. Consider having breakfast together. Or schedule two nights during the week and make an extra effort on the weekends.

**PICKY EATERS.** Whether it is your youngest child or your spouse, a picky eater can be a challenge to feed. Try to offer a favorite food along with a new food. Let the picky eater help to decide on the menu and help with preparation. Make the food interesting by using a variety of colors, shapes and even by giving foods fun names.

**CULTURE.** In our culture, it is acceptable to eat a lot of fast food, highly processed foods, and restaurant meals. In some cases there is an expectation of going out with co-workers to lunch rather than brown-bagging it. Consider bucking the system or compromising by going out once a week and bringing your lunch in the other days.

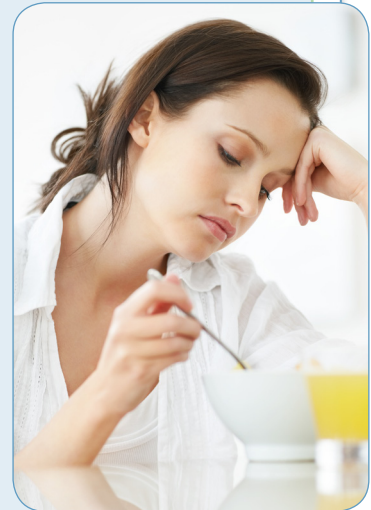
**COST.** Preparing healthy food at home will work into your budget if you plan well, stock up on foods on sale, and minimize waste. Cheap, highly processed food can cost less. Using a little creativity will move you well beyond sugar-coated cereals, pizza rolls, and spam as staples in your home.

- *Cook extra and freeze leftovers.*
- *Buy in bulk and make your own single-serving portion packs.*
- *Buy bottled drinks at the grocery store in bulk rather than from a vending machine or convenience store and save over \$1.00 per serving, or better yet buy a reusable bottle and fill it at the drinking fountain.*
- *Take snacks with you to save money and to stave off the lure of vending machines and fast food.*
- *Use coupons.*
- *Try store brands; many products are just as good.*
- *Stock up when items are on sale.*
- *Buy produce in season.*
- *Stick to your list and don't shop when hungry.*
- *Eat meatless a few times each week using beans, eggs, or dairy for protein.*
- *Think twice before buying—is this something that you really need?*

## It Worked for Me

*Advice from the Barix Forums*

A member recently posted that she had fallen into the pattern of eating the same things day after day and needed help to get out of her food rut. Looks like many of our forum members are creatures of habit when it comes to food and are okay with it. Here is a summary of the supportive responses she received:



- *I am a creature of habit and the same-old same-old is fine with me, with a little twist now and then.*
- *I eat the same thing every day for lunch and most breakfasts. Since food does not rule my life now, I am pretty comfortable in my pattern.*
- *I enjoy cooking, so playing with new recipes is fun for me. Plus, trying to come up with WLS-friendly recipes is fun too.*
- *I'm at the point where I'm getting a bit bored with the food that I eat and I feel like I need to experiment with some new recipes to add a little zip to my food. For snacks, I feel like I live on cottage cheese and yogurt and nuts.*
- *I eat the same things all week long. It's partly because when I cook I make so much that I have to eat it over and over to get rid of it, and partly because I just think it is easier. I have been experimenting with different ways to cook chicken and ground turkey to give them more zip.*

### Here are some of my favorite ideas:

- Chicken—we like the oven-fried (like shake and bake).
- Pot roast—I really like the carrots and potatoes cooked in with the beef gravy with the meat.
- Flavored pork loins, usually teriyaki or peppercorn.
- Pork chops—sometimes the boneless kind (shake and bake) and sometimes we have the bone-in “grilled naked” with garlic, onion, salt and pepper.
- I used to think that it would be easier to put meals together after WLS; my wife says it's harder. I don't CRAVE anything. So many times we have the “I dunno, what do YOU want for dinner” conversation.

## Sweet Potato Fries

Submitted by Elizabeth R.

- 2 large sweet potatoes, washed and patted dry
- 1 tablespoon olive oil
- 1/4 tsp salt (use sea salt or kosher salt, if you prefer)
- 1/4 tsp dried rosemary, crushed

Preheat oven to 425 degrees F. Cut each potato into 8 lengthwise wedges and place on a nonstick baking sheet. Drizzle lightly with oil; sprinkle with salt and dried rosemary. Roast for 15 minutes on one side; turn to other side and toast until potatoes are tender, about 15 to 20 minutes more.

If you like your potatoes well-done, place them under the broiler for a minute or two. Makes 4 servings.

**NUTRITION INFORMATION PER SERVING:** 112 calories, 2 grams protein, 4 grams fat, 19 grams carbohydrate, 178 mg sodium.



## South of the Border Lettuce Wraps

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
- 1/2 cup salsa
- 1/4 cup onion, finely chopped
- 1 can (4 oz) green chilies, chopped
- 1/4 cup sweet red pepper, finely chopped
- 1 tbsp lime juice
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon garlic powder
- 1 medium ripe avocado, peeled and finely chopped
- 1/2 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 1/2 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.



## Featured Product



BlenderBottle® is the best mixer since the wire whisk.

Gourmet cooks rely on the wire whisk to blend their ingredients into a smooth and light consistency. Now you can do the same with the BlenderBottle®. The patented BlenderBall® wire whisk moves freely throughout the bottle as you shake it, mixing the thickest ingredients with ease. Now you can mix it smooth—anytime, anywhere!

It 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.

Specially priced for the month of March.

## 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 March 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).

## SUBSCRIBE

to

On Track With Barix

[www.barixclinicsstore.com/  
newsletter\\_sign\\_up.html](http://www.barixclinicsstore.com/newsletter_sign_up.html)

## 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

## Considering Surgery

A small weight loss prior to surgery is beneficial; it shrinks the liver and makes the surgeon's job easier. For this weight loss, rather than thinking about what you will take away from your diet, look instead at what you can add to your diet. Add in fresh fruits and vegetables. By simply adding 4-5 ½ cup servings of fresh or frozen vegetables and 2 ½ cup fresh fruit servings it is likely that a slight weight loss will occur. This happens because the fruits and vegetables are full of fiber with a low caloric density.

So you will fill up on these foods and have less room for higher calorie foods. Here's how you do it—in place of a frozen meal for lunch, eat a box (2 ½ servings) of frozen veggies and a small amount of lean meat, fish, or poultry (perhaps left over from the previous evening's meal). Have a good-sized salad with dinner and some fresh fruit for a snack, and you've got it.

You may also want to add in some additional movement. Exercise is a key component of healthy weight loss. Find ways to fit exercise into your schedule before surgery and you'll be a step ahead of the game.



Log on and  
check out our  
new social  
networking site:  
[forum.barixclinics.com](http://forum.barixclinics.com).

You'll find extended profiles, blogs, forums, and chat features where you can connect and communicate better than ever in a community designed specifically for you, a Barix patient!

Reduce the complexity of life  
by eliminating the needless  
wants of life, and the labors of  
life reduce themselves.

Edwin Way Teale



**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)