



# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Super Foods

**S**uper foods are chock full of nutrients that promote wellness and help to prevent many diseases. You won't find highly processed foods on this list – just the health-boosting foods found in nature without additives. Increasing your intake of any fruit or vegetable is sure to improve your health, so just because it isn't on the list doesn't mean it's not worth incorporating into your diet. Why just settle for food, when you can nourish your body with super foods? Eating more of these foods is a snap with our 7-day meal plan – nutritious, delicious and easy.

FOOD	SUPER FOOD FEATURES	TIPS
<b>Green Tea</b>	Contains a powerful antioxidant, ECGC—may help to reduce cholesterol levels and inhibit cancer cell growth.	Sip on it hot and drink it cold. Make your own sun tea using green tea bags. Sweeten with a small amount of 100% juice or Stevia.
<b>Berries</b>	Packed with antioxidants, health-promoting nutrients and vitamins.	Get 'em fresh or frozen (without additives).
<b>Pomegranate</b>	Pomegranate contains high levels of beneficial antioxidants and may reduce cholesterol and lower blood pressure if consumed regularly.	Enjoy the whole fruit or small amounts of juice.
<b>Tomatoes</b>	Tomatoes contain lycopene, which may decrease the risk of stomach, bladder and colon cancer.	Very low in calories, high in flavor – include this vegetable daily.
<b>Dark Green Vegetables</b>	Dark green vegetables such as kale, spinach, collard greens, broccoli, asparagus, and green beans are high in vitamins A and C, iron, calcium and phytonutrients. They have a high fiber and low calorie content.	Include vegetables in a variety of forms throughout the day. They are a great complement to many lean, high-protein foods.
<b>Omega 3 Fish and Seafood</b>	Omega 3 fatty acids help to lower heart disease risk and arthritis.	Look for wild (not farmed) salmon, herring, sardines, trout, tuna, and mackerel.
<b>Legumes (Beans, Peas, and Lentils)</b>	Eating legumes regularly (4 or more servings per week) can decrease your risk of heart disease and breast cancer.	Darker beans contain more antioxidants than lighter ones. Let's hear it for black beans!
<b>Nuts</b>	The tiny nut packs a lot of nutrition—fiber, B vitamins, antioxidants, healthy fats and omega 3 fatty acids. Look for raw or roasted without oil and with less or no salt added. Walnuts, almonds, hazelnuts, pistachios, and even peanuts can be a good snack—especially if they replace chips or other not-so-healthy snacks.	Nuts are a quick and easy snack. Watch portions – these little gems taste so good it's easy to go overboard.
<b>Yogurt, Low-fat Milk</b>	Rich in calcium and protein. Yogurt is a good source of probiotics—with many potential health benefits.	Make your own yogurt and sweeten with 100% juice concentrate. Greek yogurt is higher in protein.
<b>Flaxseed</b>	Flaxseed has many heart-healthy benefits and may help to fight cancer. It is a good source of omega 3 fatty acids; contains fiber and antioxidants.	Add whole flaxseed to yogurt or cereal, flaxseed meal to baked goods, and a dash of flaxseed oil to smoothies.
<b>Garlic, Onions, Leeks &amp; Chives</b>	Stimulate the production of a potent antioxidant that eliminates toxins and carcinogens in the body.	Chop to release potent antioxidants.
<b>Chocolate</b>	Dark chocolate and cocoa powder are high in antioxidants and flavanols helping to decrease blood pressure and cholesterol levels.	Avoid Dutch cocoa; the process reduces the amount of flavanols. Find ways to enjoy chocolate without added sugar. Try the Best Brownie recipe found on page 3.
<b>Spices (Cinnamon, Turmeric, Rosemary, Paprika, Ginger, Oregano, dried Red Peppers)</b>	Many spices contain health-promoting substances.	Keep fresh spices on hand and a spice rack on the kitchen counter. Add spices generously to foods.

## Meal Plan using Super Foods

We've put together a meal plan to help you incorporate super foods into your diet. This plan can easily be stretched out to two weeks or longer. Simply fill in half of the meals with repeats or leftovers. Most of us don't need to eat something different for every meal and snack; in fact, we like to eat our favorites often. Throw in some extra super spices, garlic, onion, and flaxseed whenever possible.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> Cup Greek yogurt, 2 oz pomegranate juice, ½ tsp. flaxseed, fresh berries	<b>Breakfast</b> Special K High Protein cereal and skim milk, raspberries	<b>Breakfast</b> Breakfast cookie (see recipe)	<b>Breakfast</b> Cheesy Egg Cup (see recipe)	<b>Breakfast</b> Blueberry Almond Breakfast Treat	<b>Breakfast</b> Plain yogurt with 1 scoop fruit-flavored Nectar	<b>Breakfast</b> 2 eggs, fruit
<b>Snack</b> 1 oz almonds	<b>Snack</b> Deli turkey wrapped around avocado slice	<b>Snack</b> No-added sugar pudding	<b>Snack</b> Light deli ham with light cream cheese and green onion	<b>Snack</b> Turkey jerky	<b>Snack</b> Cottage cheese and pineapple	<b>Snack</b> Protein bar
<b>Lunch</b> Spinach salad with tomato, chopped egg, low-fat mozzarella cheese, onion	<b>Lunch</b> Chili	<b>Lunch</b> Black bean burger, tomato/onion slices, fresh fruit	<b>Lunch</b> Chicken and black bean salad	<b>Lunch</b> chicken vegetable soup	<b>Lunch</b> Salad with tomato, onion, green pepper and turkey.	<b>Lunch</b> Slice of thin crust veggie pizza
<b>Snack</b> Protein powder, skim milk, frozen strawberries, ½ tsp flaxseed oil, probiotic capsule	<b>Snack</b> Protein powder, skim milk, cocoa powder, peanut butter, sweetener if needed	<b>Snack</b> Shrimp cocktail	<b>Snack</b> Greek yogurt, acai berry juice, fresh raspberries, sprinkle with walnuts	<b>Snack</b> No-added-sugar hot cocoa made with skim milk	<b>Snack</b> Low-fat cheddar cheese and crackers	<b>Snack</b> Garlic hummus with pita bread
<b>Dinner</b> Salmon, green beans almondine	<b>Dinner</b> Baked chicken breast with artichoke and parmesan cheese topping, cooked carrots	<b>Dinner</b> Baked fish, asparagus	<b>Dinner</b> Fajitas	<b>Dinner</b> Grilled shrimp, tomato slices with olive oil and oregano	<b>Dinner</b> Lean steak, sautéed mushrooms, grilled vegetables	<b>Dinner</b> Balsamic glazed pork chops, broccoli with cheese sauce
<b>Snack</b> Best Brownie (see recipe)	<b>Snack</b> Fluffy peanut butter (see recipe)	<b>Snack</b> Best Brownie	<b>Snack</b> 1 cup skim milk	<b>Snack</b> No-added-sugar pudding and ½ banana	<b>Snack</b> Peanut butter and banana	<b>Snack</b> No-added-sugar hot cider with cinnamon stick
<b>Beverages</b> water, green tea, other no-calorie beverages	<b>Beverages</b> water, green tea, other no-calorie beverages	<b>Beverages</b> water, green tea, other no-calorie beverages	<b>Beverages</b> water, green tea, other no-calorie beverages	<b>Beverages</b> water, green tea, other no-calorie beverages	<b>Beverages</b> water, green tea, other no-calorie beverages	<b>Beverages</b> water, green tea, other no-calorie beverages
Vitamin and mineral supplements as recommended	Vitamin and mineral supplements as recommended	Vitamin and mineral supplements as recommended	Vitamin and mineral supplements as recommended	Vitamin and mineral supplements as recommended	Vitamin and mineral supplements as recommended	Vitamin and mineral supplements as recommended



## Best Brownies

- 1/4 lb butter (1 stick)
- 2 cups erythritol (powdered, not granulated)
- 1 Tbsp vanilla
- 4 eggs (room temp is best)
- 1/2 cup cocoa
- 1 tsp salt
- 4 oz unsweetened chocolate, melted
- 2 cups flax seed meal
- 1 Tbsp baking powder
- 1/3 cup cream
- 2/3 cup water
- 1 cup Splenda or Stevia
- 1 cup walnuts, chopped

Preheat oven to 350 F and grease a 9X13 pan.

Cream the butter until fluffy. Add powdered erythritol and cream them together until fully combined with a fluffy texture. Add vanilla. Beat eggs into the mixture, one at a time. Add salt and cocoa, beat well. Add chocolate, beat until fluffy. Add the rest of the ingredients and mix well to combine.

Pour mixture into a pan and bake for 35 to 40 minutes until top springs back or a toothpick comes out clean. Cool. Cut into 32 squares. Makes 32 servings.

**NUTRITION INFORMATION PER SERVING:** 120 calories, 4 grams protein, 11 grams fat, 6 grams carbohydrate, 107 mg sodium.

## Chicken and Black Bean Salad

- 2 cups cooked skinless chicken breast
- 1 15-ounce reduced sodium black beans, rinsed and drained
- 1 red pepper, chopped
- 1 cup fresh salsa
- 6 cups baby spinach, washed
- 4 tbsp fat-free sour cream (optional)

In a large bowl, combine chopped chicken, drained black beans, chopped pepper and salsa. Place 1-1/2 cups of baby spinach on each of four plates. Top with chicken and black bean salad mix. Add 1 tbsp sour cream if desired, and as an optional extra, a handful of baked tortilla chips. Makes 6 servings.

**Nutrition information per serving:** 197 calories, 27 grams protein, 3 grams fat, 15 grams carbohydrate, 355 mg sodium.



## Breakfast Cookies

- 4 medium ripe bananas, mashed
- 2 small apples, peeled and chopped
- 1/2 cup raisins
- 3/4 cup walnuts, chopped
- 1/2 cup sunflower seeds
- 1 tbsp flaxseed meal (ground flaxseed)
- 2 cups quick cooking oats, dry
- 1 tbsp vanilla extract
- 1 scoop Any Whey unflavored protein
- 6 packets Stevia® sweetener
- 3/4 tsp baking soda
- 2 tsp cinnamon

Preheat oven to 350 degrees F. Spray baking sheet with pan coating.

Place oatmeal in blender or food processor and blend until flour consistency. Add sunflower seeds and pulse. Place oatmeal flour/sunflower seed mixture in large bowl. Add Any Whey unflavored protein, Stevia, baking soda and cinnamon. Stir until well mixed.

Mix bananas, apples, raisins, walnuts, and vanilla in another bowl and stir together. Add the fruit mixture to the oatmeal mixture and stir until mixed. Mix all ingredients and drop by large spoonful onto baking sheet. Bake for 7 minutes, or until golden brown. Remove from oven, flip cookies to other side and bake for approximately 7 minutes or until golden brown. Cool and enjoy. Leftovers keep in the refrigerator for 3 days and in the freezer for 3 months. Makes 24 servings.

**NUTRITIONAL INFORMATION PER SERVING:** 105 calories, 3 grams protein, 5 grams fat, 14 grams carbohydrate, 80 mg sodium.

## Blueberry Almond Breakfast Treat

- 1/3 cup almond meal
- 2 tablespoons water
- 1/4 cup egg substitute
- 1/4 cup blueberries fresh or frozen without added sugar
- Non-caloric sweetener to taste

Mix almond meal, egg substitute and water in a microwave-safe bowl. Microwave on high for about 45 seconds. Move the mixture towards the center of the bowl and add blueberries. Microwave for about 45-60 more seconds. Stir and enjoy. Makes 1 serving.

**Nutrition information per serving:** 264 calories, 14 grams protein, 20 grams fat, 13 grams carbohydrate, 0 mg sodium. Note: although this is a higher-fat food, it contains heart-healthy mono unsaturated fat and will keep you satisfied.

## Fluffy Peanut Butter Dip

- 1/2 cup creamy peanut butter
- 8 oz vanilla yogurt (no-added-sugar)
- 1/8 teaspoon ground cinnamon
- 1/2 cup Sugar Free Cool Whip®
- 4 apples, sliced

Place peanut butter, yogurt, and cinnamon in bowl and mix well. Gently add Cool Whip and stir until blended. Refrigerate until chilled. Serve with apples. Makes 12 (2 tablespoon) servings.

**NUTRITION INFORMATION PER SERVING:** 107 calories, 3 grams protein, 12 grams fat, 12 grams carbohydrate, 58 mg sodium.

## Cheesy Egg Cup

- 1/2 cup egg substitute
- 1 wedge Laughing Cow® Light Original Swiss Cheese

Spray a large microwave-safe mug with nonstick spray. Add egg substitute and cheese (cut into pieces) and stir. Microwave for about a minute. Stir gently, and then microwave for another 30 - 45 seconds, until the egg is set. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 95 calories, 15 grams protein, 2 grams fat, 3 grams carbohydrate, 490 mg sodium.

## Balsamic Glazed Pork Chops

4 center cut boneless pork chops, pounded to 3/4 inch thick  
1/2 tsp salt  
1/2 tsp ground black pepper  
1 tsp garlic powder  
2 T olive oil  
2/3 c balsamic vinegar  
2 tsp. Splenda®

Trim fat from pork chops and pound each chop to 3/4 inch thickness. Season chops on both sides with salt, pepper, and garlic.

Heat pan 1 minute, add olive oil, heat one minute more, then add pork chops and cook over medium high heat until well-browned on both sides and cooked through, about 5 minutes total. Place pork chops on a plate. Lower pan heat slightly; add vinegar and Splenda; cook until slightly thickened—about 2 minutes.

Put pork chops back into pan with any liquid which has collected on plate, and cook about 4 minutes, turning several times to glaze pork chops with sauce. Serve hot. Pour remaining sauce over pork chops. Makes 4 servings.

**Nutrition information per serving:**  
302 calories, 29 grams protein, 17 grams fat, 2 grams carbohydrate, 315 mg sodium.

## Chili Cheese Dip

12 oz cream cheese, fat free  
1 can Hormel® Turkey Chili, 99% fat free  
4 oz cheddar cheese, shredded

Spread cream cheese on the bottom of a 1-quart glass casserole. Top with chili. Sprinkle shredded cheddar on top. Bake at 350 degrees Fahrenheit until cheese is bubbly and melted. Serve with baked tortilla chips. Makes 12 servings.

**Nutrition information per serving:**  
100 calories; 11 grams protein; 4 grams fat; 5 grams carbohydrate; 366 mg sodium.

## In the News

A new study confirms previous reports that alcohol affects gastric bypass patients differently. This study measured the impact of alcohol on 19 patients before and after gastric bypass surgery. It found that the same amount of alcohol raised breath alcohol levels higher and for a longer period of time after gastric bypass surgery.

Specifically, after drinking 5 ounces of red wine, patients' breath alcohol levels peaked at 0.024 pre surgery, 0.059 at three months post surgery and 0.88 at six months after surgery (0.08 is the legal driving limit). It took 49 minutes for the alcohol to clear out of the patients' systems prior to surgery, 61 minutes 3 months after surgery and 88 minutes six months after surgery.

It is important to understand that alcohol is metabolized differently after gastric bypass surgery and that the typical rules for how much alcohol is safe to consume before driving do not apply after the surgery. The safest choice is not to drive at all if you have consumed any alcohol.

This interesting study was published in the February issue of the Journal of the American College of Surgeons.



The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition. —Thomas Edison

## 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 April 30, 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)).

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## QUESTIONS

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## Considering Surgery

**H**ow do you respond to those who think you are taking the "easy way out" with surgery? For this and other concerns before surgery, visit [forum.barixclinics.com](http://forum.barixclinics.com) to get feedback and advice from other patients. *A member posted this on the Barix forums and received the following advice (edited):*

**Posting:** I talked to my sister about my decision to have bariatric surgery. She told me that I shouldn't do it—that I was looking for the "easy way out." She's never been overweight and doesn't understand how hard it is. I have tried so many times before and have been unable to lose or keep off the little I did lose. I realize that I will have to change the way I think about food and won't be able to eat some of my favorite snacks. The surgery is just a tool, but a very good one that will help me to make the right decisions.

**Response 1:** I had my RNY almost 14 months ago, and still to this day, I'm told by a few that I've taken "the easy way out." Some people don't know what it's like to struggle for years and years with weight issues, losing fifty pounds and gaining back seventy. You are making this decision for YOU. It is no way an easy way out; I've worked the hardest I ever had with this surgery. Now I have a tool that will work to my advantage. I've worked hard and I've lost 125 pounds and feel amazing. Even now, I have "friends" telling me I'm too skinny...the criticism will always be there. You just have to learn how to deal with it!! Best of luck to you. You are in for an amazing ride and congrats on wanting to change your life.

**Response 2:** I was very fortunate that if people thought it was the easy way out or were opposed to it, no one said anything to me. However, I am the first to tell people when they find out what I have done to lose weight that it is NOT an easy way out. I sort of beat them to the punch, especially if that's what they are thinking. I am sorry you got this reaction from your own sister. But at least you know where your support may or may not come from.



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