

# ON TRACK WITH BARIX

Support to Keep you On Track With a Healthful Lifestyle

## *Life after Weight Loss Surgery*

**B**ariatric surgery is a great tool allowing people to reach their weight loss goals, improve their health, and find a new life. *But what is life really like after weight loss surgery?* Read the excerpts from the Barix Clinics Store forums to find out in the *What to Expect* section. To lose weight, energy intake must be less than energy expenditure and permanent weight loss requires permanent changes in lifestyle. The surgery is a tool that will help decrease the amount of food consumed and total caloric intake. The Barix Program will provide the guidance to help make permanent changes in your food choices and activity habits, enabling you to improve your overall health and reach your weight loss goals. Bariatric surgery is like most things in life—you are going to get out of it what you put

into it. For best results, follow recommendations, use available supports, and most importantly take responsibility for daily behaviors that will affect the outcome.

### WHAT TO EXPECT

The excerpts below and on the following pages were taken from the Barix Clinics Store forums. They are honest accounts of experiences after surgery. Not any two people will have the same experiences, but by sharing and learning from each other, each person can have the best possible experience and outcome.

The first few months following gastric bypass are characterized by needing foods and liquids that are concentrated in protein, learning a healthy eating pattern—taking small bites and eating slowly—establishing a consistent



exercise pattern, and adjusting to the many changes that take place in the body.

Gastric bypass patients are likely to report that they do not feel hungry or even have an interest in food. A metallic taste and heightened sense of smell are not unusual for the first few weeks after surgery. Lapband patients may struggle with hunger until their bands are correctly adjusted (see Hunger Control section).

*Continued on page 2*

## *Postings...*

FORUM POSTINGS~FORUM POSTINGS~FORUM POSTINGS

*"A month and 2 days ago I had the Open RNY done. I cannot be any happier than I am. Within this short post-op I have lost a total of 35 lbs. With losing this much weight already, I feel more confident in myself than I ever did. This surgery has changed my life in a new way. My own family can't believe the results already and are surprised with my attitude and energy level that I have now. Being a preschool teacher and being extremely over weight put a toll on me. When I went back to work this*

*past Monday, my kids, co-workers, and the parents notice a big change in me too. They like the new me!"*  
~Jennifer

*"I found that the last two days I've been very depressed."* ~Maria

*"My Lap-Band surgery was three weeks ago Monday. I had my follow up appt with my surgeon last Friday. He was pleased with how all of my incisions are healing and with my progress so far. By Friday, I was down 16 pounds since pre-surgery. I went back to work on Monday. So far I'm*

*hanging in there...not too tired yet. I also started pureed foods on Monday. I'm enjoying more flavorful foods. I've been enjoying some pureed pot roast and carrots, pureed crab salad with artichokes, and some homemade chicken and rice soup. Yum! I'm still having Carnation instant breakfast in the morning—so I can mix in my protein supplement. Overall, still pleased that I had the procedure. The liquid phase was rough—glad it's over! My co-workers and family say they can tell I've lost weight, but I don't see it yet."* ~Pam

Some sail through this period with an incredible amount of energy, a sense of joy and excitement, and a commitment to a new and healthy lifestyle. Others tend to struggle with the adjustments during the first few months.

The first year following gastric bypass surgery is one of adjustment; adjusting to a new way of eating, adjusting to a smaller and smaller body size, and adjusting to new opportunities for physical activity. It is an exciting time as weight comes off quickly. Gastric bypass patients will need to make a consistent effort to insure that adequate amounts of protein are consumed. Healthful lifestyle habits that are put into place will set the stage to reach weight loss goals—body

composition and habits to maintain weight loss.

If patients have incorporated healthful lifestyle habits during the first year, these should be firmly established by the one-year mark. If not, some will struggle to reach weight loss goals and others may experience some weight gain. At some point many post gastric bypass patients find that they can eat a bit more than they did shortly after surgery. They may not have the same reaction to foods high in added sugars. They may have to use some restrictive eating techniques such as only eating  $\frac{3}{4}$  cup of food at a time, eating six small meals to control hunger, stop eating even if they could eat more or choose foods that will provide more satiety.

It is unreasonable to expect that a person can eat whatever they want, lead a sedentary lifestyle and have a healthy weight. Incorporation of lifestyle habits that support a healthy weight is essential to both weight loss and especially weight maintenance.



## Postings...

FORUM POSTINGS - FORUM POSTINGS - FORUM POSTINGS - FORUM

*"I am a little worried about how much food I'm eating, I had my surgery 6 months ago and have lost 73 lbs but I can eat as much as a normal person and that bothers me. I don't know what I am doing wrong but I don't feel full."* ~Sheila

*"I am almost one year post-op and 16 lbs from goal. I exercise about 3 days per week, during the winter. I use an elliptical, treadmill, bike and exercise ball. I also use exercise bands. I just returned from vacation where I ran on the beach with my husband.*

*Once the weather warms up here in Michigan, I will walk daily. I am going to work on running a bit more and would like to run a 5K this summer. This surgery has been life saving and life changing for me. No way would I have even walked 3-days/week a year ago."* ~Kelly

*"I had the surgery in October of 2004. I've done really well since then. I've lost 120 pounds to date and have just started working with a personal trainer and taking self defense classes—it's amazing how*

*much better I feel now than ever before."* ~Veronica

*"I am over three years post op. I have lost 130 pounds. I have not reached my goal weight but I have transformed my life and am so much happier and healthier than before."* ~Kathleen

*"I had Open-RNY surgery in November, 2002. I have found that I am able to eat more than I think I should be. I haven't been keeping myself accountable and it has shown. I have really let emotional eating take over for me in the last 8 months as several (and I mean several) stressful events have happened in my personal and family life. I eat when I'm anxious, sad, stressed, worried and even when I'm happy. It doesn't matter if I'm not "feeling" hungry, I find myself grazing. In fact, when I think about how I never reached my goal and how I've gained weight, it only makes me feel like I want to eat. And exercise? What's that? I haven't exercised since February. My original weight loss goal may have been a tad unrealistic, however I didn't maintain the awesome weight loss I achieved...I've gained*

*about 20 lbs. back of my original 140 lb. loss!!! And now instead of being 20 lbs. away from my original goal... I'm 40!!!!"* ~Heidi

*"It really hasn't been hard keeping it off if you stay to everything Barix has taught us. I am not exactly the poster child as I have sure done my share of messing up on things I really shouldn't eat but I really do watch it and don't make a habit of it. I have kept to the high protein and still do bars and drinks. I will admit it is sometimes hard to get in the 6 meals a day. Sometimes it might be a handful of grapes or a cup of yogurt but I do try. I really think the ones we hear about who gained back some weight take in more calories in fat and sugar and begin to graze and sure I have seen people in the support group who have gained some back but usually if they don't mind searching they know how and even why they have gained."* ~Kathy

*"I am (almost) 10 years post-op. I lost a total of 155 lbs—still feel GREAT! This is truly the best thing I have ever done for myself and/or my family."* ~Dee

# Recommendations — ...for best results



**B**elow are the general concepts of the Barix Program. The recommendations are the same for both the LapBand and gastric bypass procedures. No matter which surgery you and your surgeon have determined is best for your personal needs, obtaining adequate nutrition, increasing activity and developing healthful lifestyle habits are essential to a healthful weight loss.

**Adequate fluid** is essential to good health. Fluids need to be sipped. Fluids should be consumed prior to meals or 20–30 minutes after meals. This prevents overfilling of the pouch or flushing of foods through the pouch; minimizing early satiety. Sixty-four ounces a day (almost 2 liters) of fluid is needed to keep the body hydrated. The majority of fluid should come from water or other calorie free options. After the regular food phase has been reached, fluids with calories should be limited to 6 oz of 100% juice, 24 oz of low fat milk or 1 meal replacing protein drink per day.



**Adequate Nutrition** can be obtained by making healthful food choices. Because food volume is limited, it is especially important to choose foods that will provide your body with the nutrients it needs. Utilize the Recovery Nutrition Guide and the Barix Eating Guide to choose foods that will fuel your body and encourage weight loss. Vitamin and mineral supplementation as recommended by your Barix

Nutritionist will insure that your body gets what it needs.

**Six small meals** will allow for adequate nutrition, increased energy, and improved hunger control. Taking small bites and chewing foods well will allow food to pass through the banded opening without discomfort. Most meals should take at least 20 minutes to consume. Eat your meal in 20–30 minutes, then wait 2 ½ to 3 ½ hours before eating again. Avoid grazing on pretzels, crackers or other foods throughout the day.

**Increased activity** is essential to healthful weight loss and weight maintenance. Studies indicate that a very brisk 30-minute walk or equivalent, in addition to daily activities, is an adequate activity level for most people during the weight loss phase. Exercise requirements for weight maintenance may increase to a very brisk 60-minute walk daily.

## USE AVAILABLE RESOURCES

- Family/Friends/Co-workers
- Bariatric Specialists Group Practice Staff
- Barix Support Groups (<http://www.barixclinicsstore.com/id181.html>)
- Barix Clinics Connection
  - Barix Forums (<http://www.websitetoolbox.com/tool/mb/barixclinicsstore>)
  - On Track With Barix monthly support letter (<http://www.barixclinicsstore.com/newsletter.html>)
  - Barix Buddies (<http://www.barixclinicsstore.com/id147.html>)
  - Recipes
  - Daily Healthful Tips
  - Healthful Habits

## TAKE RESPONSIBILITY

The degree of success with bariatric surgery depends upon the ability and willingness to make healthful lifestyle choices. For most, this takes a daily re-commitment to making healthful food choices and finding the time and motivation to engage in exercise. It may mean planning ahead and packing healthful foods for lunches and snacks, getting up 30 minutes early to walk, making a sugar free dessert to take to a gathering, walking away from the candy on a co-worker's desk, putting dinner in the slow cooker before you head out to work, and the list goes on and on.

Your weight and health depend on all of the little daily choices that are made each day, day after day. Re-commit today, and tomorrow, and the next day, and the next. Think about 5 years from now and how the choices that you are making today will impact you then. Will you be at a healthy weight, in good shape, full of energy? The choices that you make today will determine if you reach your goals. *It's worth it—take responsibility!*

## 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 all our centers in Michigan, Ohio, Illinois, Pennsylvania, and Arizona. Call us today for more information!

# Hunger ~ Control

**Eat six small meals**—Eating small frequent meals helps to keep blood sugar levels even, controlling hunger and providing a higher level of energy. A newer study confirms that you are more likely to snack on sweet and salty foods when meals are skipped. Plan and eat six small meals of healthful foods to nourish your body.

**Choose a source of protein, fat or fiber** with each meal to decrease the glycemic load. Choosing a source of protein, fat or fiber with a carbohydrate source will slow the rise in blood sugar levels allowing an appropriate response from insulin after the meal rather than a quick rise and

fall in blood sugar levels that can result in hunger returning quickly.

**Choose foods in closet to nature**—foods that have less processing tend to have more fiber, more nutrients and less unwanted added ingredients. Yes, it takes more time to cut up an apple than to open a can of applesauce—but the less processed apple will provide more satiety than the applesauce.

**Choose mostly foods that stay in the upper pouch longer.**

**Drink between meals**—not with meals to allow foods to remain in the pouch longer and provide greater satiety. Wait 20–30 minutes after a meal to sip on fluids.

**Choose foods based upon their caloric density.** Studies have found that your body senses fullness or satiety after a eating a certain weight of food no

matter how many calories it contains. Calorie dense foods—those containing 68 calories or more per ounce are no more filling or satisfying than other foods. To find the caloric density of a food, simply divide the calories per serving by the number of ounces in a serving. For example, cottage cheese has 82 calories in a 4 oz serving. Dividing 82 by 4, you find a caloric density of 20. Cottage cheese satisfies with a low calorie level. Fast foods tend to be particularly calorie dense. Look at the chart below to see the caloric density of a few selected foods. Choose most of your foods with a caloric density below 68. Limit foods with a high caloric density.

**Avoid added sugars** which cause a rapid rise and fall in blood sugar levels leading to a quick rebound of hunger.

**SUBSCRIBE to On Track With Barix at:** [www.barixclinicsstore.com/newsletter.html](http://www.barixclinicsstore.com/newsletter.html)

## CALORIC DENSITY OF FAST FOODS

	SERVING SIZE	CALORIES PER SERVING	CALORIC DENSITY
Arby's Beef'N Cheddar	6.9 oz	480	69
Arby's Cheddar Curly Fries	6 oz	460	76
Arby's Curly Fries	3.8 oz	310	81
Arby's Mozzarella Sticks	4.8 oz	470	98
Arby's Chicken Finger 4-pack	6.7 oz	640	94
McDonald's Quarter Pounder	6.1 oz	430	70
McDonalds' Hamburger	3.7 oz	240	75
McDonald's Big and Tasty	8.2 oz	540	66
McDonalds's Filet-O-Fish	5 oz	410	82
McDonald's small fries	2.4 oz	210	87
McDonald's chkn' nuggets-4pc.	2.5 oz	210	84
McDonald's Grilled Chicken California Cobb Salad	10.7 oz	280	26
McDonald's Grilled Chicken California Cobb Salad w/Low Fat Balsamic Vinaigrette Dressing	12.2 oz	320	26

## CALORIC DENSITY OF SELECTED FOODS

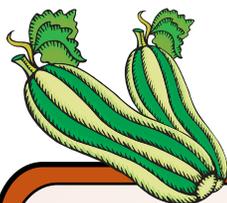
	SERVING SIZE	CALORIES PER SERVING	CALORIC DENSITY
Apple	5 oz	81	16
Broccoli, fresh	½ cup	12	8
Light bread	2 slices	70	47
Regular bread	1 slice	80	9
Grilled chicken breast	½ breast	142	47
Fat free turkey deli meat	2 oz	51	28
Cottage Cheese 1% milk fat,	½ cup	82	20
Cheddar Cheese	1 oz	114	114



# IT WORKED FOR ME

Prior to my surgery, I went to our local food service supply store. I was able to purchase individual serving cups (2 oz., 4 oz.) and lids very inexpensively—most will carry both plastic and Styrofoam. These came in handy the first few weeks. I would prepare gelatin and pudding servings for a week.

When I was able to have Wendy's chili blended, I would buy the large serving, blend it and then separate it into 4 oz. servings. When it was time to eat I just zapped it in the microwave for a few seconds. Today I still use these cups to keep my portions in control. I also make a kit for friends that are having surgery. I purchase both types of cups, a couple boxes of sugar-free pudding and gelatin, a mini-food processor, and of course a gift certificate to Wendy's for chili. All my friends that have had surgery also feel that this small little gift is better than flowers—it is a gift of encouragement and support



—Submitted by  
Tracy C.

## Summer Harvest Pie

- |  |  |
|--|--|
| 1 reduced fat pie crust                        | 1 cup zucchini and/or yellow squash        |
| 1 pound lean ground turkey                     | 1 cup sliced mushrooms                     |
| 1 small onion diced                            | 1 ½ large sliced tomatoes                  |
| 1 ½ tsp garlic powder                          | 2 cups grated 2% cheddar or blended cheese |
| salt and pepper to taste (optional) each layer |  |

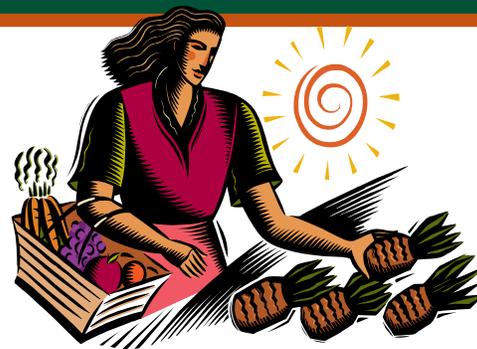
Brown ground meat with onion, drain and rinse under warm water to remove fat. Season with 1 teaspoon garlic powder and salt/pepper. Spread in pie crust. Spread one cup of cheese over browned meat. Layer fresh sliced mushrooms and then sliced zucchini (overlapping and covering meat). Top with sliced tomatoes. Bake at 375° F. for 20 minutes.

Remove from oven and top with the remaining cup of cheese. Bake another 20 minutes at 375° F. until cheese is melted and crust is golden brown. Let sit 5 minutes before cutting and serving. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 260 calories; 21 grams protein; 14 grams fat; 19 grams carbohydrate; 790 mg sodium.

# REWARD YOURSELF!

This month, you could earn a **\$25 GIFT CERTIFICATE** 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 \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by July 31, 2006. This month, thanks to Tracy C., Becca R., and Patti B. for the tips and recipes. Please send comments, ideas, recipes, and "It Worked for Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).



## OTHERS CARE, PLEASE SHARE.

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

## Heavenly

Submitted by Becca R. & Patti B.

- |   |  |
|---|--|
| 1 sugar free angel food cake            | 1 box (4 serving size) vanilla pudding mix, no added sugar |
| 1 20 oz can crushed pineapple, in juice | 1 cup fresh strawberries, sliced                           |
| 8 oz Cool Whip Free®                    |  |

Cut angel food cake into thirds by making 2 slices across the cake. Mix crushed pineapple and juice with pudding mix. Spread between angel food cake layers. Put cake back together. Frost the outside with Cool Whip and garnish with strawberries. Serve immediately or refrigerate. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 149 calories; 2 grams protein; 0 grams fat; 29 grams carbohydrate; 348 mg sodium.

**REQUEST  
A FREE  
BROCHURE  
FOR YOU OR A FRIEND**  
at 800-282-0066,  
or [www.barixinfo.com](http://www.barixinfo.com)

**QUESTIONS?  
ABOUT FINANCING  
YOUR SURGERY...**

Call a **Barix Patient Service Representative** at 800-282-0066.