

On Track With Barix

Food Choices

Closest To Nature



Choose foods in their closet to nature form. In this example, raspberries in their original form have 30 calories in a ½ cup serving. You'd get the benefit of 4.2 grams of dietary fiber, 80 IU (International Units) of Vitamin A, and 8 mg of Vitamin C. Raspberries, like many fresh fruits and vegetables are full of phytonutrients-disease preventing compounds. The ingredient list on the package of raspberries reads: raspberries. The caloric density of fresh raspberries is 15 calories per gram. Barix recommends that you choose foods with a caloric density of 68 or less.

The No Sugar Added Raspberry Coffee Cake on the other hand should be reserved for a special occasion treat. A serving size of 1/8 of the container will provide you with 150 calories, 6 grams of fat, 12 grams of sugar alcohol, zero 0 Vitamin A or Vitamin C. It has an ingredient list of: Maltitol and sorbitol syrup, raspberries, bleached enriched flour, soy bean oil, water, eggs, egg whites, wheat flour, maltitol, modified corn starch, palm shortening, sodium acid pyrophosphate, baking soda, salt, natural and artificial butter and vanilla flavor, monocalcium phosphate, monohydrate, texture lite, sorbic acid, soybean lecithin, acesulfame potassium, xanthan gum, guar gum, sodium benzoate. And I left off the ingredients within parentheses. So it's not only what you don't get...it's what you get in the form of preservatives, colors and added chemistry. The coffee cake has a caloric density of 85 calories per ounce. Well above the 68 threshold.



Another example of Closest to nature can be found when comparing a potato to baked potato chips. Each of these portions displayed would provide your body with 100 calories. The potato would provide your body with 2 grams of dietary fiber, 10 mcg of folic acid, 12 mg of vitamin C, 384 mg of potassium and 25 mg of magnesium. A potato has a caloric density of 33 calories per ounce.

The baked potato chips have an ingredient listing of: dehydrated potatoes, modified food starch, sugar (IN POTATO CHIPS?!?), corn oil, salt, soy lecithin, leavening, and dextrose (MORE SUGAR!). The caloric density of baked potato chips is 120. It takes a lot of potato chips to be satisfied-no wonder you can't eat just one!

OK-you should be seeing the benefits to choosing foods in their closest to nature form. Let's look at some simple changes that you can make in your diet.



When making a sandwich, consider the ingredients. This turkey sandwich is made with 100% whole wheat bread-great choice. The miracle whip and the American Cheese are OK choices, but with their higher fat content, it makes sense to limit these foods.

This sandwich has 280 calories, 18 grams of protein and a caloric density of 61. Not a bad choice, but a few quick and easy change can make it even better.



An easy substitution of fat free American Cheese, Miracle Whip Free and Light Wheat Bread decrease the calories in the sandwich by 100 calories. The caloric density goes from 61 calories per ounce to a caloric density of 40 calories per ounce. Not a major change-but a simple, easy to do change. Saving 100 calories each day for a year will result in a 10# weight loss.

Better yet...add a slice of tomato and some alfalfa sprouts to lower the caloric density and boost the nutrients.



A 100 calorie serving of baked chips is 12.7 chips. A 100 calorie serving of regular chips is 10 chips. Don't be fooled into thinking that baked, no-added-sugar, diabetic or other lite foods are significantly lower in sugar and that you have a license to eat as many as you want. Is the baked chip a better food choice? YES! The baked chip has only 2 grams of fat in a serving compared to 10 grams in the regular chips so your heart will thank you for choosing a small portion of the baked chip.

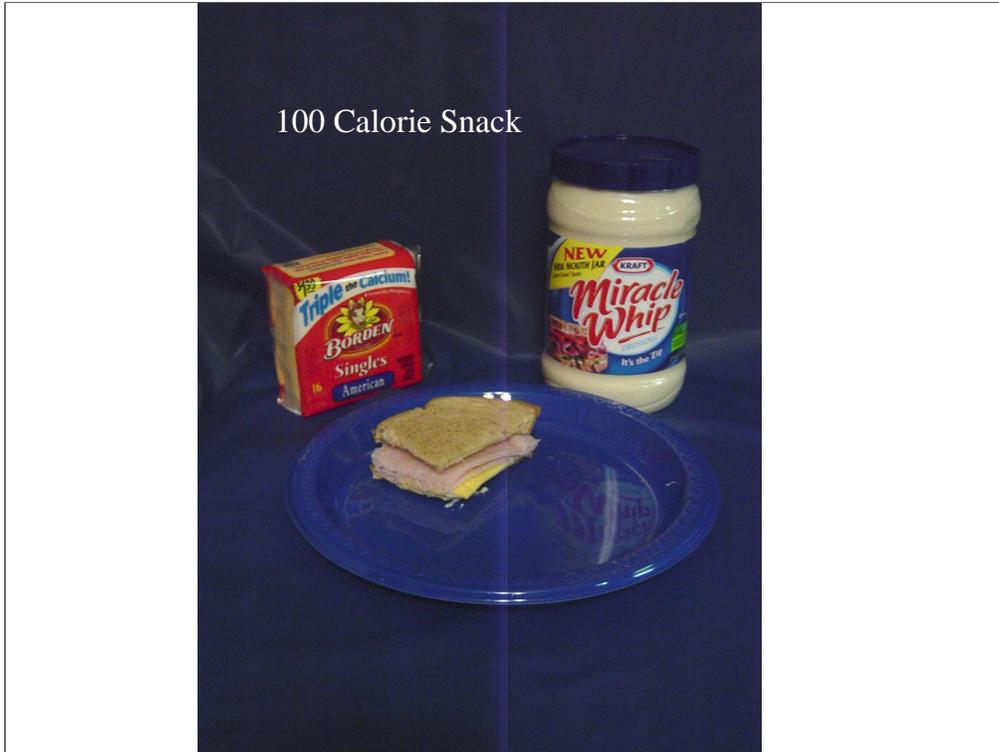
Another comparison is no added sugar ice cream compared to regular ice cream. A ½ cup serving-keep in mind that a ½ cup serving is small even after bariatric surgery-of Breyer's Carb Smart no added sugar ice cream has 110 calories. A comparable regular ice cream has 180 calories in a ½ cup. The no added sugar choice is better-just be sure to watch portions-no added sugar DOES NOT MEAN NO CALORIES.



100 Calorie Snacks

Let's look at some healthier options for snacks. 15 almonds have 100 calories, 4 grams of protein, 9 grams of fat (mostly the good kind of fat), and are a good source of potassium. Almonds have a very high caloric density of 170 calories per ounce so watch your portion.

100 Calorie Snack



For 100 calories, you can eat 1/3 of the turkey sandwich made with regular American cheese, bread and miracle whip.

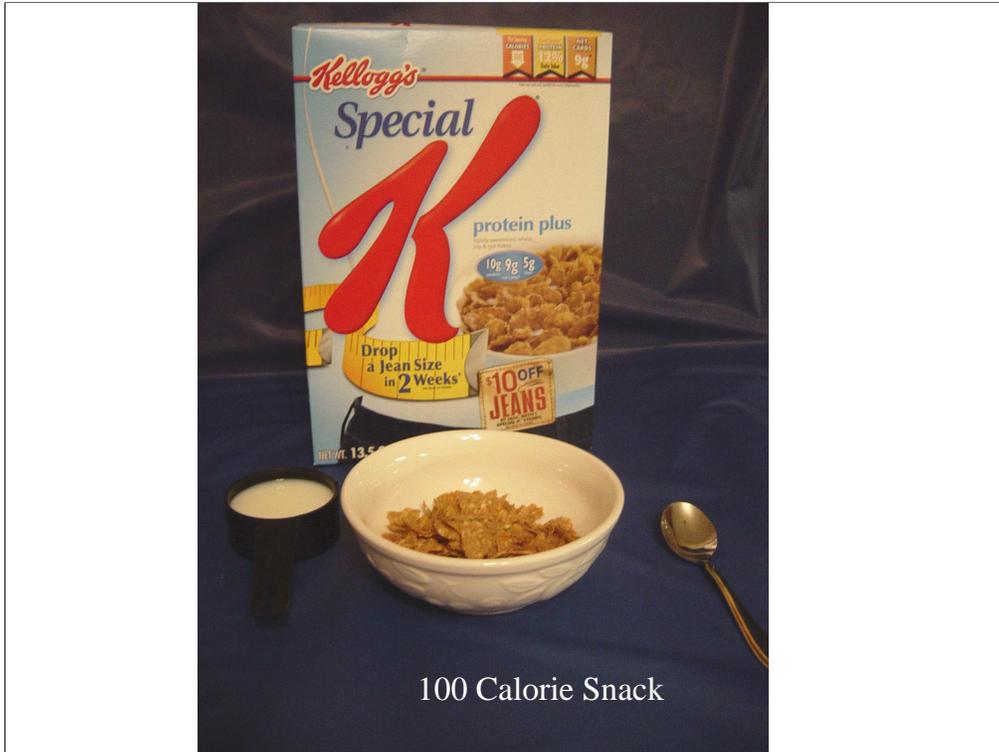


Or ½ of the sandwich made with lite bread, Miracle Whip Free and Fat Free American Cheese.

100 Calorie Snacks



You could choose a large bowl of fresh berries or a very small ($1/12^{\text{th}}$) piece of sugar free raspberry coffee cake for a 100 calorie snack.



A ½ cup serving of Special K Protein Plus Cereal packs a great punch of fiber, protein and vitamins.

100 Calorie Snack



A $\frac{1}{2}$ cup serving of cottage cheese has 80 calories and 13 grams of protein.



100 Calorie Snack

String cheese is convenient and delicious-a definite favorite. Pair it with a small piece of fruit for additional nutrients and fiber. This combination has 130 calories, 8 grams of protein, a day's worth of vitamin C and 3 grams of dietary fiber.

Components of a Healthful Food

- Closest To Nature
- Good Source of Nutrients
 - Protein
 - Vitamins and Minerals
 - Fiber
- Caloric Density of 68 or Below
- Eaten in a healthy portion size