

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Intentional Eating

Practice and effort will keep you on track with a healthful eating plan.

Right after weight loss surgery, most people are very attentive and intentional about what, when and how they eat. They take small sips and later small bites, taking care to be very deliberate. They select foods and beverages based on the post-surgery diet progression, fluid and protein goals. Protein grams are counted and labels are closely read. They often comment that they feel in control of their eating, which may be very different than what they experienced before surgery. Excess weight drops rapidly, medications become a thing of the past and there is renewed health and wellness.

As time goes on, the natural tendency is for the focus to slowly shift away from eating to simply living life. Many good choices are still made, but the focus on eating is not as pronounced. There is danger to this shift in focus. Without focus, there is a tendency to overeat and not even recall what or how much was eaten shortly after finishing. When the attention to eating wanes, control over what is being eaten can be lost. Control can be lost to emotions, situations, food availability, and habits. Food may again be relied on as friendship, entertainment, numbing

of feelings, and a host of purposes other than nourishing the body. Intentional eating can help keep the focus on healthy eating and provide boundaries and control.

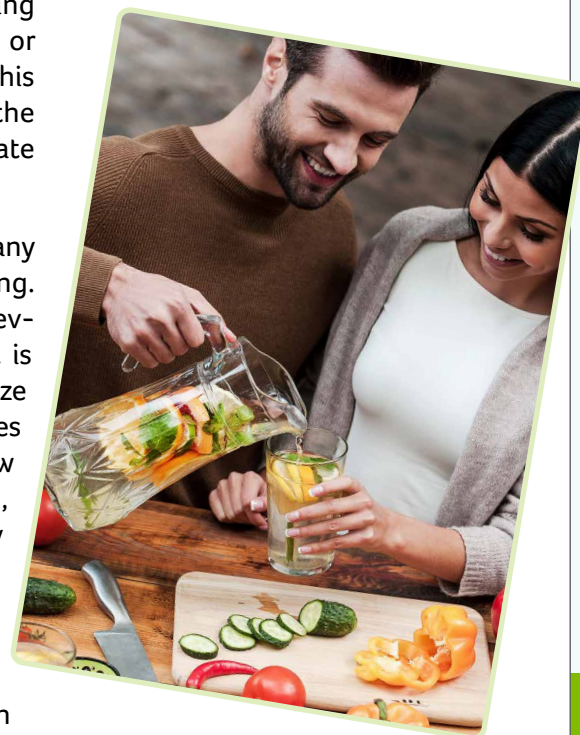
Just what is intentional eating?

Intentional eating is focusing on, tasting, savoring and enjoying small amounts of healthy foods. It is keeping your thoughts focused on eating throughout the entire meal or snack rather than watching TV, thinking about bills that need to be paid, or deciding on tomorrow's outfit. This focused attention can change the way you approach, enjoy and relate to food.

Eating is a process. There are many choices that are made while eating. You decide what type of food or beverage, where it is eaten, when it is eaten, how much is eaten, what size of a bite is taken, how many times you chew before swallowing, how much time is taken between bites, when to stop eating, and many other small choices throughout the meal. Most of these decisions have become automatic and unconscious. Intentional eating can help to put us back in touch with the process of eating and give us the power to make better choices.

Intentional eating sounds like an easy concept, but in reality can be hard to implement in this hurry-up world. It takes effort, practice and a lot of repetition before it takes hold. Following are some ideas to get you started.

One simple way to be fully aware during your meal is to ask yourself these questions before you start and throughout the meal or snack.



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- *What do I see?*
- *What do I hear?*
- *What do I smell?*
- *What do I taste?*
- *What am I touching or feeling?*

Cut up all of your food into ideal-sized bites at the beginning of the meal. Don't start eating until all of the food is cut. Eat each bite with full attention, tasting, savoring, smelling, and feeling the food. Eat slowly and pause, setting down your fork, between bites.

What we hope ever to do with ease, we must learn first to do with **DILIGENCE.**

Samuel Johnson

Part of intentional eating is to tune into your body's needs. It's hard to discern hunger signals when hurried and distracted. Is it hunger or fatigue? Is it hunger or anger? Is it hunger or boredom? If you eat when you are tired, you'll just be full and tired. Your body needs rest, not food. If you eat when you are angry, you'll be full and angry. Food only satisfies when it is consumed in response to hunger. Hunger signals are often especially hard to discern after weight loss surgery. If you don't feel hunger, eating small frequent meals, about every 2 ½ hours, can help insure that you're

eating when you need to. If you feel the urge to eat between these meals, stop and listen to what your body is telling you. Do your best to respond by giving it what it needs, not to numb it with food.

If portion sizes have expanded beyond 1 cup of solid food, mindless eating most likely plays a role. Create a physical pause in your meal to bring more awareness to the portion of food you are eating. Do this by using a small salad plate and measuring out ½ cup of total food. You might select ¼ cup of two different foods or 2 tablespoons of 4 different foods. Eat that food slowly, taking small bites and chewing well. If you would like to eat more when that food is gone, measure and place ¼ cup of food on your plate. Eat that food slowly, taking small bites and chewing well. If you would still like to eat more, place another ¼ cup of food on your plate. This works well at a restaurant, family gathering or most situations if you transfer food in small portions from the served plate to a smaller salad plate.



Intentional eating starts well before the food is on our plate. Planning and preparing are essential to having the right foods available. Plan out foods for the upcoming week, shop, and prepare ahead of time. A well-thought-out plan puts you in control of what you eat.

Your diet is a bank account. Good food choices are good **INVESTMENTS.**

Bethenny Frankel

In summary, intentional eating is all about control, balance, enjoyment and awareness. Putting in the effort to move your eating experience from happenstance to intentional will pay off by putting you back in the driver's seat.



Get Rewarded!

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 January 31, 2016. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

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To receive a free **Reconstructive Surgery Guide**, call **800-282-0066** or send us an email at rc@barixclinics.com with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, 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
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We'd love to hear from you!

QUESTIONS ABOUT FINANCING YOUR SURGERY?

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Recipes

Mediterranean Quinoa

2 cups water
1 cup quinoa
1 medium onion, very thinly sliced
2 cloves garlic, minced
10 oz cherry tomatoes, halved
1 teaspoon salt
¼ teaspoon red pepper flakes (to taste)
1 tablespoon olive oil
Handful fresh basil leaves, chopped
¼ cup Parmesan cheese, grated

Add water, quinoa, onion, garlic, cherry tomatoes, salt, red pepper flakes, olive oil and ¾ of the basil leaves to pot, stir and bring uncovered pot to a boil. Turn heat down to lowest setting, cover and gently simmer for 15 minutes.

Remove pot from burner and let stand covered for 5 minutes. Gently fluff with a fork. The cooking water should be completely absorbed. Sprinkle with remaining chopped basil and Parmesan cheese. Eat immediately. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 232 calories, 9 grams protein, 7 grams fat, 32 grams carbohydrate, 684 mg sodium.



Protein Power Almond Pancakes With Banana Sauce

1 banana
6 ounces vanilla Dannon Triple Zero yogurt
¾ cup whole wheat flour
3 scoops vanilla protein powder
1 tablespoon baking powder
¼ teaspoon salt
1 egg
1 tablespoon sugar-free maple syrup
½ teaspoon almond extract
1 cup skim milk
1 tablespoon canola oil
¾ cup sliced almonds

Mash the banana in a small bowl and mix in yogurt. Refrigerate until pancakes are done.

Stir together the flour, protein powder, baking powder, salt, egg, sugar-free maple syrup, and almond extract. Stir in the milk and oil. Add ¼ cup of sliced almonds and stir.

Spray griddle with cooking spray and preheat to medium. Pour batter out to make 12 pancakes.

Flip the pancakes when they begin to bubble and are golden brown on the bottom side. Cook until the other side is also golden brown.

Top pancakes with banana cream sauce and sprinkle with remaining sliced almonds. Makes 12 pancakes.

NUTRITION INFORMATION PER PANCAKE: 139 calories, 12 grams protein, 6 grams fat, 13 grams carbohydrate, 219 mg sodium.



PERSEVERANCE,
secret of all triumphs.
Victor Hugo