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May 2005

Dear Colleagues:

Welcome to the third issue of **Eat Right Montana's** 2005 campaign, based on the new Dietary Guidelines for Americans - **A Healthier YOU: 3 steps for success**. This month, we discuss [MyPyramid.gov](http://MyPyramid.gov) and reinforce the value of biking for physical activity. As always, our handouts feature important goal-setting sections.

By now, you've probably spent explored the new USDA food guide on [MyPyramid.gov](http://MyPyramid.gov). You may have also read some of the concerns about and critiques of the new system. These will undoubtedly be resolved as USDA continues to develop the website and as additional materials are developed. **NEWS FLASH: MyPyramid materials from NCBA National Cattlemen's Beef Association has just developed wall-size MyPyramid posters + tear-pads. Check with your state beef council for availability or online for ordering information:**  
<http://beefnutrition.org/mateonlinecatalogforpatientsandclients.aspx>

[MyPyramid.gov](http://MyPyramid.gov) is merely one more tool for consumers to use in taking steps toward better health. However, even web-literate people may need your assistance in getting the most out of the site. To increase your effectiveness as a communicator, become as familiar as you can with all aspects of the site - especially innovative features, like the Food Gallery photos illustrating appropriate portion sizes.

**Need slides for your presentations about Portion Distortion??**  
For downloadable PowerPoint slides about MyPyramid and portion size, check out the free materials available on these two sites:

University of Nebraska Cooperative Extension

<http://lancaster.unl.edu/food/ftmay05.htm>

National Institutes of Health: Stay Young at Heart

<http://hin.nhlbi.nih.gov/portion>

Thank you for your past and future support of Eat Right Montana. Feedback is always important to us; please let us know what you think.

Rebekah Brown: 406-994-2926

Katie Bark: 406-994-5641

Debi Miller, Chair: 406-994-5641



**A Healthier YOU #3: Getting the most out of the MyPyramid.gov  
FOR IMMEDIATE RELEASE      CONTACT: Crystelle Fogle, MBA, RD  
MT Department of Public Health and Human Services – 406/947-2344**

**Healthy Families 2005: Using the new Food Pyramid website (3<sup>rd</sup> in a series of 10)**

In April, the US Department of Agriculture (USDA) released its new food guidance system. Designed to update the familiar Food Guide Pyramid and to mirror the 2005 Dietary Guidelines for Americans, the [MyPyramid.gov](http://MyPyramid.gov) website offers Montanans a new tool for making healthier choices.

“The new Pyramid is based on the latest scientific research,” says Katie Bark, RD (registered dietitian) with Montana Team Nutrition. “The easy-to navigate, interactive website is packed with tips for making smarter food choices – like ways to pump up nutrient intake with whole grains and low-fat milk products. Exploring the new Pyramid’s treasures can help you take simple steps to better health.”

According to Bark, [MyPyramid.gov](http://MyPyramid.gov) offers nutrition and fitness advice with a simple click of your computer mouse. She suggests three steps for getting the most out of the USDA Pyramid website:

1. **Get the power of your own personal Pyramid:** The new USDA food guide recognizes that one eating plan doesn’t fit everyone. Just enter your age, gender, and normal activity level – and [MyPyramid.gov](http://MyPyramid.gov) gives you a quick estimate of your daily need for calories and food servings.
2. **Compare your current eating pattern to your Pyramid:** Research shows that keeping daily food diaries is an effective way to change your eating habits and manage your weight. [MyPyramid.gov](http://MyPyramid.gov) makes it easy with a printable worksheet based on your personal Pyramid.
3. **Focus on nutrient-rich foods in right-size portions:** Virtually all Americans need to get more nutrition for their calories. This means enjoying more naturally nutrient-rich whole foods, like whole grains, lean meats, low-fat milk products, fruits, and veggies – in sensible portion sizes.

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges Montanans to use [MyPyramid.gov](http://MyPyramid.gov) as a tool for healthier habits. One of most useful features of the new website are the Food Gallery photos – real foods in right-size portions – found at **Inside the Pyramid**.

“Like the 2005 Dietary Guidelines, [MyPyramid.gov](http://MyPyramid.gov) emphasizes the connection between eating right and being active,” notes Bark. “Montana summers are the perfect time to get out and get moving! Biking, hiking, or paddling – we have spectacular settings for fitness right at our doorsteps.”

**ATTACHED: Using MyPyramid.gov and Biking for Fitness: Three steps for success**

# Using MyPyramid.gov: 3 steps for success

## 1. Get the power of your own personal Pyramid.

The new USDA food guide is designed to be web-friendly, interactive, and very personal. To get started, go to [MyPyramid.gov](http://MyPyramid.gov) – and get your own Pyramid. All you have to do is enter your age in years, sex (M or F), and normal daily activity level.

Then click on the button and you'll get a quick estimate of the recommended average intake for someone of your age, gender, and activity level. Depending on your weight and height, this estimate may be slightly higher or lower than your actual needs.

## 2. Compare your current eating pattern to your Pyramid.

Your Pyramid plan will include a suggested number of calories, along with daily servings from all five food groups. You'll also get specific suggestions about grains, veggies, oils, and discretionary calories (from extra fat and sugars).

With a click of your mouse, you can create (and print) a MyPyramid worksheet based on your daily needs. This sheet can become a daily diary of your eating and physical activity, so you can see where and how to make simple changes for a healthier you.

## 3. Enjoy more nutrient-rich foods – in right-size portions.

A key message of the 2005 Dietary Guidelines is that we need to get more nutrition out of our calories. An easy, delicious way to do this is to enjoy more power foods – whole foods that are naturally packed with vitamins, minerals, protein, and fiber.

Go to **Inside the Pyramid** and click on any food group, like vegetables, for example. You can read all about nutrient-rich veggies and get quick tips on how to enjoy more in meals. You can also see actual portion size photos in the **Vegetable Food Gallery**.

## What will you do for a healthier YOU?

- I will visit [MyPyramid.gov](http://MyPyramid.gov) and print out my personal Pyramid.
- I will track my eating patterns and compare them to my Pyramid.
- I will increase my intake of vegetables by at least ½ cup per day.
- I will \_\_\_\_\_



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**Celebrating  
Healthy  
Families 2005**

# Biking for Fitness: 3 steps for success

## 1. Get all your equipment in gear.

Biking will be more fun and much safer, if you have the right equipment – in good condition. Make sure that your tires have plenty of air – and that your gears and brakes are working smoothly. That way, you'll be ready to ride at a moment's notice.

A properly fitting helmet is as important as the right-size bicycle. Check with your local bike shop or sports store to be certain that your helmet will actually protect your head in an accident. Check out the seat options too; there's no need for a painful ride.

## 2. Check out safe and scenic biking routes.

Many communities actively encourage biking for pleasure, fitness, and regular commuting. Check with the parks or recreation department for maps of the best local bike routes. Bike shops and cycling clubs are also good sources of information.

The Internet is one of the quickest ways to find out about biking options near you. Trying a search for "bike routes in (your town)" or visit sites like [www.pedaling.com](http://www.pedaling.com) and [www.bikeleague.org](http://www.bikeleague.org), which maintain national databases of routes and rides.

## 3. Put your foot to the pedal for 15-30 minutes a day.

The key to fitness is getting up and getting moving for at least 30 minutes per day. You can start with shorter rides and gradually build up your endurance. Start with a short evening ride around the neighborhood and build up to longer weekend rides.

A combination of indoor and outdoor biking is also a good way to build up your skills and endurance. Aim for at least 30 minutes a day on a stationary bike during your busy workdays; then head out into the sunshine for 60 to 90 minutes on the weekend.

## What will you do for a healthier YOU?

- I will get my stationary or outdoor bike equipment into working order.
- I will locate some safe and scenic bike routes near my home and/or work.
- I will ride a stationary or outdoor bike for at least 15 to 30 minutes a day.
- I will \_\_\_\_\_



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# Healthy Families 2005

## A Healthier YOU: Three steps for success!

### Topics:

- **Simple Guidelines ... for a Healthier YOU**
- **Reading Food Labels ... for a Healthier YOU**
- **The “New Pyramid” ... for a Healthier YOU**
- **Fruits ... for a Healthier YOU**
- **Vegetables ... for a Healthier YOU**
- **Nuts, Seeds, and Beans ... for a Healthier YOU**
- **Grains ... for a Healthier YOU**
- **Dairy Foods ... for a Healthier YOU**
- **Meats ... for a Healthier YOU**
- **Poultry and Seafood ... for a Healthier YOU**



**EAT RIGHT MONTANA**

*A coalition promoting healthy eating and active lifestyles*

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