



**EAT RIGHT MONTANA**

*A coalition promoting healthy eating and active lifestyles*

[www.eatrightmontana.org](http://www.eatrightmontana.org)

March 2010

Dear Colleagues,

**Welcome to the third issue of Eat Right Montana's 2010 campaign: *Treasure Your Family's Health: Back-to-Basics with Food & Fitness*.** March - **National Nutrition Month® (NNM)** - is always an excellent time to promote nutrient-rich foods. The 2010 theme, *Nutrition from the Ground Up*, is especially timely as spring starts to turn things green and nutrition-savvy families begin to think vegetable gardens.

For great ideas on celebrating *Nutrition from the Ground Up*, visit the American Dietetic Association ([www.eatright.org/NNM/](http://www.eatright.org/NNM/)). Check out our hot March tips on gardening with kids, maximizing the tasty power of vegetables, and building strong muscles at any age.

**Media Release:**

*Gardening with Kids: Nutrition from the Ground Up*

**Nutrition Basics:**

*Delicious Ways to Choose Vegetables with Maximum Nutrition*

**March Recipe:**

*Simple Stir-Fry: 1 + 1 + 1 = Success*

**Cooking Basics:**

*Quick Ways to Prepare Vegetables with Maximum Flavor*

**Fitness Basics:**

*Simple Ways to Build Strong Muscles at Every Age*

We welcome any comments and suggestions. Wherever possible, we want to incorporate your ideas and put them into our packets. Just send your thoughts to me at [EatRightMT2000@gmail.com](mailto:EatRightMT2000@gmail.com) - and remember, past issues of **Healthy Families** and other ERM materials are available on the ERM web site at [www.eatrightmontana.org/](http://www.eatrightmontana.org/).

*Dayle Hayes, MS, RD*

**Healthy Families** packets are made possible with the generous support of agencies, organizations, and individuals - like the wonderful 2009 sponsors listed on the right. Please help ERM continue our tradition of positive, practical health information by becoming one of our 2010 sponsors or with a supporting subscription of \$50 per year. To discuss sponsorship, please contact ERM Chair Kim Pullman at [kpullman@mt.gov](mailto:kpullman@mt.gov)

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**Treasure Your Family's Health: Back-to-Basics 2010**



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MT Department of Public Health & Human Services

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## Gardening with Kids: Nutrition from the Ground Up

Ah March! It's that hopeful time of year when spring starts to green up the earth around us. It's the time of year when gardeners begin to dream of summer produce and to start seedlings indoors and out. March is also National Nutrition Month® ([www.eatright.org/nnm/](http://www.eatright.org/nnm/)), a delicious time to celebrate eating right.

"The 2010 Nutrition Month theme, *Nutrition from the Ground Up*, also makes March the perfect time to celebrate some recent Montana success stories," says Linda Hogg, RD (registered dietitian), and chair of Eat Right Montana's (ERM) Mini-Grant Program. "ERM's 2009 Going Green Mini-Grant awards were designed to encourage smart waste management practices by reducing, reusing, and/or recycling. Not surprisingly, several of the 12 mini-grants (\$500 each) focused on Montana gardening projects, often with children."

At the Helena School Age Child Care Program (SACC), grant coordinator Susan Held and SACC students used their ERM grant to go green with an educational, much admired, and quite productive gardening project. Ms. Held built on an existing three-year garden effort, teaching children and their families about growing vegetables while reusing and recycling materials to explore nutrition from the ground up.

By any measure, the SACC garden spaces at Jefferson and Broadwater Schools were great successes. "The SACC students loved working in the garden - mowing, weeding, clipping, and picking the fruits of their labors. We ate fresh veggies during summer and froze pumpkin puree to make bread and bars in the fall. We were also able to donate more than 85 pounds of produce to Helena Food Share," notes Held proudly. Here are just a few of the many 'green' lessons that SACC students learned by having fun in the garden:

- **Vegetables are delicious and nutritious.** Children and their families had the chance to enjoy veggies at the peak of freshness. Many enjoyed items they thought they would never like, both raw and cooked.
- **Cooking from scratch tastes great and is easy to do.** The gardens' vegetables provided the opportunity for several cooking lessons, from ham and vegetable soup to homemade pumpkin bread.
- **Vegetables can be grown in small spaces and in reused containers.** The SACC students grew vegetables in an amazing variety of containers, from milk jugs to plastic bottles and reused buckets to Styrofoam cups.

Eat Right Montana urges Montana families and schools to celebrate Nutrition Month 2010 by planning a garden for this summer. "When kids grow nutrient-rich produce themselves, they literally learn nutrition from the ground up. They also learn eating habits for a lifetime of good health," says Hogg, who works at MSU Student Health Service in Bozeman. She recommends these online resources for gardening help.

- **ERM 2009 Mini-Grant Program:** Summary and project links @ [www.eatrightmontana.org/grants.html](http://www.eatrightmontana.org/grants.html)
- **School Garden Wizard:** Step-by-step instructions and lessons @ [www.schoolgardenwizard.org/](http://www.schoolgardenwizard.org/)
- **MSU Extension:** Everything related to gardening in Montana @ <http://gardenguide.montana.edu>

Past and current issues of Eat Right Montana's monthly packets can be downloaded for free at [www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)

## 5 Delicious Ways to

### Choose Vegetables with Maximum Nutrition

Here are two important vegetable facts: (1) They are packed with great taste and good nutrition; and (2) few Americans get the full benefit of vegetable nutrition, because few of us eat enough. Kids need a cup of veggies a day, while adults need a total of 2½ to 3 cups daily. Here's how to get vegetable power in your life.

#### 1. Choose **FRESH** vegetables.

Fresh vegetables are a super choice, especially in season and locally grown. Enjoy fresh veggies raw or cooked quickly to retain nutrients. Almost any fresh vegetable can be served in a tossed salad. Start with leafy lettuce, spinach or cabbage; add sliced carrots, peppers, cucumber, and tomatoes; and top with chopped broccoli florets or pea pods.

#### 2. Choose **FROZEN** vegetables.

When fresh vegetables are unavailable or too pricey, frozen broccoli, peas, green beans, or edamame (green soybeans) are excellent choices. Buy large bags, take out what you need for a meal, and then seal tightly and put back into the freezer. To cook, microwave for a few minutes, quickly mix into a stir-fry, or add to casseroles and soups.

#### 3. Choose **CANNED** vegetables.

Some canned vegetables, including tomatoes, pumpkin, and beans (black, navy, pinto, etc.) are inexpensive nutrition powerhouses. Canned tomatoes (including the roasted and flavored varieties) are perfect in sauces and soups. Canned pumpkin goes great in breads and muffins, while beans are some of the most versatile veggies (see #4 below).

#### 4. Choose **DRIED** vegetables.

Some sun-dried tomatoes make a delicious addition to many Mediterranean recipes, including pasta dishes and hummus, a dip made with mashed chickpeas. Whether you use dried or canned varieties, legumes (peas, beans, and lentils) are nutrition at its best and least expensive. Add legumes to soups and casseroles, as well as salads and dips.

#### 5. Choose **100% vegetable JUICE**.

If you have your own juicer and an inexpensive source of fresh produce, veggie juice can be a refreshing and nutrient-rich beverage. If you are buying prepared juices, make sure that they are low in sodium and 100% juice products. Since no juice has the fiber benefits of whole vegetables, use juice for only 1 cup out of your daily 2½ to 3 cups.



## Simple Stir-Fry

### 1 + 1 + 1 = Success

Choose one <b>MEAT/PROTEIN (1 lb.)</b>	Choose as many as you like <b>VEGETABLES/FRUITS</b>	Choose one <b>SAUCE</b>
Chicken	Mushrooms	Low-sodium soy sauce
Beef	Broccoli, cauliflower, asparagus	Teriyaki sauce
Pork	Variety of mixed frozen vegetables	Low-sodium soy sauce + chicken broth
Tofu	Carrots or sugar snap peas	Peanut sauce
Shrimp	Peppers and onions	Curry sauce
Eggs (1-2 beaten)	Coleslaw Mix	Any commercial glaze or Asian sauce
	Pineapple	

### Instructions:

1. Prepare meat/protein by cutting into bite-sized strips.
2. Prepare vegetables by washing and cutting into bite sized pieces.
3. Heat a 12-inch non-stick pan, cast iron skillet, or wok on high heat.
4. Add 1 tablespoon of vegetable oil or olive oil to pan and let it get hot.
5. Add meat/protein to pan and cook for 3-5 minutes or until cooked through. Put onto a clean plate.
6. Add chopped produce to pan (you may need to add a little water or oil) and stir-fry for 2-3 minutes. If vegetables begin to stick add a little water to the pan. You can also add a teaspoon or two of chopped garlic or ginger.
7. Add meat/protein back into pan. Add sauce or glaze of your choice and heat 1-2 minutes.
8. Serve over brown rice.

### Nutrition Analysis:

Example: Beef and Broccoli

1 lb. lean beef + 1 1/2 cup fresh broccoli + 1/4 cup reduced sodium soy sauce. Served with 3/4 cup cooked instant brown rice per person.

Serving Size: 1 1/2 cup beef, broccoli, and rice  
Calories: 337

Total Carb: 38 g

Total Fat: 6.5 g

Calories from Fat: 18 %

Saturated Fat: 2.2 g

Trans Fat: 0.0 g

Dietary Fiber: 3.6 g

Sodium: 608 mg

Protein: 30 g

Calcium: 64.5 mg

Iron: 3.2 mg

### Recipe Source

**Tara Andrews**, MSU Extension Custer County  
**Terry Egan**, Missoula City-County Health Department



## 5 Quick Ways to Prepare Vegetables with Maximum Flavor

For optimal nutrition, virtually every American family needs to eat more vegetables. Poor preparation can be a serious obstacle to vegetable enjoyment, since no one likes to eat over-cooked, soggy, mushy produce. Here are some hot tips for maintaining vegetable flavor and texture, so you can increase veggie variety in your family meals.

### **1. Crunch into raw veggie power.**

Crisp fresh vegetables are popular as nutrient-rich snacks and in entrée and side salads. The key to safe and tasty fresh veggies is storage and cleaning. Purchase high quality items without bruises at the grocery store or farmer's market. Keep them wrapped in the fridge crisper drawer and wash them thoroughly under running tap water just before eating.

### **2. Steam veggies quickly on the stovetop.**

However you cook vegetables, the goal is to make them tender but crisp, while retaining a natural bright color. The time necessary to steam veggies (after the water has boiled) varies depending on the type and size of pieces. Steaming can take as little as 5 minutes for small green beans or cauliflower florets to as much as 45 minutes for whole beets or an artichoke.

### **3. Cook veggies rapidly in the microwave.**

According to the experts, today's microwave ovens are marvels of engineering, miracles of convenience, and great at preserving the nutrient content of vegetables and other foods. This is because microwave cooking can be done quickly (3-8 minutes on HIGH per pound of vegetables) and with minimal amounts of water (a few drops to a couple of teaspoons).

### **4. Stir-fry veggies for a few minutes.**

Stir-frying in a wok or non-stick pan is another wonderfully quick and easy way to prepare fresh or frozen veggies. Thin slices, small pieces, and leafy greens, such as spinach and bok choy, take only 1-3 minutes. Carrots, onions, snow peas, and whole green beans may take a bit longer, like 4-6 minutes. Small amounts of olive oil and/or sauce help speed cooking.

### **5. Roast veggies in a hot oven.**

Oven roasting takes longer than other methods of cooking veggies. However, it is easy and convenient when you're already cooking meat or whole poultry in a hot oven (375-400 degrees F). It takes about 45-50 minutes to roast root vegetables (beets, carrots, turnips, parsnips, whole garlic, small potatoes, etc.) that are drizzled with a little oil.



## 5 Simple Ways to Build Strong Muscles at Every Age

If your idea of strength training is an over-muscled bodybuilder, think again! Actually strength training is for anybody who would like to look more toned, be stronger, and have greater endurance. It is for young and old, men and women, serious athletes and folks who just enjoy being in the outdoors. **Strength training is for every body!**

### 1. Strong muscles for CHILDREN

Even kids can feel better and be fitter with strength training. Before puberty, experts suggest focusing on play rather than on training with weights or gym machines. According to the Centers for Disease Control and Prevention (CDC), younger children do best when they strengthen their muscles by doing gymnastics, playing on a jungle gym, or climbing trees.

### 2. Strong muscles for TEENS

Once teenage bodies begin to make hormones, training with weights, machines, and/or resistance bands can help them get stronger, build endurance, and perform better in sports. However, since adolescents are still growing, it's important for them to work with a youth trainer or coach - in a school training room, through a sports club, or at a local YMCA.

### 3. Strong muscles for ADULTS

For healthy adults, CDC recommends strengthening activities at least 2 days a week. These should work all major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) and can be done at home or in gym. Visit the CDC web site for short online videos about proper techniques at [www.cdc.gov/physicalactivity/everyone/videos/index.html#MuscleHome](http://www.cdc.gov/physicalactivity/everyone/videos/index.html#MuscleHome).

### 4. Strong muscles for OLDER ADULTS

Some of the best muscle strengthening news is for older adults. Research shows that it is possible to build or maintain strong muscles and lean body mass in your 70s, 80s, and even the 90s. Activities that can help prevent the typical age-related muscles loss include light weight lifting, resistance bands, yoga, pilates, gardening, yard work, and snow shoveling.

### 5. Strong muscles for PEOPLE WITH DISABILITIES

Strength training offers special benefits to any body with special needs. It can help prevent muscle loss, injuries, and, in some cases, may slow the progression of a disease or condition. Experienced trainers can help create specific programs for any disability. For tips on how to **Adapt the Fun for EVERYONE**, visit [www.health.state.ny.us/nysdoh/fun/0954.htm](http://www.health.state.ny.us/nysdoh/fun/0954.htm).