



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

November 2009

Dear Colleagues,

Welcome to the November issue of Eat Right Montana's campaign: *Going Green: Simple Steps for Montana Families*. Our eleventh issue for 2009 is all about simple, healthy, green solutions for the fall and winter holiday season. In this month's packet, you'll find easy tips for **simple Thanksgiving makeovers, enjoying more green veggies, walking indoors, and how to enjoy environmentally-friendly and fun re-gifting on any holiday occasion.**

Our goal is to provide positive nutrition and fitness information. We seek to reinforce what people can do, as opposed to focusing on what they should not be doing. For lots of easy holiday ideas, check out our November features:

Media Release:

Simple Thanksgiving Makeover: Easier, Greener, and Healthier

Healthful Eating:

Delicious Ways to Serve Up Leafy Green Vegetables

November Recipe:

Roasted Sweet Potato Puree with Orange Juice

Active Lifestyles:

Easy Places to Take an Indoor Walk

Eco-Tips:

Great Ways to Make Re-gifting Fun and Friendly

We welcome comments and suggestions. Wherever possible, we want to incorporate your ideas and input into our monthly packets. Just send your thoughts to me at 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/.

Dayle Hayes, MS, RD

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Crystelle Fogle 406-947-2344 | Katie Bark 406-994-5641 | Mary Ann Harris 406-994-5397

Going Green: Simple Steps for Healthy Families 2009



CONTACT: Crystelle Fogle, MBA, RD 406-947-2344

MT Department of Public Health & Human Services

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Simple Thanksgiving Makeovers: Easier, Greener, and Healthier

It's amazing how a joyful celebration like Thanksgiving can become so stressful. We start out looking forward to a special time with family and friends. Then, we get all wrapped up in preparing a huge feast, surrounded by perfect decorations, in an immaculately clean house. With all our expectations, it's no wonder we often end up exhausted and too stressed out to enjoy ourselves.

"A few simple changes in your usual Thanksgiving routine can make a big difference in your health and your happiness," says Crystelle Fogle, MBA, RD (Registered Dietitian), Cardiovascular Health Program Manager with the Montana Department of Public Health and Human Services. "There's no need to do an extreme makeover or eliminate family traditions. The goal is simply to establish some healthier habits that help to reduce stress and bring the real meaning of the holiday back into focus."

Subtle holiday makeovers are good for much more than your physical and mental health. They can have a very positive impact on both your household budget and the environment as well. Here are six win-win strategies to consider as you begin to plan for your family's upcoming Thanksgiving holiday. And, before you get stressed out by these tips from Eat Right Montana, take a deep breath: Just try one or two new things this year - and see how it goes. If you like the simpler approach to giving thanks, you can always make some more changes next year.

For an **easier** Thanksgiving dinner:

- **Get others involved in planning, preparation, and clean up:** Sit down together and decide how each person is going to help with the festivities. Find out what foods they really want to have.
- **Cook your specialties, let others help with the rest:** Prepare things from scratch that you really enjoy. Buy the rest pre-made at the store or let your guests help by bringing their special dishes.

For a **greener** Thanksgiving celebration:

- **Enjoy some local foods:** Cut down on those food miles by ordering a turkey from a local farmer. See what local produce, like apples and squash, may still be available at your community coop.
- **Use natural or edible decorations:** Skip expensive flowers or one-time throwaway centerpieces. Enjoy a festive fall basket of fruits and nuts or let children create a dried arrangement from your yard.

For a **healthier** Thanksgiving holiday:

- **Have more fruits and veggies - and smaller desserts:** Serve brightly colored produce, like a fruit tray as an appetizer and a baby spinach salad with raisins. Make the pie slices half their usual size.
- **Plan fun physical activities:** Move away from just watching football on TV. Start a flag football game for everyone at a nearby park. Have your own Thanksgiving parade around the neighborhood.

According to Fogle, giving kids simple jobs is a great way to keep them out of a busy kitchen. "They can decorate plain paper napkins or draw pictures for the guests about things they are thankful for."

Past and current issues of Eat Right Montana's monthly packets can be downloaded for free at

www.eatrightmontana.org/eatrighthealthyfamilies.htm

5 Delicious Ways to Serve Up Leafy Green Vegetables

When it comes to veggies, the experts agree: Enjoying 1/2 to 1 cup of nutrient-rich leafy greens every day is a super smart nutrition decision. Greens are packed with vitamins, minerals, and fiber - plus they may reduce the risk of heart disease and some cancers. Now, that's the kind of news you can really dig into!

1. Toss leafy greens into a salad.

All the best salads start with leafy greens. In terms of veggies (and fruits), the darker the color the more nutrition in the produce. So, start all your salads with Romaine and red lettuces, baby spinach, or maybe some arugula. Then, add a variety of colorful chopped produce. Strawberries, craisins, and bananas go great with fresh spinach.

2. Chop leafy greens into a stir-fry.

Almost any vegetable works great in a stir-fry, especially when combined with thin slices of lean beef, pork, chicken, or tofu. Chopped leafy greens, such as spinach, kale, and various Chinese cabbages, are the perfect addition to stir-fried dishes. Since leafy veggies cook quickly at high heat, add them just before serving the stir-fry.

3. Stir leafy greens into a hearty soup.

Soups are another easy way to enjoy leafy green vegetables. Flavorful varieties, such as mustard greens, beet greens, and kale, are especially good in bean and lentil soups. Greens also cook quickly in hot liquids, so chop them into medium-sized pieces and add 10 minutes before serving. A few greens can really jazz up canned soups as well.

4. Roll leafy greens into a sandwich wrap.

Start with a tortilla or pita bread. Choose some protein (tuna or chicken salad, sliced turkey, or roast beef, low-fat cheese, etc.). Then, add a layer of leafy greens. Romaine lettuce, baby spinach, and arugula are great greens for wraps. They're also really tasty on top of pizza (toss lightly with olive oil or lemon juice and serve on cooked pizza).

5. Steam or sauté leafy greens into a side dish.

Fresh leafy greens can quickly be made into a delicious side for any meal. Steam and season with a little lemon juice; saute with garlic or green onions; or microwave for 2 minutes and top with a little olive oil. For additional flavor, sprinkle lightly with cheese (feta, blue, or Gorgonzola) or chopped nuts (almonds, pecans, or walnuts).



Roasted Sweet Potato Puree with Orange Juice

Ingredients:

- 2 1/2 pounds dark orange sweet potatoes (also known as yams)
- 1/4 cup vegetable or chicken broth
- 1/8 teaspoon ground nutmeg
- 1 tablespoon finely grated orange zest
- 1/4 to 1/3 cup fresh orange juice
- 1/2 teaspoon salt
- Freshly ground black pepper

YIELD: 8 servings (about 1/2 cup)

Instructions:

- 1) Preheat the oven to 425 degrees.
- 2) Wash the sweet potatoes and pierce each one once or twice with a fork.
- 3) Place them on a foil-lined baking sheet on the middle rack of the oven. Depending upon their size, they will need to roast for about an hour or more until very soft.
- 4) Cool just until you can handle the sweet potatoes. Peel off and discard the skin.
- 5) Puree in a food processor (or smash with a masher) until smooth, adding the broth to help the process along. Add the nutmeg, orange rind, fresh orange juice, salt and pepper to taste, mixing until just combined.
- 6) Serve hot.

Substitutions/Additions:

- Most orange potatoes sold in the US are a variety of sweet potato, even though they are usually labeled as yams. True yams are usually found only in ethnic food markets.
- Sodium can be lowered by using a low-sodium broth and reducing the salt.
- Fresh lime juice and zest can be used in place of orange juice. Frozen juice may also be substituted if fresh is unavailable.
- Puree can be made ahead and reheated in a covered casserole dish. Bake at 350 degrees for about 30 to 40 minutes, or until puree reaches 165 degrees.

Nutrition Analysis:

Serving Size: 1/2 cup	Total Carb: 41 g
Calories: 175	Dietary Fiber: 6.0 g
Total Fat: 0.3 g	Sodium: 172 mg
Calories from Fat: 1.5 %	Protein: 2.4 g
Saturated Fat: 0.0 g	Calcium: 28 mg
Trans Fat: 0.0 g	Iron: 0.8 mg

Recipe Source

© **Janice Feuer-Haugen**, author of five cookbooks, including **Fruit-Sweet and Sugar Free** and **Chocolate Decadence**.

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5 Easy Places to

Take an Indoor Walk

Can something as simple, relaxing, and enjoyable as walking provide real physical and mental health benefits? Absolutely! Multiple, long-term scientific studies have shown that walking for 30 to 60 minutes a day can improve your health and your mood. For indoor walking, all you really need is a pair of well-fitting shoes.

1. Walk around the house.

When it's too cold (or too hot) outdoors, walking inside is a free and convenient option. Walking around the house can also be an alternative when it's dark or when you have kids at home. Turn up the stereo or put in some headphones and clear a path around furniture. No need to accumulate all the minutes at once, just aim for at least 10 minutes at a time.

2. Walk around the school.

Most schools have hallways that are perfect for longer walks and colleges often have indoor tracks as well. More and more local schools are opening their buildings for before and after-school walking possibilities. If your school doesn't have a walking program yet, talk to the administration about getting one organized for staff and community members.

3. Walk around the office.

Your office is another perfect place to set up a walking circuit. Hallways and staircases are both great options (up and down the stairs helps to build strong leg and seat muscles). Consider a walking-talking meeting with a colleague. You can also use your morning and/or afternoon break time to walk your way to fitness - 10 to 15 minutes at a time.

4. Walk around the hospital.

Recognizing the many benefits of walking for physical and mental health, many facilities have indoor walking areas for their staff and the community. Some hospitals also have fitness centers that are open to the public for a nominal fee. Call the hospital community relations office or ask your health care provider about possible walking programs.

5. Walk around the mall.

Most American malls have become popular indoor walking places, especially during weather extremes. Many malls are open to walkers before store hours and some have marked distances and special offers for coffee or breakfast. In some areas, there are actual clubs of mall walkers for different groups such as seniors or moms with strollers.

5 Great Ways to Make Re-gifting Fun and Friendly

With tough economic times and more environmental awareness, re-gifting has gone from tacky to gracious in many settings. There are books about re-gifting etiquette and web sites with lists of re-gift how-tos. Here are five ways to enjoy simple re-gifting fun:

1. Be up-front about re-gifting.

Taking the pretense out of re-gifting immediately makes the process friendlier. Simply explain to a friend or family member that you received a gift that you cannot use or wear - and that it made you think of them. They know that the gift is recycled, they know that you care about them, and they can feel free to accept (or reject) your kind offer.

2. Get into re-gifting with a friend.

A good friend is often the best person to get into a re-gifting habit. This is especially true when you both have limited budgets or are trying to reduce the 'stuff' in your life. Re-gifting with a friend can be serious or silly. Agree to exchange recycled gifts for a specific holiday or birthday - and agree to make them appropriate (or inappropriate) to the other person.

3. Start a family re-gifting tradition.

If you'd like to reduce the expense and over-consumption that traditionally goes with family gift exchanges, consider a silly sweater or tacky tie party. Everyone agrees to forego the usual gifts and to bring an ugly sweater or tie for a re-gifting exchange. Draw numbers or names - and then encourage everyone to wear their 'new' item for lots of laughs at the party.

4. Plan a group re-gifting party.

Re-gifting can also be an amusing, inexpensive way to celebrate with neighborhood friends, work colleagues, a sports club, or any other group. Establish a few ground rules and let people's natural creativity take over. Ugly clothing, dreadful art, or tacky jewelry exchanges can work well (if you make certain not to re-gift something from a guest at the event!).

5. Re-gift to the charity of your choice.

Donating unwanted gifts to charities is also a positive option - with a few cautions. When donating food or beverages to a local food bank or soup kitchen, make certain that they have not passed their expiration date. For any items to be resold in a charity's store, it is always nice to make sure that donations are clean and unbroken (if you have worn or used the gift).