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**December 2005**

Dear Colleagues:

Welcome to the ninth, and final, 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 **enjoying the benefits of beef and using gyms for fitness** - with simple goal setting sections on these two handouts.

The bottom line in all **Eat Right Montana** messages has always been that **small changes make a big difference** - and research continues to validate this important health concept:

- A recent North Carolina study reported that overweight people who walked briskly for 125-200 minutes a week (less than 4 hours total), significantly improved aerobic fitness and lowered their risk of heart disease - even without weight loss.
- Michigan State researchers reported that women who ate breakfast were 24 percent less likely to be overweight than non-breakfast eaters - and 30 percent less likely when their morning meal included a serving of a ready-to-eat cereal.
- Two large studies (Harvard's Nurse's Health Study and Loma Linda University's Adventist Health Study) found that eating 5 or more ounces of nuts a week resulted in a 35-to-50 percent reduction in risk of heart disease and death.

Americans need constant reminders that a healthy lifestyle doesn't require complex diets, expensive fitness equipment, and hours out of their already busy schedules. Nutrition and fitness messages are most successful when they meet consumers' needs for simple, positive, sensible, realistic, and flexible advice - which is why we have included 3 updated holiday handouts from **Eat Right Montana 2002**.

As we move into 2006, **the 8<sup>th</sup> year of Healthy Families**, with a new direction and a new writer, we invite you to continue accessing past ERM materials at [www.montanadieticassociation.org/promo.html](http://www.montanadieticassociation.org/promo.html)

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.

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**A Healthier YOU #9: Simple steps for a healthy holiday season**  
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**Healthy Families 2005: Celebrating the joy of nutrition and fitness (final 2005 issue)**

It's that season again – when we eat too much and move too little. It's the time when tempting foods are everywhere – and darker, colder days make it easier to sit on the couch than to be active. It's the season when many of us put our health on hold until it's time for New Year's resolutions again.

“There's a much more positive way to approach the holiday eating season,” says Dayle Hayes, RD (registered dietitian) with Nutrition for the Future in Billings. “You actually can maintain your weight, increase your energy level, and stay healthy throughout the holidays - without giving up any of the traditional treats. Just imagine how nice it would be to not need a January diet next year!!”

According to Hayes, paying attention to nutrition and fitness can also have significant mental health benefits. Eating well and being active are two wonderful ways to reduce stress and keep your holiday spirits intact. Here are three tips for healthful eating during the holidays (and year-round too):

1. **Balance holiday food with enjoyable activity:** Promise yourself 30 to 60 minutes of physical activity every day - and make active time fun time. Take a walk to see holiday decorations up close. Dance with someone you love. Play outside with children. Meet a friend at the gym.
2. **Get the most nutrition from your calories:** Enjoy nutrient-rich meals and snacks before you dive into the desserts and sweets. Enjoy a hearty breakfast every morning. Carry power snacks (nuts, string cheese, dried fruit, etc.) for shopping expeditions and outdoor activities.
3. **Make smart choices from every food group:** Holiday goodies are a food group too! Make smart choices by going for quality rather than quantity. Choose the items that you really want to eat; choose moderate serving sizes; and choose to enjoy them slowly and thoroughly.

“When we take time to savor our food, we are actually satisfied with smaller portions.” says Hayes. “When we take time to be physically active, we actually feel more energetic and in control of our lives.” Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges all Montanans to enjoy the benefits of nutrition and fitness this holiday season.

**ATTACHED:**

**Enjoying BEEF and GYMS for FITNESS: 3 Steps for Success**

## Enjoying LEAN BEEF: 3 steps for success

### 1. Choose lean beef for health and nutrition.

According to 2005 USDA data, there are now 29 cuts of beef that meet government guidelines for lean. These cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving.

Today's 29 lean cuts include many of Americans' traditional beef favorites (flank steak, tenderloin, 95% lean ground beef, and T-bone steak), as well as newer cuts of beef, such as the Flat Iron steak, the Western Griller steak, and the Ranch steak.

### 2. Enjoy lean beef for important vitamins and minerals.

A 3-ounce serving of nutrient-rich beef is an excellent source of protein, zinc, vitamin B12, selenium, and phosphorus; and a good source of niacin, vitamin B, iron, and riboflavin, yet it contributes less than 10 percent of calories to a 2,000-calorie diet.

Each of the 29 lean cuts of beef is a great-tasting, nutrient powerhouse. Lean beef provides eight times more vitamin B12, six times more zinc, and three times more iron than the same size serving of a skinless chicken breast.

### 3. Get the "skinny" on lean beef cuts and cooking tips.

Want to know everything about lean beef - like how to choose the best cuts for your family's favorite dishes? Or how to cook the newest cuts for maximum flavor and tenderness? Help is a close as your computer at [www.beefitswhatsfordinner.com/](http://www.beefitswhatsfordinner.com/)

This site has dozens of easy, mouth-watering recipes; a free wallet card listing of the 29 lean cuts; and information about the new *Healthy Beef Cookbook*, packed with cooking techniques to create tender, moist, flavorful beef dishes every time you cook.

## What will you do for a healthier YOU?

- I will choose lean cuts of beef in the supermarket and at restaurants.
- I will enjoy 3-oz. servings of lean beef (about the size of a deck of cards).
- I will try new recipes for preparing lean beef for maximum flavor.
- I will \_\_\_\_\_



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**Celebrating  
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## Using a GYM for FITNESS: 3 steps for success

### 1. Join a gym for motivation and companionship.

Gyms and health clubs are great places to stay fit, especially on shorter, colder winter days. For many, motivation is the most important reason for joining. If you find it hard to be active on your own, a fitness center may be just the place for you.

Some people enjoy solo activity; others prefer a more social atmosphere. Joining the right gym can provide companions with similar interests and lifestyles. You also can join with a friend or family member – and bring your own companionship with you.

### 2. Join a gym for more options and personal attention.

Having options is one of the main benefits of a fitness center. If you get bored easily and like to do lots of different activities, gyms offers lots of choices, including trendy aerobic moves like express workouts, boot camp classes, spinning, and kick-boxing.

Having a personal trainer can make a real difference in your fitness program. Trainers can individualize a plan based on your needs and goals. They can also provide the personal motivation and attention to keep you going when the going gets tough.

### 3. Join a gym for strength and flexibility.

Well-equipped gyms and clubs offer both machines and free weights for strength building. They also have staff to help you use equipment safely and effectively. When choosing a gym, make sure that it offers all the equipment and training you want.

Flexibility is a crucial, but often neglected, part of physical fitness. Check gyms for classes, like yoga, tai chi, and Pilates, that emphasize stretching and flexibility. Water classes, pools, and some machines also offer excellent ways to increase flexibility.

## What will you do for a healthier YOU?

- I will visit and try the facilities at my local gyms or health clubs.
- I will join a local health club with friend for at least three months.
- I will use my current health club membership at least two times per week.
- I will \_\_\_\_\_



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# SMART EATS for Healthy Holidays

Healthy eating is not about being on a diet - or passing up all your favorite holiday foods. The way to maintain a healthy weight all year long is to make smart choices all day long. These six habits can help you enjoy the season with lots of energy and no weight gain!

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## 1. Eat early: Kick-start the day with a power breakfast.

Start with a protein (like yogurt, peanut butter, lean deli-meat, or an egg); add a whole grain (like high-fiber cereal, whole wheat toast, or bran muffin); and top it off with a fabulous fruit treat (like a banana, canned peaches, frozen blueberries, or orange juice).

## 2. Eat regularly: Snack smart to curb the munchies.

Getting over-hungry usually leads to overeating. With power snacks nearby, you won't be as tempted by all the holiday goodies. For long-lasting energy, enjoy a handful of nuts or trail mix; a piece of string cheese or beef jerky; or some creamy yogurt with fruit.

## 3. Eat bright: Stay healthy with a rainbow of produce.

The nutrients in produce help fight colds and flu (as well as cancer, heart disease, and high blood pressure). They also add great flavor and bright colors to holiday meals. Eat green (broccoli), red (tomato), orange (citrus fruit), yellow (squash), and purple (grapes).

## 4. Eat whole: Enjoy nutrient-rich combos in whole foods.

Nature does an amazing job of putting nutrients together. Lean beef has zinc, iron, and protein for muscle power. Whole grains have a bundle of fiber, folic acid, and B-vitamins for healthy hearts. Dairy foods have calcium, magnesium, and protein for strong bones.

## 5. Eat strong: Put some protein in every meal and snack.

Protein, more than carbs or fat, leads to feelings of fullness and satisfaction. Including lean protein every time you eat helps to prevent over-indulging on desserts and sweets. Eat solid proteins: lean meat/poultry/fish, low-fat cheese/cottage cheese/yogurt, or beans.

## 6. Eat slowly: Start small and savor thoroughly.

Today's portions, including holiday goodies, are often super-sized. Many servings are two to four times what your body really wants. Simple solutions: Eat half of what you are served; take half home. Share a larger portion. Take time to slowly savor and enjoy food.

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# SMART MOVES for Healthy Holidays

Being active during the holidays can help your weight and your stress level. While any activity is better than none, experts suggest a total of 30 to 60 minutes per day. The ideal combination is a variety of activities to build aerobic capacity, strength, and flexibility.

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## 1. **Move more: Every step counts toward better health.**

When it comes to activity, every step you take has health benefits - both physical and mental. The goal is to move more and sit less. Get off the couch - and aim for at least 30 minutes of physical activity a day; at least 10 minutes at a time; at least 5 days a week.

## 2. **Move often: Be active throughout the day.**

Finding a free hour for physical activity can feel next to impossible, especially during the hectic holidays. Finding 10 to 20 minutes is often more realistic. Short bursts of activity can provide the real health benefits - and help reduce daily stress at the same time.

## 3. **Move inside: Walk the stairs, the halls, the malls.**

Weather, work, and busy schedules can be obstacles to being active. The best solution is to build more steps into your daily routine. Take the stairs at a power pace, walk around while you are talking on the phone, or take an extra lap around the mall while shopping.

## 4. **Move outside: Walk, shovel, skate, sled, ski or board.**

Spend as much time outside as possible - in the neighborhood, at the park, or on the slopes. Park once and walk from store to store. Shovel your sidewalk; then help a friend with theirs. Get together at the park - for walks, skates, sleds, or making snow angels.

## 5. **Move for fun: Dance to your favorite holiday tunes.**

If you hate to exercise, just change the "E" to enjoyment. Dance seriously with someone you love or just do some silly dancing with children. Put on your favorite holiday music and rock around the house - it can make sweeping and vacuuming a lot more fun!

## 6. **Move together: Join a class or walk with friends.**

Making a commitment to someone else always makes it easier to fit fitness in. Plan walking holiday get-togethers, like caroling, in your neighborhood - or check out the local mall walkers. Give a gift certificate to a dance or yoga class - for you and a friend!

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**EAT RIGHT MONTANA**

*A coalition promoting healthy eating and active lifestyles*

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# SMART DRINKS for Healthy Holidays

Staying well-hydrated can make a difference in your health, your performance, and even your attitude. Choosing power drinks (like water, milk, and juice) instead of soft drinks and alcohol can help maintain a healthy weight - and quench thirst at the same time.

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## 1. Drink smart in the AM: Pour a glass of milk or juice.

Start the day out right by drinking at least 8 ounces of refreshing liquids before you leave the house. For an early morning health kick, choose a tall glass of low-fat or fat-free milk; some fruit or vegetable 100% juice; or a creamy fruit and yogurt smoothie.

## 2. Drink smart all day: Keep a water bottle handy.

Carry a bottle in the car, to work, or at school - and fill it with cool water throughout the day. If you enjoy a bubbly beverage, try sparkling water or club soda instead of a sugary soft drink. For a real thirst quencher, add a slice of fresh lime, lemon, or orange.

## 3. Drink in the evening: Serve power drinks for dinner.

Skip the soft drinks and pour a power drink for the whole family. Kids of all ages need bone-building calcium and protein to stay strong and grow tall. Milk (1% or fat-free) is a delicious way to get powerful protein, vitamins, minerals, and fluids - all in one glass.

## 4. Drink smart at parties: Watch alcohol and eggnog.

Alcoholic drinks add calories themselves and they reduce inhibitions so you also eat more food. Eggnog is high in calories, with or without alcohol. If you do choose to drink alcohol, alternate your drinks with glasses of refreshing water. Never drink and drive.

## 5. Drink before activity: Hydrate yourself with water.

Being well-hydrated enhances your athletic performance and your enjoyment. You'll do better and feel better too! Drink at least 8 to 16 ounces of water a couple of hours before you begin any intense physical activity. Then have another 8 ounces right beforehand.

## 6. Drink during activity: Stay cool with cool fluids.

Try to drink at least 8 ounces for every ½ hour of strenuous activity, even when it is cold. On a brisk walk, you can sweat as much as a quart per hour. Water is best in most cases. Sports drinks may help if your activity lasts over an hour or if the intensity is very high.

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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**



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