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**October 2005**

Dear Colleagues:

Welcome to the eighth 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 the benefits of **eating dairy foods and playing for fitness** - with simple goal setting sections in each of our monthly handouts.

As both communicators and consumers of health information, it's easy to get overwhelmed by the flood of days/weeks/months/years and now, ribbons focused on different diseases and conditions. So, you may have missed **World Osteoporosis Day** on October 20, 2005.

Regrettably, most Americans pay little attention to health of their bones. Often called a "silent" disease, **osteoporosis affects more women than breast cancer and more men than prostate cancer worldwide**. The US numbers are staggering: 10 million Americans over 50 currently have osteoporosis, leading to over 1.5 million fractures per year. In 2004, US Surgeon General Carmona estimated that, by 2010, more than half of folks over age 50 would develop osteoporosis.

Maintaining healthy bones is all about a healthy lifestyle. All it takes is plenty of delicious nutrient-rich foods, plenty of fun physical activity, and avoiding cigarette smoking and excessive alcohol intake.

For more about osteoporosis and the important roles of nutrition and fitness in maintaining bone health **at all ages**, visit:

- **Surgeon General:** [www.surgeongeneral.gov/library/bonehealth/](http://www.surgeongeneral.gov/library/bonehealth/)  
Statistics, full report, and tip sheets from the 2004 report
- **National Osteoporosis Foundation:** [www.nof.org/](http://www.nof.org/)  
More stats, more facts, and lots of professional resources
- **International Osteoporosis Foundation:** [www.osteofound.org/](http://www.osteofound.org/)  
Info with an international flavor, incl. songs in English & Spanish

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 #8: Simple steps for better bone health**

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### **Healthy Families 2005: Staying healthy with food and fitness (8<sup>th</sup> in a series of 10)**

Building strong bones is a life-long project. Bone health is one of the important reasons why the 2005 Dietary Guidelines and [MyPyramid.gov](http://MyPyramid.gov) recommend the equivalent of three daily cups of milk for adults and active kids. Dairy foods are excellent sources of calcium and other bone-building nutrients.

“Our bones get strong – and stay strong – through a combination of food and fitness,” says Mary Pittaway, MA, RD, Nutritionist at Missoula City-County Health Department. “Building and maintaining a healthy skeleton is a process that begins before birth – and one that must continue through every decade of life. Preventing osteoporosis in old age is something that should begin in childhood.”

According to Pittaway, the smartest way to healthy bones is daily doses of nutrient-rich foods and weight-bearing physical activities, along with avoiding smoking and excessive alcohol intake. Here are her suggestions for three simple steps to maintain strong bones throughout life:

1. **Enjoy calcium-rich foods:** Dairy foods (fat-free and low-fat milk, yogurt, and cheese) are a tasty, easy way to meet your daily need for 1,000 to 1,500 milligrams of calcium. Other calcium sources include fortified juice, canned salmon and sardines, broccoli, and green leafy veggies.
2. **Enjoy other bone building foods:** Lifetime bone health requires other nutrients, like protein, vitamins C and D, magnesium, phosphorus, and other minerals. The nutrient-rich eating plan outlined on [MyPyramid.gov](http://MyPyramid.gov) is designed for strong bones – and strong muscles to support them.
3. **Enjoy fun physical activity every day:** The familiar slogan “*move it or lose it*” definitely applies to a healthy skeleton. To maintain their strength, bones require daily stimulation with weight bearing activity, like walking, basketball, biking, dancing, or water-aerobics classes.

“Every member of your family – from babies to grandparents – needs nutrition and physical activity to stand tall,” says Mary Pittaway. “When kids see adults drinking milk and being active, they’ll want to do the same healthy things. Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges Montanans to make healthy bones an everyday habit for their families.

**ATTACHED:**

**Enjoying DAIRY FOODS and PLAYING for Fitness: 3 steps for success**

## Enjoying DAIRY FOODS: 3 steps for success

### 1. Enjoy 3 cups of milk (or the equivalent) every day.

The numbers are easy to remember: [MyPyramid.gov](http://MyPyramid.gov) recommends 3 cups milk per day for adults and active children. The servings sizes are simple too: 8-ounces milk = 8-ounces yogurt = 1½ ounces hard cheese = 2 ounces processed cheese

The reasons are important to your health – today and for years to come. Nutrient-rich dairy foods help build strong bones (to prevent osteoporosis); help lower blood pressure (to prevent heart disease and stroke); and help maintain a healthy weight.

### 2. Make most of your daily dairy fat-free or low-fat.

The smartest dairy choices give you lots of nutrients (protein, vitamins A, B<sub>12</sub>, and D, calcium, niacin, phosphorus, potassium, and riboflavin) for few calories. So, your best bet is to pick fat-free and low-fat dairy foods most of the time.

When choosing dairy foods with more fat (hard cheeses like cheddar, Parmesan, and Swiss), just be smart with your portion size. All it takes is 1½ ounces of hard cheese (or 1/3 cup shredded cheese) to equal one of your 3-A-Day dairy servings.

### 3. Get energized with dairy snack treats.

Quick and easy, dairy foods are a delightful way to satisfy your snack cravings and energize your day. A string cheese or portable yogurt can even be eaten on-the-go. What something sweet? Pick up a cold container of fat-free or low-fat chocolate milk!

If you are lactose intolerant, small servings of lactose-free dairy foods are the best choice. Yogurt with active cultures and hard cheese slices make yummy snacks – or you can take the enzyme lactase (in pills or drops) before consuming milk products.

## What will you do for a healthier YOU?

- I will drink 8-ozs. of fat-free/low-fat milk at breakfast, lunch and dinner.
- I will enjoy 8-ozs. of fat-free/low-fat yogurt as a daily snack.
- I will add a slice of cheese to my favorite sandwiches.
- I will \_\_\_\_\_



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**Celebrating  
Healthy  
Families 2005**

## PLAYING for Fitness: 3 steps for success

### 1. Play every day – inside and outside.

All children and adults need 30 to 60 minutes of daily physical activity – for healthy weights and hearts, for strong bones and muscles. Forget about boring exercise – and focus on active play with friends and family as the fun way to get moving and get fit!!

There are plenty of ways to enjoy indoor family fun, without destroying the house. Turn off the TV and computer – and play an old-fashioned game of hide-and-seek. For small kids, clear a space for wiggling, dancing, and playing with soft-foam balls.

### 2. Play in the yard – and at the park.

The options for outdoor fun are unlimited: bikes, trikes, scooters, balls, Frisbees, kites, jump ropes, squirt guns, and hula-hoops. There's also a long list of childhood games that the whole family can play together, like hopscotch, tag, and dodge ball.

Many communities have fun park facilities. Often they are close enough so that you can leave the car at home – and walk or ride a bike. Make it a regular family outing – when the weather is nice, you can even take a picnic and play before and after dinner.

### 3. Play at the gym – and on the field.

Indoor gyms offer safety, warmth, and fun programs for kids and parents. Check your area for schools, colleges, community centers, fitness facilities, Boys and Girls Clubs, YMCA/YWCAs, and other gyms that are open evenings, weekends, and vacations.

Almost every community offers sport programs – baseball, football, basketball, soccer, tennis, or swimming. There are programs for all ages and all levels of skill. The best ones emphasize fun and provide opportunities for parents to get physical too.

## What will you do for a healthier YOU?

- I will play with my kids or grandchildren for at least 30 minutes a day.
- I will play at the park at least once per week.
- I will play a sport I love every season of the year.
- I will \_\_\_\_\_



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**Celebrating  
Healthy  
Families 2005**

# 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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