



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

January 2010

Dear Colleagues,

Welcome to the first issue of Eat Right Montana's 2010 campaign: *Treasure Your Family's Health: Back-to-Basics with Food & Fitness.* We have based our new theme on several factors, including the trend toward more meals and celebrations at home. At the same time, recognizing the reality that many Americans are desperately in need of cooking skills, we added **cooking basics** in this year's packets.

Our January packet is all about healthy resolutions that work. On the following pages, you'll find smart, simple tips for **using MyPyramid**, **stocking your pantry**, and **enjoying a fun 2010 fitness routine**. For positive, practical information, check out our updated features:

Media Release:

Smart Start on a New Year: Resolutions That Really Work

Nutrition Basics:

Smart Ways to Make MyPyramid Work for Your Family

January Recipe:

Terry's Terrific Tortilla Soup

Cooking Basics:

Smart Ways to Stock a Nutrient-Rich Pantry

Fitness Basics:

Smart Ways to Get into Great Shape This Year

We welcome your 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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Treasure Your Family's Health: Back-to-Basics 2010



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MT Department of Public Health & Human Services

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Smart Start on a New Year: Resolutions That Really Work

Ah January! It's that wonderfully hopeful time of year when we resolve to do better - to get in shape, to lose weight, and to ditch all the other bad habits we have been accumulating for decades. If you're like many folks, you may be looking at the exact same list of resolutions that you had last year.

"There are some key differences between the people who succeed with their New Year's resolutions and those who fail," says Kim Pullman, RD (registered dietitian), of Helena and the new Chairperson of the Eat Right Montana Coalition. "Just like in the race between the tortoise and the hare, people who succeed over the long term are more likely to take small steps and make steady progress. Extreme diet and exercise makeovers may seem like great ideas, but they rarely last long enough."

The effectiveness of taking small steps toward healthier lifestyles has been proven in scientific studies and is endorsed by US Department of Health and Human Services (HHS). Tools and information for implementing small steps are available on the HHS websites for adults (www.smallstep.gov/) and kids (<http://smallstep.gov/kids/flash/index.html>). The same concepts provide the foundation for MSU Extension's *Small Steps to Health and Wealth* program being offered throughout the state.

As the wellness coordinator for the State of Montana Employee Health Care Plan, Pullman knows a lot about other factors that make resolutions work. "People are more successful with lifestyle changes when they track their progress and when they have support from family, friends, and coworkers." Here are some of her smart tips on getting a healthy start for a new decade in 2010:

- **Resolve to be realistic:** Ignore the ads for drastic diet programs, expensive exercise machines, and miraculous weight loss pills. Choose one or two small changes that you can stick with for the rest of your life. These can be as simple as eating breakfast every day or taking a 15-minute walk at lunch.
- **Resolve to put fun into fitness:** One of the top reasons that people stop exercising is that they don't enjoy it. Take some fun small steps toward fitness with a dance DVD or class. Use the buddy system for your 2010 fitness routine. It's more fun to do things with the support of a friend.
- **Resolve to put taste into nutrition:** A delicious, nutrient-rich eating style is just what RDs order for 2010. The best way to fill Americans' nutrient gaps is to eat more of the tasty foods that give you plenty of nutrition for your calories, like whole grains, veggies, fruit, low-fat dairy, and lean proteins.
- **Resolve to enjoy some new recipes:** "In 2010, Eat Right Montana is focusing on back-to-basics tips and information, including simple cooking skills and easy recipes for family health," notes Pullman. The January recipe, **Terry's Terrific Tortilla Soup**, is perfect for a family dinner or a potluck at work.

"*Shape Up Montana* (www.shapeupmontana.org/) is another great program for teams and families," says Pullman. "It focuses on small, sustainable changes and lets you track your progress online."

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

5 Smart Ways to

Make MyPyramid Work for Your Family

Since 2005, MyPyramid.gov has provided Americans with the gold standard in nutrition advice. Use the site to track your food intake or to get a personalized MyPyramid menu plan. Check out the newest feature www.myfoodapedia.gov/ where you can learn about calories and serving sizes for 1000's of foods.

1. Make half your grains whole.

Nutrient-rich whole grains make a whole lot of nutrition sense - with extra fiber and delicious nutty flavors. In addition to breads and cereals, you can enjoy wide range of whole grains (many grown in Montana) as delicious sides dishes. Add a half-cup of whole grain pasta, barley, bulgur (cracked wheat), spelt, or kamut to your plate.

2. Vary vibrantly colored vegetables.

To get the incredible nutrient benefits of vegetables, just keep two things in mind: variety and color. If you enjoy a wide variety of brightly colored veggies, you'll get all the super nutrients you need from this group. Go for acorn squash, beets, broccoli, carrots, green beans, mushrooms, peas, spinach, sweet potatoes, tomatoes, and more!

3. Focus on the fantastic flavors of fruit.

Fruits and vegetables have lots in common. They have similar nutrients, tasty flavors, and come fresh, frozen, canned, and dried. Variety and bright colors are also important when choosing fruit and 100% fruit juice. Sweeten your life - morning, noon, and night - with blueberries, grapes, grapefruit, melons, pineapple, dried plums, and more!

4. Go for plenty of calcium-rich foods.

Calcium is a big problem for Americans. Most of us just aren't getting enough, which puts our bones at risk. The solution is simple and delicious: Eat 3 nutrient-rich dairy foods every day, especially the low-fat and fat-free versions. Milk, cheese, and yogurt all have calcium plus more than 8 other essential nutrients - and they taste great.

5. Go lean with a variety of protein.

Lean options from the meat and beans group give your body nutrition to lean on. Protein, iron, zinc, and B-vitamins help to build and maintain muscles, bones, blood, and skin. Variety is also important with this group. Lean beef, fish, chicken, turkey, pork, and lamb, as well as eggs, beans, lentils, nuts and seeds all provide key nutrients.



Terry's Terrific Tortilla Soup

Ingredients:

- 4 corn tortillas
- ½ cup onion, chopped
- ½ teaspoon minced garlic or ¼ teaspoon garlic powder
- 1½ cups boneless chicken breast, diced
- ¼ teaspoon chili powder
- ¼ teaspoon cumin
- 2 cans low sodium chicken broth
- 1 can (15 oz.) diced tomatoes, undrained
- 1 can (4 oz.) chopped green chilies, undrained
- ½ cup reduced fat cheddar cheese, shredded

YIELD: 4 servings (about 1 cup each)

Instructions:

- 1) Preheat oven to 400 °F. Cut tortillas into thin strips. Bake on lighted greased cookie sheet for 7-8 minutes or until crisp.
- 2) Meanwhile, chop onion and mince garlic if using fresh garlic. Dice chicken.
- 3) Heat a large pot (4 quart) over medium heat. Spray with cooking oil. Add chicken, cook and stir 3-4 minutes until cooked. Add onion, garlic, chili powder and cumin. Cook and stir 2 minutes.
- 4) Stir in broth, tomatoes, and chilies. Bring to a boil. Reduce heat and simmer for 10 minutes.
- 5) Shred cheese.
- 6) Place baked tortilla strips in a bowl.
- 7) Serve soup in bowls. Top with cheese.

Additions:

To spice up your tortilla soup with some traditional flavors, consider these additions:

- Slice one lime into thick wedges to serve with soup; juice can be squeezed into soup.
- Snip 4 teaspoons cilantro; add to soup when serving.
- Fresh hot peppers can be added to taste, such as Serano, Jalapeño, or Habanera.

Nutrition Analysis

Serving Size: 1 cup

Calories: 206

Total Fat: 4.8 g

Calories from Fat: 21%

Saturated Fat: 1.7 g

Trans Fat: 0.0 g

Total Carb: 23 g

Dietary Fiber: 4 g

Sodium: 460 mg

Protein: 20 g

Calcium: 153 mg

Iron: 2.4 mg

Recipe Source

Adapted by **Terry Egan**, Missoula City-County Health Department from Colleen Hueffed

5 Smart Ways to Stock a Nutrient-Rich Pantry

If you want to enjoy all the benefits of a healthful eating style, the most basic place to start is with your kitchen cupboards, refrigerator, and freezer. If you have nutrient-rich foods and beverages on hand, it is much easier to put tasty meals on the table easily and quickly. Here are some delicious inexpensive ways to do just that!

1. Keep plenty of whole grains in the cupboard.

Choose foods that say 100% whole grain or list a whole grain as the first ingredient on the Nutrition Facts panel. In addition to breads and rolls, shop for sales on whole grain cereal, oatmeal, and brown rice. Buying in bulk and sales are also good ways to buy whole grain pasta, barley, and other grains. Go to www.wholegrainscouncil.org/ for recipes and more.

2. Vary the vegetables in the fridge and freezer.

Here's some smart news about veggies, especially in winter: Frozen and canned are great options when fresh veggies are expensive or hard to find. For example, buy a large bag of frozen broccoli, take out just enough for your meal, reseal the bag carefully, and put it back in the freezer. For more veggie tips and recipes, go to www.fruitsandveggiesmorematters.org/.

3. Focus on fruits on all the shelves.

Like veggies, fruits come in a variety of nutrient-rich forms, including fresh, frozen, dried, canned, and 100% juice. For smart winter buys, look for canned-in-juice varieties, dried plums and raisins, and new crops of apples, pears, and citrus fruit. Want to get your children excited about colorful fruits and vegetables? Go to www.foodchamps.org/.

4. Stock the fridge with calcium-rich foods.

It's super simple to get your 3 dairy servings every day by drinking a refreshing glass of fat-free/low-fat milk with every meal. If you are not a regular milk drinker, there are plenty of other delicious ways to get calcium-rich foods. Just make certain that your fridge is filled with yogurt and cheese. Need some more recipes ideas? Try www.mealsmatter.org/.

5. Go with lean proteins on every shelf.

Lean proteins are a good fit on every shelf in your kitchen: ground beef, wild game, and salmon fillets in the freezer; chicken breasts, pork loin, and beef steak in the fridge; and tuna, beans, peanut butter, and nuts in the cupboard. Remember, eggs are a lean protein and a real nutrition bargain too! Find recipes and tips at www.incredibleegg.org/.



5 Smart Ways to Get in Great Shape This Year

Everyone knows the bottom line: **Getting plenty of physical activity is basically one of the smartest moves you can make.** Getting fit lowers your risk of serious diseases and reduces your need for medications, while improving your performance at work or school and your outlook on life. Here's how to get the incredible benefits of fitness.

1. Get into fun aerobics with some friends.

Aerobics are any activities that get your heart pumping. Adults need at least 30-60 minutes a day for optimal health and well-being. How you get those minutes is up to you! You can get active in any way that you enjoy: walking, dancing, swimming, biking, or running, as well as team sports like basketball or volleyball. Just do it with friends - for the fun and the support!

2. Pump those muscles with some weight.

It's never too late to get stronger: People in their 80s and 90s can still build muscles! While weight training in a gym or with a personal trainer is great, you can also get strong with simple equipment and activities at home. Make a commitment to pump some weight 2-3 times a week with small hand weights, a resistance band, leg lifts, squats, or wall pushups.

3. Stretch flexibility in new directions.

Flexibility is one of the most essential, but often neglected, fitness basics. Flexibility is the key to injury prevention, as well as to feeling and looking young and energetic. You can get and stay flexible with simple stretches and twists, like on the floor while watching TV. Yoga, Tai Chi, and Pilates classes are also excellent ways to learn and practice daily flexibility.

4. Strengthen the core with balance activities.

While core strength seems like a recent buzz word, the basic concept has been fundamental to fitness forever. When the muscles in your abdomen and lower back are strong and flexible, you stand taller, look better, and have less back pain. While all physical activities contribute to a stronger core, balance activities - like those using a stability ball - are especially helpful.

5. Make play part of every exercise routine.

If you want to get into great shape, listen to your inner child and focus on play. If you hate to exercise, choose those activities that you really enjoy. If you hate to go to the gym, borrow a treadmill with fur (aka a dog) and explore your neighborhood parks and trails. If you have trouble being active alone, sign up with a buddy. Playtime is always more fun with friends!