



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

May 2010

Dear Colleagues,

Welcome to the fifth issue of Eat Right Montana's 2010 campaign: *Treasure Your Family's Health: Back-to-Basics with Food & Fitness.* This month, in honor of Mother's Day, we offer delicious nutrition by - and for - moms everywhere. You can even use this month's recipe to make a tasty (and healthful) treat for your mother on May 9, 2010 (and gets some tips on baking it from **Cooking Basics**, page 5).

It is well-known that mothers are the "gatekeepers" of family health and nutrition. Our "mother of the month" (AKA Freeda the Fabulous Food Detective) dishes out effective ways to encourage children (and others!) to try unfamiliar foods, like fruits they may have never seen.

Media Release:

Exploring Fruit with Freeda the Fabulous Food Detective

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Smart Reasons to Enjoy the Sweet Flavors of Fruit

May Recipe:

Oatmeal Blueberry Muffins

Cooking Basics:

Easy Ways to Bake Quick Breads Successfully Every Time

Fitness Basics:

Fun Ways to Get Fit and Get Flexible

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 - 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

May 1, 2010

Exploring Fruit with Freeda the Fabulous Food Detective

Ah May! April showers bring flowers, seasonal fruits start to show up in stores, and tasty breakfast treats are served by grateful families to mothers across the land. Moms certainly deserve deep appreciation for providing all those marvelous meals to their families throughout the year. One Bozeman mom deserves special thanks for getting hundreds of school children excited about eating more - and different - fruits.

"Students loved trying new fruits prepared in new ways during our After School Nutrition Program events in April," says Freeda the Fabulous Food Detective (AKA Cory Talbott, mother of two) with the Montana Student Dietetic Association in Bozeman. "We focus on getting kids excited about exploring new foods, like fruit, and, before they know it, they are eating things that they've refused to even try before. Some active games and a few gold stars go a long way to putting a whole new spin on eating what's good for you."

Supported by kidsLINK, a program of the Greater Gallatin United Way, Freeda the Fabulous Food Detective and her helpers visited seven Bozeman afterschool programs serving over 250 children during the month of April. At each school, kids participated in four stations, including a MyPyramid food relay race, a mystery fruit bag, a read-aloud story, and a delicious tasting station. Each child received a passbook to collect stamps and information on their way to help Freeda discover the fun in fruit.

According to Freeda, fun is the key ingredient in helping kids to try new foods. "We skip nutrition lectures and get kids talking about how different colored fruits keep their bodies strong and healthy. We ask them to be junior detectives to help us figure out what fruits might grow in Montana. They have lots of ideas and questions about what grows in their backyard or on their grandparents' ranch." The lessons were designed to reinforce Bozeman school district's Eat Local effort and to support the Healthy Kids backpacks provided by the Gallatin Valley Food Bank. All recipes featured inexpensive items that kids can make themselves.

Wearing both her mom and Food Detective hats, Cory Talbott has some simple tips for helping your family enjoy more fruits, especially local, fresh, and seasonal items, throughout the year.

- **Get kids excited about choosing new fruits.** Be a food detective at the grocery store - and at the farmers' market this summer. Let kids pick a new fruit -- and ask the produce manager or farmer how to prepare it.
- **Pick different colored fruit for meals and snacks.** Games are fun for families too! Fruits come in beautiful colors and kids can match a fruit color to a day of the week, like red on Monday, blue on Tuesday, and so on.
- **Prepare fruits in different ways.** Fresh, frozen, dried, and canned fruits can be enjoyed in hundreds of ways - whole, sprinkled on cereal, blended in smoothies, mixed into muffins, or tossed in a green salad.

"Moms - as well as dads, grandmas, and grandpas - are children's most important food role models," says Freeda. "If you get excited about enjoying lots of different fruits in different ways, your kids will too!"

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



5 Smart Reasons to

Enjoy the Sweet Flavors of Fruit

Here's some delicious nutrition news for you to chew on! To support optimal health, we need at least 1 cup (young children) to 2 cups (most adults) of fruit daily. To maximize your fiber intake, choose whole fruit over fruit juice. Fresh, frozen, dried, or canned in juice - all types of fruit can help fill your nutrient gaps.

1. Fiber

Most of us are getting less than half the fiber we need to keep our intestines running smoothly and to help prevent diseases such as colon cancer. Whole fruit is an excellent source of soluble fiber. Best sources of fiber in fruits: Dried fruit (raisins, raisins, figs, plums, etc.), berries (blueberries, raspberries, etc.), bananas, kiwi, apples, and pears.

2. Potassium

This is another nutrient where most of us fall far short of recommendations. Getting more potassium is incredibly important for keeping blood pressure at normal levels. Sweet sources of potassium from fruits include apricots (fresh, dried, and canned in 100% juice), bananas, cherries, kiwifruit, and plums (fresh and dried - aka prunes).

3. Vitamin A

Also known as beta-carotene, vitamin A is very important for good vision, as well as for the prevention of heart disease and some cancers. Several studies have confirmed that it is better to get your vitamin A from food rather than pills. Fruit sources include cantaloupe and watermelon, as well as fresh and dried apricots, mango, and plums.

4. Vitamin C

Fruits are an easy way to get your vitamin C. Like vitamin A, most adults are missing the benefits of this important nutrient that helps prevent infections and heal wounds. Here are a few of the many excellent fruit sources of C: Citrus (grapefruit, lemon, lime, orange, tangerine, etc.), blackberries, melons, kiwifruit, pineapple, and raspberries.

5. Vitamin E

Here's one more nutrient where adults - and children - fall short of current guidelines. Major food sources of vitamin E are actually sunflower seeds, nuts (almond and peanuts), and oils (safflower, sunflower, soybean, wheat germ, etc.). However, two fruits - kiwi and mango - do provide vitamin E, along with other key nutrients.



Oatmeal Blueberry Muffins

Ingredients:

- 1 cup flour
- 1 1/2 cup quick cooking oats, uncooked
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup lowfat buttermilk
- 1/2 cup packed brown sugar
- 1/4 cup oil
- 1 egg, beaten
- 1 cup frozen blueberries
- 2 Tablespoons brown sugar

Instructions:

- 1) Preheat oven to 425°.
- 2) Combine flour, oats, cinnamon, baking powder, baking soda, and salt; set aside.
- 3) Combine buttermilk, 1/2 cup brown sugar, oil and egg in a medium bowl.
- 4) Add to the flour mixture, mixing just until moist.
- 5) Fold in blueberries.
- 6) Fill paper lined cups 2/3 full with batter; sprinkle with remaining 2 tablespoons brown sugar.
- 7) Bake 20-25 minutes or until done.

YIELD: 12 muffins

Tips and substitutions:

- **If you don't have buttermilk on hand when you need it for baking, use this easy substitute:** For each cup of buttermilk, place one tablespoon of lemon juice or vinegar in a glass measuring cup and add enough cold milk to equal one cup; stir and let stand for five minutes before using.
- Substitute any fresh or frozen berries, including Montana huckleberries, blackberries, or raspberries.

Nutrition Analysis

Serving Size: 1 muffin

Calories: 120

Total Fat: 4 g

Calories from Fat: 27%

Saturated Fat: < 1.0 g

Trans Fat: 0.0 g

Total Carb: 23 g

Dietary Fiber: 2 g

Sodium: 116 mg

Protein: 3 g

Calcium: 34 mg

Iron: 1.07 mg

Recipe Source

Used with permission from:

"The Best of Simply Colorado Cookbook,"

by Colorado Dietetic Association, 2006.

To purchase, go to: www.bigearthpublishing.com/product_info.php?cPath=6&products_id=447

5 Easy Ways to

Bake Quick Breads Successfully Every Time

Quick breads use baking powder and/or baking soda rather than yeast as a leavening (rising) agent. They are popular because they cook quickly (no waiting for the dough to rise) and taste great. The key to deliciously tender loaves and muffins is to keep the gluten in the flour from “developing” too much. Follow these five tips when you make breads from batters - and you’ll be able to wow friends and family every time!

1. Preheat oven and “grease” pan THOROUGHLY.

First, arrange racks so pans can sit in the middle of the oven; then, preheat oven for 10 to 15 minutes. These steps help to provide the uniform high heat that allows breads and muffins to rise quickly and cook thoroughly. Quick bread batter is sticky, so cover pan surfaces with cooking spray, oil, or shortening. Paper muffin liners and non-stick pans also work great.

2. Mix dry and wet ingredients SEPARATELY.

Measure dry ingredients - flours, cereals, sugar, salt, spices, and leavenings (baking soda, baking powder, and/or cream of tartar) - carefully into a large bowl. Stir or whisk together until well mixed. Measure wet ingredients (milk, eggs, oil, melted butter, fresh fruit, dried fruit, applesauce, etc.) into a medium bowl and mix according to recipe instructions.

3. Add wet ingredients to dry ingredients GENTLY.

This is the most critical step. The more you mix the wet and dry ingredients together, the more you develop the flour’s gluten. Over-mixing leads to tough, coarse bread that does not rise correctly. **Do not beat the batter.** Gently stir the batter just enough to moisten the dry ingredients. There may be a few lumps remaining, which is just fine.

4. Fill baking pans PROPERLY.

Fill bread pans and muffin tins about 2/3 full. If you plan to freeze your muffins, use two paper liners per space. Fill any empty (unlined) muffin cups half way with water. Muffins tend to burn faster in a pan with empty cups. Get bread or muffins pans into the oven as soon as possible. The longer that the batter sits around, the more the gluten develops.

5. Bake quick breads CAREFULLY.

To allow for air circulation, leave at least 1 inch of space between pans and oven sides. Check for doneness 10-15 minutes before end of the recommended baking time. The bread is done if a toothpick inserted near the center comes out clean. A crack in the loaf is entirely normal. Cool in the pan for 10 minutes; then turn out onto a wire rack.



5 Fun Ways to

Get Fit and Get Flexible

Flexibility is the range of motion possible at any joint. **Flexibility** is specific to each joint and depends on many factors, including the tightness of ligaments and tendons. **Flexibility** can be improved at any age with fun activities - done at least 1 to 2 times per week. **Flexibility** helps prevent injuries - and puts a younger bounce in your step.

1. YOGA

This 5,000 year old practice offers very modern benefits, especially for flexibility and stress reduction, to bodies of any age. It's best to start with a few classes from a certified yoga instructor, available through yoga centers, fitness clubs, and hospitals. Many DVDs are also available for beginners and those with special needs, such as arthritis and back problems.

2. PILATES

Created by a German gymnast about 100 years ago, Pilates is similar to yoga with a focus on breathing, core strength, and flexibility. Depending on the teacher, Pilates can be a bit more intense and faster paced than yoga. However, many classes today combine aspects of both yoga and Pilates. Always look for a certified instructor for in-person classes or on DVDs.

3. TAI CHI

This centuries old practice from China is beneficial for anyone, whether you are athletic, sedentary, elderly, or have a disability since it can be modified to individual goals. Tai chi improves balance, posture, strength, flexibility, coordination, and concentration. While DVDs and online instructions are available, tai chi is best learned from a certified instructor.

4. DANCE

All types of dance can enhance flexibility. Anything that offers safe, appropriate stretching for joint muscles, tendons, and ligaments is great for gradual improvements in flexibility. Choose the type of dance that fits your rhythm and style. Just make sure that you know the steps or learn from a certified instructor. Injuries are no fun and not good for your flexibility.

5. SWIMMING

If you've already had some significant injuries, especially to your joints, the safest and most effective way to improve flexibility is probably in the water. Pool activities, such as water exercise or water aerobics, provide support for injured, tender, or older joints. However, a certified and experienced instructor is still important to prevent further problems.