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June 2005

Dear Colleagues:

Welcome to the fourth issue of **Eat Right Montana's** 2005 campaign, based on the new Dietary Guidelines for Americans - **A Healthier YOU: 3 steps for success**. To kick-off healthy summer lifestyles, we focus on **eating more fruit** and **hiking for fitness** - with, as always, simple goal setting sections on each of our monthly handouts.

Virtually every health promotion expert and program agree on one thing - **small steps can make a big difference**. Drastic diet and exercise "makeovers" - often difficult to maintain - are usually less successful than simple steps, like eating more fruit and taking a hike. The US Dept. of Health and Human Services (HHS) promotes this philosophy (in English and Spanish) at [www.smallstep.gov/](http://www.smallstep.gov/)

Fitness researcher James Hill, PhD (University of Colorado Health Sciences Center in Denver) believes that preventing weight gain can be as simple as a **100-calorie difference**. Hill believes telling people to get out and change their whole lives isn't very realistic. His simple idea is to reduce intake by 100 calories and/or increase activity by 2,000 steps (burning about 100 calories) per day. More details about this approach can be found at [www.americaonthemove.org/](http://www.americaonthemove.org/)

A study in the Journal of the American Dietetic Association shows the long-term effectiveness of small steps using a non-diet, health at every size (HAES) approach. The article, *Size acceptance & intuitive eating improve health for obese, female chronic dieters*, reports that the HAES approach enabled participants to maintain long-term behavior change, while traditional dieting did not. The HAES group maintained weight, improved health outcomes, and sustained improvements over two years. The diet group lost weight and showed initial improvement, but regained their weight and sustained little improvement. See the June 2005 issue at [www.adajournal.org/](http://www.adajournal.org/)

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 #4: Grab some fruit and take a hike**

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### **Healthy Families 2005: Getting fit with fruit and hiking (4<sup>th</sup> in a series of 10)**

Stories about the fabulous benefits of fruits are almost an everyday event in newspapers and TV news programs. You've probably seen headlines like these yourself: *Fruits and vegetables lower cholesterol levels and risk of heart disease. Cranberry juice helps prevent urinary tract infections and may also fight ulcer-causing bacteria. Strawberries and watermelon help prevent prostate problems.*

"There's is no doubt that eating plenty of fruits and vegetables is good for you," says Phyllis Dennee, MS, with Montana State University Extension in Bozeman. "The problem is that, like most Americans, Montanans just aren't getting enough fruit for optimal health and well-being."

According to Dennee, summer is the perfect season to get into the fruit habit. Many fresh fruits are less expensive and more available in grocery stores and farmer's markets. She suggests three simple steps for getting your daily dose of delicious, nutrient-rich fruits – fresh, frozen, canned, or dried:

1. **Enjoy 2 to 3 servings of whole fruit every day:** Everyone from Oprah to [MyPyramid.gov](http://MyPyramid.gov) agrees, fruit is a fabulous treat for your health and taste buds. The basic minimum is 2 to 3 servings per day. Whole fruit, rather than juice, has the benefit of more fiber and fewer calories.
2. **Enjoy a rainbow of tasty fruit colors:** The very best way to get all the advantages of fruit is to eat a variety of colors every day. Include **blue** (plums and blueberries), **orange/yellow** (peaches, pineapple, and tangerines), and **red** (strawberries, watermelon, and ruby grapefruit) often.
3. **Enjoy fruit throughout the day:** Any time is the right time to enjoy a colorful piece of fruit. Refreshing fruit is especially good for on-the-go snacks. Whether you are headed out on a hike or just driving around town, grab a piece of delicious fresh fruit as you go out the door.

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges Montanans to enjoy the fruits of summer – and to get out and enjoy the beauty of Big Sky country.

"Summer fruits and summer hikes are a perfect fitness combo," says Dennee, "so grab some fruit and take a hike. The fastest path to high-energy health is always healthy eating plus physical activity."

**ATTACHED: Enjoying FRUIT and HIKING for Fitness: Three steps for success**

# Enjoying FRUIT: 3 steps for success

## 1. Enjoy 2 to 3 servings of whole fruit every day.

Sweet, juicy, brightly colored and oh-so-good-for-you – you can't go wrong with fruit. Getting the fruit benefits that your body craves can be quick and easy. Just enjoy two to three servings of fresh, frozen, dried, or canned fruit every day.

Confused about fruit servings sizes? Not to worry – they are probably more do-able than you think. A serving equals 1 medium piece of fruit (an apple or pear), ½ cup of cut-up fruit (kiwi or pineapple), and ¼ cup dried fruit (raisins, craisins, or figs).

## 2. Enjoy a rainbow of tasty fruit colors.

Color is the key to great taste and good health in fruit. Brightly colored fruits are generally riper and sweeter and they also tend to have the most nutrient value. If you eat all the colors of the rainbow, you'll be getting the biggest nutrition bang per bite.

The health “magic” of fruits comes from antioxidants. These plant compounds do everything from boosting brainpower to fighting heart disease. Every fruit – from apples to watermelon – has a different, healthful mix of these powerful nutrients.

## 3. Enjoy fruit throughout the day.

Every time of day is the right time for fruit. Think half a grapefruit or berries in your cereal for breakfast; think a banana or pear with lunch; think baked apples or a fruit salad as a sweet dessert with dinner; and think any fruit for a refreshing snack.

A bag of dried fruit, Mother Nature's own fast food, is perfect to slip into a backpack, purse, or computer bag. Now you can even find fruit in the drive-thru lane. Check out the fruit cups and bowls at Wendy's® and the walnut fruit salad at McDonald's®.

# What will you do for a healthier YOU?

- I will enjoy at least one fruit snack every day.
- I will try at least one new fruit per week.
- I will eat two different colors of fruit every day.
- I will \_\_\_\_\_



[www.montanadieticassociation.org/promo.html](http://www.montanadieticassociation.org/promo.html)

**Celebrating  
Healthy  
Families 2005**

# HIKING for Fitness: 3 steps for success

## 1. Look for fun and scenic hikes close to home.

The definition of a hike is “*a long walk in the countryside, usually for pleasure.*”

Now, what could be better for your mental and physical health than a long walk for pleasure – especially with family, friends, and/or a friendly, furry pet!

Whether you live in the city or the country, the world is full of wonderful places to hike. City parks and riverfronts often have easily accessible hiking paths, while state and national parks provide “nature’s fitness centers” at no or minimal cost.

## 2. Get the right gear – for fun and safety.

The gear for day hiking is really quite simple: sturdy shoes or boots for your feet and a cap or hat for sun protection are the most essential pieces of equipment. You’ll also want an easy way to carry water and some tasty fuel, like fruit and nuts, for the trail.

Longer hikes or overnights trips require more gear – and a well-fitting pack to carry it all. Get advice on buying the best equipment from an outdoor store – or try renting some equipment first (from a store, college, or club) to see what works best for you.

## 3. Plan regular hikes with family, friends, and dogs.

Making a commitment to regular activities with other people increases the likelihood that you will actually do them. Plan shorter, closer once-a-week hikes for summer evenings – and longer weekend hikes when you have the time for greater distances.

A fun way to increase your fitness – and feel a real sense of accomplishment – is to set your sites on a taller or longer goal. You might want to climb a mountain or walk a historic route somewhere in the state. All it takes is some planning and training!!

## What will you do for a healthier YOU?

- I will get sturdy shoes or boots for safe, comfortable, and fun hiking.
- I will locate some safe and scenic hiking routes near my home.
- I will plan one or two hikes every month.
- I will \_\_\_\_\_



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**Celebrating  
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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**
- **Poultry and Seafood ... for a Healthier YOU**



**EAT RIGHT MONTANA**

*A coalition promoting healthy eating and active lifestyles*

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