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EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

September 2005

Dear Colleagues:

Welcome to the seventh 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 more whole grains** and **dancing for fitness** - with simple goal setting sections in each of our monthly handouts.

There's no doubt that whole grains are 'on a roll.' Both research and dietary guidance focus on two critical issues: (1) Eating more whole grains is good for everything for healthy hearts to slimmer waistlines - and (2) Americans aren't getting enough whole grains. On average, we eat only 1/3 of the current recommendations, while 40 percent of Americans eat no whole grain foods at all!!

The food industry has decided to go with the grain - in a big way. New whole grain products, many made with the new **white whole wheat**, are pouring onto grocery shelves (183 during the first five months of 2005 alone). Ad campaigns on TV and packages tout MyPyramid.gov, along with its advice to "make half your grains whole."

The current focus on whole grains is a double challenge for nutrition educators. We need to motivate families to enjoy more whole grains. However, we also must caution that "**made with whole grains**" doesn't guarantee that a product is nutrient-rich. For more info, check out:

- **University of Minnesota:** www.wholegrain.umn.edu/
Great basic info, history, and health benefits of many grains
- **Ultragrains™:** www.ultragrains.com/
Details on ConAgra's trademarked variety of white whole wheat
- **Wheat Foods Council:** www.wheatfoods.org/
Excellent research updates, newsletter, recipes, photos, and links
- **Whole Grains Council:** www.wholegrainscouncil.org/
Info on grains from A-to-Z, education materials, and product info

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 #7: Simple steps to more wholesome grain intakes
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Healthy Families 2005: Getting healthy with whole grains (7th in a series of 10)

As waves of amber grains are harvested across Big Sky country, it's the perfect time for Montana families to enjoy more whole grains on their plates. Like most Americans, Montanans are only getting about 1/3 of the whole grains recommended by MyPyramid.gov.

“Whole grains have substantial health benefits,” says Rosemary Newman, PhD, RD (registered dietitian), barley researcher and former professor at Montana State University. “If you want to maintain a healthy weight and a healthy heart, you definitely need whole grains on your plate. The good news for your tastes buds is that there are dozens of delicious new whole grain products to enjoy.”

According to Dr. Newman, US Dietary Guidelines recommend a minimum of 3-ounces of whole grains every day. If you eat more than 6 servings of grains a day, follow the MyPyramid.gov tip to “*make half your grains whole.*” Here are three simple ways to go with grain – the whole grain:

1. **Enjoy wholesome breads:** Whole grain breads make hearty toast in the morning, great sandwiches at lunch, and flavorful rolls for dinner. Montanans can enjoy local grains from Wheat Montana (www.wheatmontana.com/) and Grains of Montana (www.grainsofmontana.com/).
2. **Enjoy wholesome cereals:** Most major companies are adding more whole grains to their cereals. A note of caution: “*Made with Whole Grains*” is not a guarantee of good nutrition. Choose those cereals with a whole grain as the first ingredient. Some products still have sugar as the first item.
3. **Enjoy many different kinds of wholesomeness:** Whole wheat is just one of many healthful whole grains. Other grains – several also grown in Montana – have specific nutritional benefits and deliciously different flavors. Look for whole barley, oats, spelt, kamut, and Montana™.

“Whole grains make wonderful side dishes for dinner meals,” says Dr. Newman. “One of our favorites is to cook a half-and-half mixture of pearled barley and brown rice together – very tasty!” Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges Montanans to support local agriculture and healthy nutrition by enjoying more whole grains every day.

ATTACHED:

Enjoying WHOLE GRAINS and DANCING for Fitness: 3 steps for success

Enjoying WHOLE GRAINS: 3 steps for success

1. Make half your grains whole.

In the nutrition world, whole grains are “hot” – the right carbs for all the right reasons. Research has linked eating at least 3-ounces of whole grains per day with healthier weights, slimmer waistlines, less heart disease, and lower blood pressure.

That’s why MyPyramid.gov says to “*make half your grains whole.*” Need help with what’s an ounce of grains? A 1-ounce serving is about 1 regular slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked brown rice or whole grain pasta.

2. Read ingredient lists on grain products carefully.

Many food packages, like cereals, tout that they are “*made with whole grains.*” These words alone do not guarantee that the product is nutrient-rich or health enhancing. Some of these cereals are still nearly half sugar – their number one ingredient.

To get real whole grain goodness for your family, check ingredient lists carefully. Choose products that have a whole grain as the first ingredient on the list. You can also look for products that say **100% whole grain** – meaning no refined flour.

3. Explore the wide world of wholesome grains.

Whole wheat, whole oats, brown rice, and popcorn are the most familiar whole grains on American tables. Your taste buds will be glad to learn that there is a whole world of other grains waiting to be enjoyed – from amaranth and barley to quinoa and spelt.

To learn more about different grains, visit www.wholegrainscouncil.org/. You can read thumbnail sketches of grains from A-to-Z, learn about their health benefits, find general cooking directions for whole grains, and link to hundreds of simple recipes.

What will you do for a healthier YOU?

- I will check for **whole** grains on the ingredient lists of breads and cereals.
- I will try a new **whole** grain food (like a bread, cereal, or pasta) weekly.
- I will try a new **whole** grain (barley, bulgur, kamut, or spelt) monthly.
- I will _____



www.montanadieticassociation.org/promo.html

Celebrating
Healthy
Families 2005

DANCING for Fitness: 3 steps for success

1. Sway with the music - or swing with a partner.

Dance is a wonderful physical activity for all ages, all seasons, and all places. All it takes is a little music and a little space. All you have to do is start moving your body in time with the music. Do it alone or with a partner – dancing is a fun way to get fit!

Country western, square, ballroom, tango, salsa, polka, swing itself – dancing has been a fun way to socialize since people first danced around a fire. Pick your favorite kind of music, grab a few friends, and dance the night away – at home or on the town.

2. Rock around the clock - or tap across the stage.

Rumba, Bossa Nova, Cha Cha, boogie woogie, calypso – just the names of dance steps makes you want to get up and move. A class is a great way to get fit and learn new moves. Find dance classes online, in the newspaper, or through the phone book.

Having a goal is an excellent way to improve your skills. Dance classes with recitals and performances aren't just kids' stuff; they're a great way for adults to get fit too! Just pick the steps you've always wanted to learn – jazz, tap, funk, hip-hop, or Latin.

3. Twist and shout - or rock around the house.

Prefer the privacy of your home? Need to fit dancing into an irregular schedule? A dance video may be just the ticket. Check out the options at www.activevideos.com and see how easy it is have a dance party in your living room. Belly dancing anyone?

These days almost everybody is into rock – from “maturing” boomers to the tween generation. A little rock music can really pump some fun into other activities. Turn up the radio while you clean the house – or plug in the headphones while you walk.

What will you do for a healthier YOU?

- I will dance to my favorite music for 10 to 15 minutes a day.
- I will go dancing with friends at least once a week.
- I will take a class or use a video to learn some new dance steps.
- 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**



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