



January 1, 2001

Dear EAT RIGHT MONTANA Friend:

Welcome to the third year of **Celebrating Healthy Families** brought to you by the **EAT RIGHT MONTANA** coalition and our generous sponsors. We appreciate your support as well - and hope that these monthly packets will find many uses as we all work together to enhance the health of Americans.

Healthy Families 2001 will focus on the new **Dietary Guidelines for Americans** released in May 2000 at the National Nutrition Summit - with a format similar to past years. Every month we will feature the same positive, practical, common sense approach to nutrition and fitness that you have come to trust. **EAT RIGHT MONTANA** recognizes the importance of translating dietary guidance into **Real Guidelines for Real People**. Consumer research confirms that people want advice on what to do and, even more importantly, **how to do it!!** Our goal is to meet their need.

For more information on communicating the Dietary Guidelines, check out:

- **Food & Nutrition Information Center** @ <http://www.nal.usda.gov/fnic/>
Provides direct access to all food and nutrition "stuff" at USDA, including the Dietary Guidelines for Americans, the Food Guide Pyramid, an online searchable database of foods, and best practices from programs like WIC.
- **Nutrition & Physical Activity** @ <http://www.cdc.gov/nccdphp/dnpa/>
Offers useful links to CDC news releases and scientific reports; programs, projects, publications and promotions like "Walk Our Children to School Day"; and vast amounts of national and state-by-state surveillance data.
- **Dietary Guidelines Alliance** @ <http://www.beefnutrition.org/you/>
Presents web versions of the written materials developed for the **"It's All About You"** campaign, including consumer-tested, consumer-friendly tips designed to translate dietary guidance into positive, practical advice.

Best wishes for a delicious, active and healthful New Year!!

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Real Guidelines for Real People: New Year's resolutions that work
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Healthy Families 2001: The US Dietary Guidelines and you (1st in a series of 12)

It's the resolution season again. That time when people all across the land dust off last year's failed diet and exercise promises – and vow that they finally lose weight and get in shape this year.

“Americans clearly want to improve their health and fitness levels,” says David Rowell, RD (Registered Dietitian), president of the Montana Dietetic Association. “That’s why diet programs and fitness centers fill up in January. The problem is that very few people can stick with such drastic changes.”

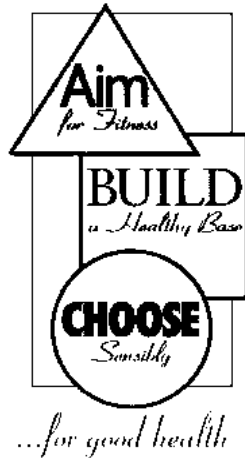
According to Rowell, research shows that taking small steps toward a healthy lifestyle is often more successful over the long haul. For example, people who join an exercise class often stop going after a few months and regain any weight that they may have lost. On the other hand, people who fit more physical activity into their everyday schedules usually stick with the changes – and are able to maintain weight loss.

“Kenneth Cooper, the ‘father of aerobics,’ emphasizes that fitness is a journey, not a destination,” notes Rowell. “And, Dr. Cooper, like most health experts, also preaches that eating well and being active go hand-in-hand.” The key to life-long health is making small changes that you can stick with forever. The steps might be as small as taking a 20-minute walk at lunchtime or grabbing a fruit for your daily snack.

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges all Montanans to take a new approach to their 2001 resolutions. Instead of planning a drastic diet and exercise regimen, follow the simple **ABC** message of the 2000 Dietary Guidelines for Americans: **Aim for Fitness; Build a Healthy Base; and Choose Sensibly.**

“The Dietary Guidelines are based on the best scientific research we have,” says Rowell. “By following these straight-forward guidelines, everyone can feel better today – and be healthier in the future. Throughout 2001, the Eat Right Montana coalition will show Montanans how easy it is with our *Real Guidelines for Real People* information and other special events that combine fun, food and fitness.”

ATTACHED: "The ABCs of High-Energy Health" and "How to Change a Habit"



Real Guidelines for Real People: The ABCs of High-Energy Health

It's a fact. Small changes in your food intake and activity level can make a big difference in your life. Delicious nutrition and an active lifestyle can help you feel better and look better today. They are also the keys to living longer and living healthier.

There's no need for drastic diets or painful exercises. Actually small, positive changes usually work better than giant leaps. Here are ten steps toward high-energy health – recommended by America's nutrition and fitness experts in the 2000 Dietary Guidelines.

AIM FOR FITNESS.

1. Aim for a healthy weight.

- ✓ Give up your membership in the clean plate club.
- ✓ Listen to your internal signals; stop when you are full.

2. Be physically active each day.

- ✓ Hide the remote control and get up off the couch.
- ✓ Walk the dog; don't just watch the dog walk.

BUILD A HEALTHY BASE.

3. Let the Pyramid guide your food choices.

- ✓ Enjoy reasonable portions rather than super-size meals.
- ✓ Savor half your entrée and save the rest for a tasty lunch.

4. Choose a variety of grains daily, especially whole grains.

- ✓ Be heart-smart; kick start your day with whole grain cereal.
- ✓ Buy breads and rolls with whole wheat as the #1 ingredient.

5. Choose a variety of fruits and vegetables daily.

- ✓ Grab a power snack – an apple, banana, orange or pear.
- ✓ Serve a leafy green salad with every evening meal.

6. Keep food safe to eat.

- ✓ Wash your hands before cooking, serving or eating food.
- ✓ Refrigerate leftovers as soon as you get up from the table.

CHOOSE SENSIBLY.

7. **Choose a diet low in saturated fat and cholesterol, and moderate in total fat.**
 - ✓ Enjoy leaner meats with cuts from the round or the loin.
 - ✓ Drink light with fat-free or low-fat milk in your glass.
8. **Choose beverages and foods to moderate your intake of sugars.**
 - ✓ Refresh yourself with sparkling water or club soda.
 - ✓ Skip the “big gulp” drinks and stay with a can or less a day.
9. **Choose and prepare foods with less salt.**
 - ✓ Add salt to your food at the table, not at the stove.
 - ✓ Enhance food flavors with herbs, spices, garlic or lemon.
10. **If you choose to drink alcoholic beverages, do so in moderation.**
 - ✓ Take alcohol with meals to slow absorption into your body.
 - ✓ Set your limit at one (for women) or two (for men) per day.

For more details on the ABCs of eating well, go online to:

- **USDA Food and Nutrition Information Center**
<http://www.nal.usda.gov/fnic/dga/index.html>
- **Cyberdiet**
<http://www.cyberdiet.com/>
- **American Heart Association's Delicious Decisions**
<http://www.deliciousdecisions.org/>

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Real Guidelines for Real People: How to change a habit

Changing habits is hard – that’s why they are called habits. The longer that you have been doing something, and the more frequently you do it, the harder it may be to change. Experts say that it takes at least 21 days to replace an old habit with a new one.

Fortunately, there are things you can do to make your efforts more successful. Here’s a checklist for you to use with your January resolutions -- or at any other time of year.

- ✓ **Pick one habit at a time.**
 - Choose something easy and something you are willing to do – like eating one more piece of fruit every day.
- ✓ **Start slow and stay steady.**
 - Choose a goal you can meet and a pace that you can keep – like walking around the block once (or twice).
- ✓ **Keep a record of your progress.**
 - Choose a convenient place to write down how you are doing – like notes on a calendar or in your electronic scheduler.
- ✓ **Look for help in the right places.**
 - Choose someone supportive to help you stay with your plan – like a good friend who also wants to make a change.
- ✓ **Reward yourself.**
 - Choose several easy ways to give yourself pats on the back – like saving up for a massage or spending time with a friend.

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Healthy Families 2001:

Real Guidelines for Real People

January 2001

- **The New Dietary Guidelines: What's in them for you?**

February 2001

- **Aim for a Healthy Weight: Getting real about weight management**

March 2001

- **Be Physically Active Each Day: Spring into fun and fitness**

April 2001

- **Let the Pyramid Guide Your Food Choices: Build a tasty eating style**

May 2001

- **Choose a Variety of Grains: Great grains for life**

June 2001

- **Choose a Variety of Fruits and Vegetables: 5 A Day and beyond**

July 2001

- **Keep Food Safe to Eat: Putting safety first**

August 2001

- **Making Sensible Fat Choices: Straight facts on fat**

September 2001

- **Making Sensible Sugar Choices: Straight scoop on sugar**

October 2001

- **Making Sensible Sodium Choices: Straight shake on salt**

November 2001

- **Making Sensible Beverage Choices: A toast to your health**

December 2001

- **Year-Round Health: Real guidelines for real health**



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles