



**February 1, 2001**

**Dear EAT RIGHT MONTANA Friend:**

This month's **EAT RIGHT MONTANA** packet is the second in our 2001 **Real Guidelines for Real People** series. It focuses on the first guideline of the new Dietary Guidelines for Americans: **Aim for a healthy weight.**

Concern about the "obesity epidemic" has grabbed the attention of just about everyone in the US: government officials, health professionals, nutrition researchers, and the media. Unfortunately, despite thousands of studies, millions of books, and billions of dollars, Americans are heavier than ever - and, in many cases, more confused than ever about what to eat.

Since no one yet has a proven solution to the weight loss dilemma, the best we can do is guide people towards healthful eating and active lifestyles. Such changes have been shown to improve health even without weight loss. They may also help some people maintain a lower weight. This month's handouts are designed to promote this positive, practical approach to weight management.

For some new "twists" on healthy weight management, check out:

- **Volumetrics: Feel Full on Fewer Calories** (by Barbara Rolls, PhD), which received Self Magazine's highest rating in its January 2001 review of popular weight loss plans. For an interview with Dr. Rolls, click on: [www.ianr.unl.edu/ianr/lanco/family/ftjan01.htm](http://www.ianr.unl.edu/ianr/lanco/family/ftjan01.htm)
- **The Smart Diet** (by registered dietitians and the editors of Better Homes and Gardens), a brand-new, out-of-the-ordinary cookbook that "focuses on healthy lifestyle changes to nurture body, mind, and spirit." Find it at the bookstore on [www.bhg.com](http://www.bhg.com) or at your local bookseller.

**As always, we welcome your suggestions and comments.**

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## Weighty Facts about Weight in America

- **The Centers for Disease Control and Prevention (CDC) estimates that 61% of Americans are either overweight or obese.** The original CDC surveys (1960-62) found that only 43% of Americans were overweight. [www.cdc.gov/nchs/products/pubs/pubd/hestats/obese/obse99.htm](http://www.cdc.gov/nchs/products/pubs/pubd/hestats/obese/obse99.htm)
- **CDC notes that prevalence of obesity in Americans is rising at an increasingly rapid rate.** Obesity rose 6 percent nationally between 1998 and 1999. The increase affected all regions and all demographic groups, as well as most states. [jama.ama-assn.org/issues/v284n13/ffull/jlt1004-4.html](http://jama.ama-assn.org/issues/v284n13/ffull/jlt1004-4.html)
- **According to a USDA Symposium on Childhood Obesity, the number of overweight children in the US is also increasing dramatically.** Experts estimate that 1 in 5 children is overweight or obese. The percentage of overweight children has more than doubled since the 1960's. [www.usda.gov/cnpp/Seminars/obesity.PDF](http://www.usda.gov/cnpp/Seminars/obesity.PDF)
- **Small changes in weight can lead to significant health improvements.** Many studies have shown that you don't have to lose a lot of weight to improve health indicators like cholesterol levels and blood pressure. A January 2001 article in the **Annals of Internal Medicine** confirmed that people who lose as little as 10 pounds can lower their blood pressure. [www.annals.org/issues/v134n1/toc.html](http://www.annals.org/issues/v134n1/toc.html)
- **A recent USDA White Paper suggests that when Americans do lose weight, they often find maintaining their weight loss is "nearly impossible."** Consumers, who spend billions of dollars on weight loss books, programs and products, also know very little about the long- and short-term health effects of these methods. [www.usda.gov/news/releases/2001/01/whitebac.htm](http://www.usda.gov/news/releases/2001/01/whitebac.htm)
- **Americans have had their fill of conflicting nutrition advice.** The more negative and confused people feel about dietary recommendations, the more likely they are to eat a fat-laden diet that skimps on fruits and vegetables, according the author of a study in the January 2001 issue of the **Journal of the American Dietetic Association**. [www.eatright.org/journal/](http://www.eatright.org/journal/)

Provided by Eat Right Montana



**Real Guidelines for Real People: Aim for a healthy weight**  
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**Healthy Families 2001: Getting real about weight management (2<sup>nd</sup> in a series of 12)**

There are lots of ways to lose a few pounds. The real trick, as any longtime dieter knows, is finding a permanent, realistic way to maintain a healthy weight.

“When it comes to weight and dieting, Montanans are following the national trends,” notes Linda Crisp, Registered Dietitian (RD) and board member of Montana Dietetic Association. “Every survey done in this country shows that Americans are getting heavier and heavier – despite the fact that we spend billions of dollars on diet programs, products and books.”

Health and nutrition experts across the country are recognizing the failure of traditional diets – and looking for new ways to help Americans maintain a healthy weight. They are replacing restrictive recommendations with positive strategies for eating and living that emphasize broad health principles.

In "The Smart Diet," a new cookbook from Better Homes and Gardens, the editors recommend a "non-diet approach." That means tuning in to the body's natural hunger and fullness signals, enjoying a wide variety of well-prepared foods (which satisfy with smaller portions), and regular physical activity.

“This is exactly the kind of approach that has worked for me,” says Crisp. “The key to success is having a plan that includes the foods you like to eat and that works with your schedule.”

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges all Montanans to take a sensible approach to weight management. Forget the fads and expensive miracle cures. Aim for a personal plan based on healthy choices that work for a lifetime.

For Crisp, this means having an exercise partner and a way to track her food intake and activity patterns. “My dog is the perfect partner for walks and bike rides, and my Palm Pilot has become my tracking device for a healthy living program. With these two, I can have fun and a healthy weight too!”

**ATTACHED: "Weight Control in the Real World" and "5 Steps to a Healthy Weight"**



## Real Guidelines for Real People: Weight control in the real world

Fighting the battle of the bulge has become an All-American pastime. Unfortunately, it's hard to win at the weight loss game. As a nation, we are dieting more – and getting heavier and heavier.

Nutrition experts agree that fad diets and rapid weight loss schemes are bound to fail over the long haul. The key to a healthy weight is combining an active lifestyle with delicious nutrition. By making healthy choices, you can successfully manage your weight for a lifetime – and have energy for all the things you want to do.

The following ten tips are most definitely not a diet. They are suggestions for healthy ways to approach the issue of weight management. You can use them to create an individualized plan – tailored to your lifestyle – on your own or with the help of your health care provider. If you need more help in creating a personal plan, make an appointment with a registered dietitian (RD) – your link to nutrition and health.

### **A**IM FOR A HEALTHY WEIGHT.

#### **1. Be realistic about your goals.**

- ✓ Not everyone can have a model-perfect body. Even without buns of steel, you can reap big health benefits from just maintaining your current weight – or losing as little as five to ten pounds.

#### **2. Be consistent in your changes.**

- ✓ Make small changes in what you eat and the activity you do. Forget short-term diet and exercise programs. Make changes that you are willing to stick with forever – rather than just a few weeks.

#### **3. Be active in your daily routine.**

- ✓ Over time, small increases in physical activity can lead to major improvements in your fitness level – and your weight. Walk more, drive less. Dance more, sit less. Remember, every step counts.

#### **4. Be adventurous with your food choices.**

- ✓ Expand your usual meals and snacks to enjoy a wide variety of deliciously different tastes, textures, colors and smells. Focus on the quality of food, rather than on the quantity.

#### **5. Be flexible in your approach.**

- ✓ Balance what you eat and the activity you do. There's no need to worry about a fancy dinner, big party, or any one meal. Just look for ways to fit in a bit more activity – like a walk with friends.

## **6. Be positive with your attitude.**

- ✓ A healthy lifestyle is not about being ‘good’ or ‘bad.’ Switch off the negative self-talk – and accept that mistakes are a part of life. Begin to congratulate yourself on every positive step you take.

## **7. Be sensible with your knife and fork.**

- ✓ Enjoy all foods, just don’t overdo it. You can eat healthfully, manage your weight, and enjoy all your favorite foods. The secret is to indulge in smaller portions – and to savor every bite.

## **8. Be creative with your physical activities.**

- ✓ If you want to join a gym or walk on a treadmill, that’s great. If you hate to exercise, get fit by finding activities you love to do – yoga, dance, gardening, or playing in the park with children.

## **9. Be persistent with your plan.**

- ✓ Instant results and magical weight loss are complete fantasies. The truth is that a healthy weight comes from healthy choices that you make over and over again – every day of your life.

## **10. Be patient with yourself.**

- ✓ It takes time to ditch old habits for new ones. Set yourself up for success by setting realistic goals and patting yourself on the back every time you succeed.

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For more on healthy weight management, check out:

- **Cyberdiet**

<http://www.cyberdiet.com/>

- **Mayo Clinic Healthy Weight Planner**

<http://www.mayoclinic.com/home?id=SP6.3.1.1>

- **USDA Food and Nutrition Information Center**

<http://www.nal.usda.gov/fnic/dga/index.html>

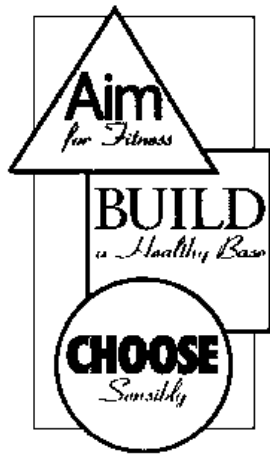
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**Celebrating  
Healthy Families  
2001**



**EAT RIGHT MONTANA**

*A coalition promoting healthy eating and active lifestyles*



*...for good health*

# 5 Steps to a Healthy Weight: Family Fun, Food and Fitness

Get off the diet roller coaster –  
and take these simple steps to whole family health in 2001.

## 1. BE ACTIVE.

Change the “E” word from exercise to enjoyment. There’s no need for expensive health club memberships or fancy exercise equipment. Just get physical for a total of 30 to 45 minutes a day ~ three brisk 10-minute walks will do the trick. Just do it ~ and see how great you feel.

Fun is also the key to family fitness, so:

- **Make family time active – head to the park with a ball, or a Frisbee, or a kite.**
- **Walk around the ball field or school while the kids practice (or play a game).**
- **Plan active vacations – skiing, camping, hiking, biking, swimming or boating.**

## 2. BE REALISTIC.

Make small changes in what you eat. **BREAKFAST** is a tasty time to get a power surge for the day. Look for high-fiber and lower-fat choices:

- \* **Oatmeal, raisins and fat-free milk.**
- \* **Leftover cheese pizza and OJ.**
- \* **Toaster waffles with fruit topping.**
- \* **Bagel with PB and 1% low-fat milk.**

## 4. BE FLEXIBLE.

Balance what you eat thru the day. **LUNCHES** can be lighter when you are going out for a big dinner. Look for easy ways to lower fat intake.

- \* **Share a small fries with a friend.**
- \* **Go for light mayo on sandwiches.**
- \* **Add a fruit to your usual fast food.**
- \* **Choose 1% (low-fat) or less milk.**

## 3. BE ADVENTUROUS.

Expand your tastes with **5 A Day**. **SNACKS** are the smart way to get a jump start on the 5 servings of fruits and veggies you need every day.

- \* **Baby carrots and low-fat dip.**
- \* **Banana and a carton of milk.**
- \* **Veggie juice and fat-free pretzels.**
- \* **Canned pineapple and crackers.**

## 5. BE SENSIBLE.

Enjoy all foods ~ just don’t overdo it. **DINNERTIME** is the right time to enjoy moderation and to listen carefully to your signals from your stomach.

- \* **Try eating off smaller size plates.**
- \* **Start with moderate portion sizes.**
- \* **Turn off the TV and focus on food.**
- \* **Eat slowly and chew carefully.**



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**Celebrating  
Healthy  
Families 2001**

# Diet Disasters: Six Signs of a Fad Diet

Want to lose weight and keep it off? Confused by all the conflicting claims, testimonials, and hype by so-called experts? These six signs can help you spot a diet disaster before it strikes you. Just say NO to diets with:

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## **Rapid weight loss.**

Not! Studies show that slow, steady weight loss is more likely to be maintained than dramatic weight changes. Healthy plans aim for a loss of ½ to 2 pounds per week. If you lose weight quickly, you'll probably be losing muscle, bone and water along with fat.

## **No need to exercise.**

Regular physical activity is essential for a healthy weight – and for overall good health. The key to success is to find leisure time activities you enjoy. Aim for 30 to 45 minutes a day – at least 10 minutes at a time, at least 30 minutes total, at least 5 days a week.

## **Magic foods or supplements.**

There are no miracle foods or pills that magically burn fat. There is nothing that will melt fat while you sleep. There are no super foods that can change your genetic code. Some supplements and herbal products can be dangerous – and even deadly – for some people.

## **Bizarre quantities and limitations.**

Be wary of any diet that allows unlimited quantities of some foods – like grapefruit or cabbage soup. Also, be very careful of diets that completely eliminate food groups. Even if you take a vitamin/mineral supplement, you could miss out on critical nutrients.

## **Specific food combinations.**

Another claim that doesn't hold water. Eating the “wrong” combinations of food does not cause them to produce toxins or turn to fat. There is no scientific evidence that combining foods or eating certain foods at certain times of day will help in weight loss.

## **Rigid menus.**

Let's get real! Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming and unpleasant task. What you need is a realistic, flexible food plan that allows you to enjoy a lifetime of delicious nutrition.

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**Celebrating  
Healthy  
Families 2001**

# 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**



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