



Dear EAT RIGHT MONTANA Friend:

Welcome to number eleven in **EAT RIGHT MONTANA's Real Guidelines for Real People** series. This month we focus on the last Dietary Guideline for Americans: **If you drink alcoholic beverages, do so in moderation.**

Many areas of nutrition involve some controversy. In the case of alcohol, there is even more controversy than usual. In addition to the health-related issues, there are legal, moral, religious, psychological and cultural questions about alcohol use and abuse.

Our personal views on questions about alcohol are colored by our experiences and beliefs. A recovering alcoholic will have a different view of alcohol use than a wine connoisseur. Parents of teens will have a different perspective than a 60 year old who wants to know "Is a glass of wine OK for my heart?"

The health benefits of wine, especially in relation to a reduced risk of heart disease, are an active area of research. Information about this research is available at these sites (one with an obvious connection to the wine industry).

- **Wine and Health from About.com @**
http://wine.about.com/library/bl_health.htm?terms=wine
- **Wine Institute: Health and Research @**
http://www.wineinstitute.org/res_ed/health_research/

Bottom line: Physical activity, a healthful eating style and quitting smoking are the best ways to prevent heart disease – without the possible negative consequences that are associated with drinking alcohol.

As always, we welcome your suggestions and comments.

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RISKS OF DRINKING ALCOHOL

For many Americans, drinking alcohol is a seriously risky behavior. Here are just a few of the reasons to avoid alcohol – and places to find more information about each topic. If you choose to drink alcohol, always drink in moderation and only when drinking does not put you or others at risk.

Alcoholism and alcohol abuse have a huge negative impact on the US:

The effects include violence, traffic accidents, lost productivity, illness and premature death – all of which, combined, cost the US an estimated \$184.6 billion per year.

- ✓ **National Institute on Alcohol Abuse and Alcoholism @**
<http://www.niaaa.nih.gov/index.htm>

Fetal Alcohol Syndrome is the leading cause of mental retardation:

No safe level of alcohol intake has been established for pregnancy. Women who are pregnant or who may become pregnant should not drink alcohol.

- ✓ **National Organization for Fetal Alcohol Syndrome @** <http://www.nofas.org/>

Binge drinking is a serious problem on US college campuses:

The prevalence of frequent binge drinking continues to rise on college campus across the country. The 1999 rate was 23% -- up from 20% nationwide in 1997.

- ✓ **Harvard School of Public Health College Alcohol Study @**
<http://www.hsph.harvard.edu/cas/>

Alcohol is heavily promoted through advertising and sponsorships:

The alcohol industry spends over \$2 billion per year on advertising and promotion. Warning signs have been shown to increase awareness of alcohol related problems

- ✓ **National Campaign for Alcohol Health Warning Signs @**
<http://www.cspinet.org/booze/alcwarn.html>

Drunk driving is the nation's most frequently committed violent crime:

In 2000, 16,653 people were killed in crashes involving alcohol, representing 40 percent of people killed in all traffic crashes. This represents an alarming increase from 1999.

- ✓ **Mothers Against Drunk Driving @** <http://www.madd.org/>

Unsafe drinking patterns can increase the risk of injury and illness:

For 1 in 13 American adults, alcohol abuse or dependence causes harm to their health and disruption in their lives. Screening can help determine “how much is too much?”

- ✓ **AlcoholScreening.org @** <http://alcoholscreening.org./index.asp>

Provided by Eat Right Montana



Real Guidelines for Real People: A Toast to Your Health

FOR IMMEDIATE RELEASE

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Healthy Families 2001: Making sensible choices about alcohol (11th in a series of 12)

This holiday season will be filled with chances to drink, or not to drink, alcohol. There will be eggnog, mulled wine and champagne, plus the usual beer, mixed drinks, and other alcoholic beverages.

“Making sensible choices about alcohol involves laws, personal responsibility, and nutrition,” says Dayle Hayes, MS, RD, registered dietitian and spokesperson for the Montana Dietetic Association. “The USDA Dietary Guidelines suggest that Americans who choose to drink alcohol should do so in moderation. In this case, moderation is defined as one drink per day for women, and two for men.”

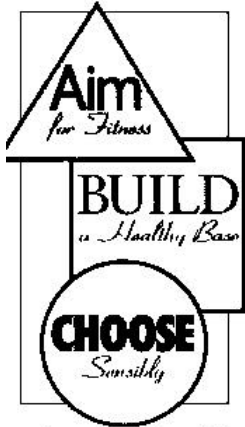
For legal and safety reasons, some Americans should not drink at all: underage kids and teens; women who are or may become pregnant; people on certain medications, anyone who plans to drive a car or operate machinery; and those individuals who may be genetically predisposed to alcoholism and are not able to control their alcohol intake.

According to Hayes, alcohol can have an effect on weight management. Alcoholic beverages contain significant calories: about 150 in 12-ounces of beer; 100 calories in 5-ounces of wine; and 100 calories in a shot of distilled spirits. Drinking alcohol may also lead to extra food calories – by lowering people's inhibitions and increasing their intake of high-fat, high-calorie 'bar' foods like peanuts.

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges Montanans to make sensible alcohol choices all year round. Holiday party-givers can help by offering non-alcoholic seasonal beverages, like hot spiced cider, fruit juice punch, and sparkling water. Options for impaired drinkers, like designated drivers and taxi rides, are also important.

“A toast to health includes sensible beverage choices and tasty holiday nutrition,” Hayes says. “If you drink alcohol, do so in moderation, with meals, and in a way that does not put you or others at risk.”

ATTACHED: “Drink to Your Health” and “Drink Often: 7 Habits for High Energy Health”



...for good health

Real Guidelines for Real People: Drink to Your Health

Fluids are essential for good health. Fluids move fuel and oxygen to your muscles – and take wastes away from them. When you are well hydrated, physical activity feels easier and more enjoyable. Dehydration makes it harder for muscles to get the energy they need – which can make you feel exhausted and irritable. Most of us know that drinking plenty of fluids is important. However, it's easy to get confused about which beverages are best and how much we need to drink during the day.

Fortunately, getting enough to drink is easy and inexpensive. All it takes is just a bit of time and planning to establish a healthy drinking habit. The payoffs are both immediate and long-term. You'll have more energy for daily fitness – and you'll reap some life-long health benefits at the same time. Here are ten easy ways to make sensible beverage choices.

Choose the right fluids at the right time.

1. **DRINK plenty of fluids throughout the day.**

- ✓ Drinking fluids throughout the day can make a big difference in your physical and mental health. Fluids are essential for a strong immune system, efficient muscles and a positive attitude.

2. **DRINK milk or 100% juice in the morning.**

- ✓ To get moving in the morning, choose a health kick. Enjoy a glass of 100% fruit juice or low-fat milk with your tea or coffee. Drink at least 8 ounces of non-caffeinated beverages before you leave the house.

3. **DRINK water throughout the day.**

- ✓ Stay hydrated by keeping a water bottle handy at all times. Carry a water bottle in the car, to work or at school. If you want a drink with fizz, try sparkling water or club soda instead of a soft drink.

4. **DRINK milk (and more water) with dinner.**

- ✓ Every body – from the kids to the grandparents – needs calcium to stand strong and tall. Milk (1% or fat-free) is a delicious way to get bone-building calcium, protein, other nutrients and fluid at the same time.

5. **DRINK before physical activity.**

- ✓ Being well hydrated enhances your performance and your enjoyment; you'll do better and have more fun too! Drink at least 8 to 16 ounces of water before you begin any intense physical activity.

6. **DRINK during physical activity.**

✓ Stay cool with cool fluids. Drink 4 to 8 ounces for every half-hour of strenuous activity. Water works great in most situations. Sports drinks or dilute fruit juice may help some people drink the fluid they need.

7. DRINK after physical activity.

✓ The three Rs – rest, re-fuel, and re-hydrate – are the keys to recovery after physical activity. Drink another 8 to 16 ounces of water, juice or sport drink when you finish a game, a practice, a dance class or a hike.

8. If you drink alcohol, DRINK IN MODERATION.

✓ If you choose to drink alcoholic beverages, do so in moderation. This means one drink per day for women and two drinks for men. One drink = 12 ounces of beer, 5 ounces of wine or 1½ ounces of distilled spirits.

9. If you drink alcohol, DRINK LEGALLY.

✓ Some people should not drink alcoholic beverages at all. This includes young people under the legal drinking age of 21 years. It is also illegal to drive with elevated blood alcohol levels.

10. If you drink alcohol, DRINK RESPONSIBLY.

✓ Women who are pregnant, or may become pregnant, should not drink alcohol. Drinking during pregnancy is associated with birth defects and Fetal Alcohol Syndrome, the leading known cause of mental retardation.

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For more tips on making sensible beverage choices:

- National Institute of Alcohol Abuse and Alcoholism  
<http://www.niaaa.nih.gov/>
- Mothers Against Drunk Driving  
<http://www.madd.org/>
- USDA Food and Nutrition Information Center  
<http://www.nal.usda.gov/fnic/dga/index.html>

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**Celebrating
Healthy Families
2001**



GETTING ENOUGH FLUIDS: 7 Habits for High-Energy Health

1. Drink in the morning: Pour some juice or milk.

For a real health kick, choose a tall glass of milk or 100% juice – to go with your coffee or tea. Drink at least 8 ounces of non-caffeinated beverages before you leave the house.

2. Drink all day long: Keep a water bottle handy.

Carry a water bottle in the car, to work or at school – and fill it throughout the day. If you enjoy a drink with bubbles, try sparkling water or club soda instead of a soft drink.

3. Drink in the evening: Pour some more milk at dinner.

Everyone needs calcium to stay strong and tall. Milk (1% or fat-free) is a delicious way to get calcium and fluid at the same time. Skip the soft drinks and get a real health kick.

4. Drink before physical activity: Hydrate with water.

Being well hydrated enhances performance and enjoyment – you'll do better and feel better. Drink at least 8 to 16 ounces of water before you begin intense physical activity.

5. Drink during activity: Stay cool with cool fluids.

Try to drink at least eight ounces for every half-hour of strenuous activity. Water is best in most situations. Sports drinks or diluted fruit juice (50:50) may also be tasty options.

6. Drink after activity: Rest, re-fuel, and re-hydrate.

Here's an easy way to tell if you're getting enough to drink. Check your urine: If it is clear and odorless, you're doing great. If not, pour yourself another tall glass of water.

7. Toast to your health!!

Drinking enough can make a big difference in your health, your performance, and even your attitude. Get plenty of water, juice, and milk – and see how you feel!!



**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**

