



Dear EAT RIGHT MONTANA Friend:

Welcome to number twelve in **EAT RIGHT MONTANA's Real Guidelines for Real People**. This month we wrap up our series on the US Dietary Guidelines with: **The ABCs of Holiday Health: Food and fitness for season.**

In the holiday spirit, we first want to thank our sponsors for their generous support of a third successful year: **Western Dairy Council, MT Dietetic Association, MSU Extension Service, MT WIC Program, MT CACFP, MT Team Nutrition, and MT Dept. of Public Health and Human Services.**

We also want to thank **YOU** for your support. We appreciate the time and effort you take to distribute **ERM** materials to your clients and colleagues. We always look forward to your suggestions and ideas for future materials.

NEWS FLASH: Plans for **ERM's** 2002 campaign are under way. Our tentative theme is: **Moving Toward A Healthy Weight: Start today for a fit tomorrow.** Watch for more details soon!! To serve you better, please tell us how you use **ERM** materials with professionals, consumers and/or the media. (**See contact information below.**)

This holiday season is a special one. It features the usual frenzy - too much food, too little activity, and plenty of stress to go around. In the aftermath of September 11, it is also profoundly different. In these difficult times, we have relearned the value of families, friendships and communities. And, with incredible generosity, we have reached out to help those touched by terror and tragedy. We hope that materials in this packet, both new and updated, reflect the uniqueness and the spirit of the 2001 holidays.

Wishing you good health and warm celebrations with family and friends,

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WAYS TO DONATE FOOD AND NUTRITION

The holidays are always a time for generosity and for sharing. Giving this holiday season may be more important than ever. Millions of Americans have been touched by tragedy and millions more are suffering from the economic slowdown. War and political upheaval continue to cause starvation and death, most vividly right now in Afghanistan.

If you want to make a nourishing food donation this holiday season, there are ideas to fit every wish list and every pocketbook. Here are just a few of them:

PERSONALLY:

The most direct way to make a nutrition donation is to invite someone to share food with you – in your home, in their home, or at a restaurant. Consider an invitation to someone with limited income, limited mobility or limited social contacts.

- ✓ **Be a foster grandchild ~ take an older person to lunch.**
- ✓ **Offer to grocery shop for, or with, someone with a disability.**

LOCALLY:

Some local charities have reported drops in donations since September 11. Remember local food banks, food pantries or soup kitchens with donations of money, food or time. Challenge family, friends or co-workers to match your gifts.

- ✓ **Donate nutrient-dense food, like canned tuna, chicken or beans.**
- ✓ **Make a commitment to give regularly throughout the year.**

NATIONALLY:

Large national groups support many services that local groups cannot provide: coordination and distribution of large corporate donations; surveys and studies of hunger statistics; and advocacy for public policies.

- ✓ **America's Second Harvest: Ending Hunger www.seconharvest.org**
- ✓ **Food Research and Action Center (FRAC) www.frac.org**

GLOBALLY:

Solving global hunger problems requires both short-term and long-term solutions. Donations for food relief to Afghanistan are obviously a high priority this year. However, longer-term agricultural support projects are also critically important.

- ✓ **Heifer International (livestock and training) www.heifer.org**
- ✓ **United National Children's Fund (UNICEF) www.unicef.org**

CHECKING ON CHARITIES:

To give wisely, it is important to make certain that charities are doing well at doing good. You can visit local groups personally and investigate others on the web. These sites can help you check out the finances of your charities of choice:

- ✓ **American of Institute of Philanthropy (AIP) @ www.charitywatch.org**
- ✓ **Ministry Watch: Independent Ratings @ www.ministrywatch.org**
- ✓ **Wise Giving Alliance of the Better Business Bureau @ www.give.org**

Provided by Eat Right Montana



Real Guidelines for Real People: The ABCs of Holiday Health

FOR IMMEDIATE RELEASE

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Healthy Families 2001: Food and fitness for the season (12th in a series of 12)

'Tis the season, the Christmas season, the Chanukah season, the cookie season, the candy season. 'Tis the season when Americans eat too much, move too little, and plan to diet come January.

“Eating well and being active are even more important during the holiday frenzy,” says Katie Bark, RD, registered dietitian with the Montana Team Nutrition Program. “The ABCs of good health can help you maintain your weight, reduce your stress, and survive the season with your spirit intact.”

First, **A**im for fitness. Physical activity is important for both ‘waist’ management and stress management. All it takes is 30 minutes a day, at least 10 minutes at a time. Try a lunchtime walk with a friend, a few laps around the mall before shopping, or building a snowman with the kids.

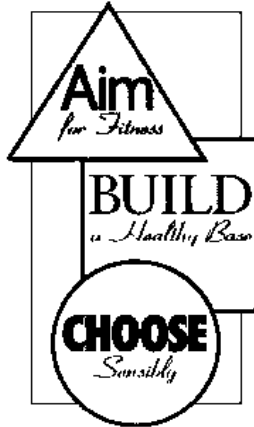
Next, **B**uild a healthy base by eating breakfast every day. Eating well in the morning can provide all-day benefits. “A balanced breakfast will energize your day and prevent overeating in the evening,” says Bark. “Be sure to include a high-protein food, like yogurt, peanut butter, eggs or Canadian bacon.”

Finally, **C**hoose sensibly. This means enjoying all foods without going overboard. Bark has a tip for making choices at holiday parties: Never arrive hungry. If you starve all day, you will overeat when tempted by a table full of treats. She suggests a light snack (like string cheese or a glass of low-fat milk), before you go out. When you arrive at a party, scan the table and choose a few foods you really want.

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, wishes all Montanans a holiday season filled with good health and good cheer – and a safe New Year.

According to Bark, a healthy lifestyle is always in season. “Nutrition and fitness are gifts that you can give yourself. Follow the ABCs of holiday health and see how much better you feel every day.”

ATTACHED: *"The ABCs of Holiday Health" and "Food and Fitness for the Holidays"*



...for good health

Real Guidelines for Real People: The ABCs of Holiday Health

Holidays can be tough on your health. There seems to be food everywhere. It's all high in fat and sugar – and it all looks irresistible. There is no time to exercise – and you're too tired to workout anyway. And, then, of course, there's the stress – this year more than ever. It's really no wonder that people gain weight during the holidays!

Fortunately, there is good news on the holiday horizon. With just a bit of nourishing self-care, you can survive this stressful season with your current weight and your holiday spirit intact.

Making a commitment to taking good care of your health does not mean that you have to deprive yourself of goodies or spend hours in the gym. All it takes is a little time and attention to yourself. Give it a try and see how much better you feel. What better way to enjoy yourself, your family and the holidays!!

Tips for high-energy, low-stress holidays

1. Aim for fitness ~ be active every day.

★ Physical activity is the secret to holiday stress reduction and 'waist' management. Find activities that you enjoy – dancing, walking, skiing, skating, or building a snowman with kids – for at least 30 minutes a day.

2. Build a healthy base ~ with breakfast every day.

★ Eating breakfast will give you energy for busy days – and help prevent overeating in the evening. Include a high-protein food in every breakfast with yogurt, cheese, eggs, peanut butter, leftover meats, or smoothies.

3. Choose sensibly ~ and tastefully every day.

★ The key to choosing sensibly is to enjoy all foods; just don't overdo it. Enjoy your favorite holiday treats; just pay attention to the amount you eat. Balance rich holiday foods with plenty of fruits and vegetables.

4. Prevent overeating ~ plan for holiday events.

★ Deprivation leads to overeating at parties filled with tempting goodies. Instead of starving, eat regular meals and have a light snack just before you go out. String cheese, beef jerky or a glass of low-fat milk will work.

5. Lighten-up your cooking ~ with low-fat ingredients.

★ Many holiday foods can be made with lighter ingredients – and still have their usual wonderful flavors. Try light sour cream in dips, light cream cheese in baked treats, and light whipped cream as a topping.

6. Savor foods slowly ~ and listen to your stomach.

- ★ When you eat quickly or while doing other things, it is easy to overeat. Satisfaction comes from eating slowly, from savoring the smells, textures and flavors of food, from letting your stomach tell you when to stop.

7. Continue food traditions ~ and make new ones.

- ★ Traditional foods bring comfort to our lives with links to family and our cultural heritage. It's also fun to create new traditions with your family. How about Christmas pizza with a "wreath" of red and green peppers?

8. Drink to your health ~ and stay well hydrated.

- ★ Too much holiday 'cheer' can cause serious problems. If you're the host, offer non-alcoholic options – and designated drivers as needed. Maintain your holiday spirit with lots of refreshing fluids – water, juice and milk.

9. Share the bounty ~ with food and nutrition gifts.

- ★ Your kitchen is the perfect place to create delicious gifts, like holiday fruit and nut baskets or dry soup mixes for winter days. Or consider light-style cookbooks or a certificate for a complete dinner delivery.

10. Take time for yourself ~ get away from the frenzy.

- ★ Rest, relax and renew your holiday spirit for at least 15 minutes a day. Put away the holiday snacks – and get out of the kitchen. Listen to your favorite seasonal music, read a book to a child, or take a nap with a cat.

For more tips on tasteful, healthful holidays:

- **Cooking Light Online: Healthy living, recipes and more**
<http://www.cookinglight.com/>
 - **Meals for You: Adaptable recipes and complete menus**
<http://www.mealsforyou.com/>
 - **USDA Food and Nutrition Information Center**
<http://www.nal.usda.gov/fnic/dga/index.html>
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**Celebrating
Healthy Families
2001**



Food and Fitness for the Holidays:

Make healthy choices so you can do all the things you want to do. There's no need to raise your stress level by trying to lose weight or make dramatic changes in your lifestyle. Just take these simple steps – so you can have tons of energy and plenty of holiday spirit.

BE ACTIVE.

This really is the key to holiday health – and the bottom line is simple. Get moving and keep moving. In the hustle and bustle of the season, time for physical activity is often the first thing to go. To rejoice actively, you can:

- **Take a joyful walk – outside or at the mall – with friends, family and dogs.**
- **Enjoy winter sports – skiing, skating, sledding, or making snow angels.**
- **Turn up the volume on the Christmas carols – and rock around the house.**

BE REALISTIC.

Plan ahead for holiday greetings, meetings and feasts. If you are over-hungry, it's natural to over-eat with all the temptations of holiday tables. The secret is to eat something light, but filling, an hour or so before events. Fuel yourself with a piece of string cheese, a small muffin, some beef jerky or half a sandwich before you go out – that way you'll be able to make more sensible choices.

BE ADVENTUROUS.

Expand your holiday treat selection with a variety of colorful fruits and veggies. Produce brightens up holiday tables and boosts your immune system at the same time. Serve crisp veggies with all your low-fat dips. Drink to everyone's health with a spicy tomato juice “mocktail” or hot apple cider. For dessert, think fresh fruit salad or fruit slices with a yogurt dip in addition to the pies and cakes.

BE FLEXIBLE.

Stop fretting about your favorite holiday foods, the big party at work, or a day filled with holiday celebrations. The key is learning to balance what you eat and your physical activity over several days. Balance a heavy-duty holiday buffet by going light at breakfast and lunch beforehand. Take an invigorating walk before, or after, the party to help clear your head and digest your meal.

BE SENSIBLE.

Enjoy all holiday foods and beverages, just don't overdo it. When you look at the wide array of food, make conscious choices. Relax, take a deep breath, and remind yourself that you don't have to eat everything right now. All the goodies will be around next year and the year after that! Start with small portions, eat slowly, and savor every bite. Listen carefully to internal signals that you are full.



**Celebrating
Healthy
Families 2001**

10 Easy Ways to Enjoy Each Other Around Your Holiday Table

1. **Turn off the television** ~ and turn on some holiday music.
2. **Wash your hands** ~ and keep everyone healthy for the holidays.
3. **Set your table in a festive way** ~ and add holiday colors.
4. **Talk to each other** ~ and share some pleasant conversation.
5. **Try a new food** ~ and make a new favorite this year.
6. **Plan some fun activities** ~ and make some holiday memories.
7. **Take your time** ~ and enjoy a nourishing meal together.
8. **Share memories** ~ and talk about what makes you special.
9. **Put the leftovers away** ~ and keep food safe for later meals.
10. **Hang around after the meal** ~ and read a holiday book.



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

Developed for good health by: Yellowstone County Nutrition Coalition

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

- **The ABCs of Holiday Health: Food and fitness for the season**



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