



June 1, 2002

Dear EAT RIGHT MONTANA Friend:

As a follow-up to our May packet on weight gain and pregnancy, this packet covers the critical **post-partum period**. To celebrate June as Dairy Month, our food focus is on **dairy products** and their importance in maintaining a healthy weight, building strong bones, and preventing disease.

We also have included updated versions of two previous **Eat Right Montana** handouts on calcium guidelines and lactose intolerance. We design each page so that it can be used individually – or as a part of the packet, depending on your communication goals and the needs of your target audience.

Our June fitness topic is **yoga** – whole body fitness for everyone – from the new mom and her baby to the grandparents. Although the popularity of yoga has grown dramatically across the US, concerns about the practice continue to exist. The main issue is the spiritual side of yoga – and whether doing yoga conflicts with the practice of a religion, like Christianity or Judaism.

The word **yoga** means union. Traditionally, the goal of yoga is union with the Absolute, known as Brahman, or with Atman, the true self. Today the focus is often more on down-to-earth benefits: improved physical fitness, mental clarity, stress control, and overall well-being. However, Eastern philosophy is the foundation in many yoga centers. The beauty of yoga is in its versatility; allowing people to focus on the physical, psychological, or spiritual aspects – based on their needs and individual belief systems. To learn more about yoga, its health benefits, and practice around the world, visit:

- **The Yoga Site @ <http://www.yogasite.com/>**
- **Yoga Journal @ <http://www.yogajournal.com/>**

As always, we appreciate your support and welcome your suggestions.

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Strong Bones and Teeth for Life:

Calcium is just one piece of the puzzle

CALCIUM (at least 1000 mgs/day, more for teens and seniors):

- ✓ There's no doubt that calcium is essential for strong bones and teeth. Sadly, with average intakes of only 600 milligrams, most Americans still have a calcium deficit.
- ✓ Dairy products, fortified foods, and supplements can all help close this calcium gap.
 - **Enjoy 2 to 3 servings of milk, cheese, and yogurt every day.**
 - **Choose calcium-fortified products like cereal, orange juice, and bread.**

VITAMIN D (at least 400 IU/per day, 600 IU over 70 years):

- ✓ Vitamin D is crucial for efficient calcium absorption. If you are low on vitamin D, your body cannot take advantage of the calcium you get from food or supplements.
- ✓ Sunscreen is important, but it does decrease absorption of the "sunshine vitamin."
 - **Drink vitamin D fortified milk – and eat fish, like halibut and salmon.**
 - **Look for other foods (yogurt, cereal and margarine) that are D fortified.**

PROTEIN (60+ grams per day):

- ✓ In terms of bone mass, recent research has emphasized the importance of getting plenty of protein, along with high levels of calcium and vitamin D.
- ✓ Your best bet is to choose foods that provide protein and calcium at the same bite.
 - **Milk provides all three (protein, calcium and vitamin D) in one glass.**
 - **Other protein-calcium combos are yogurt, fortified soy foods, and legumes.**

VITAMIN K (at least 90 mcg/day for women, 120 mcg for men):

- ✓ Although the reason is not completely understood, higher vitamin K intakes lead to higher bone density. Green leafy vegetables are the richest food source of vitamin K.
- ✓ Vitamin K is found in most multi-vitamins and some newer calcium supplements.
 - **CAUTION: If you take coumadin or other blood thinners, discuss vitamin K intake with your doctor, to insure that you get the right dose of medicine.**

PHYSICAL ACTIVITY (at least 30 minutes per day):

- ✓ Good nutrition is just one part of the strong bone equation. Putting pressure on bones – with regular physical activity – makes them grow strong and stay strong.
- ✓ The healthy advice to "use it or lose it" definitely applies to bone mass.
 - **Enjoy weight-bearing activities, like walking, dancing, tennis, and biking.**
 - **Aim for 30 minutes total; at least 10 minutes at a time; at least 5 days a week.**

Provided by Eat Right Montana



Moving Montana Toward a Fit Future: Self-care for new moms
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Healthy Families 2002: Food and fitness after giving birth (6th in a series of 12)

New moms can have a tough time taking care of themselves. They have lots of responsibilities and never enough hours in the day. They are usually sleep-deprived and low on energy. Even though losing weight is often a priority, finding the time to exercise and eat right can seem nearly impossible.

“Taking good of yourself is just as important as taking care of the baby,” says Lynda Blades, MPH, CHES, Health Education Specialist with the Montana Department of Public Health and Human Services. “In some ways, mother care is even more important than baby care. New moms need to eat well, rest often, and get regular physical activity so that they can be the best possible parents.”

A growing body of research suggests that dairy foods may be just what the nutritionist ordered – for new moms and the rest of her family. Several studies have suggested that people with a high intake of dairy products have a lower risk of obesity and an easier time maintaining a healthy weight. The good health news is that dairy foods may also reduce the risk of diabetes and heart disease at the same time.

According to Blades, mother of a one-year-old boy, dairy foods are a delicious choice for new moms who want to lose weight and keep their energy levels high. “Reduced-fat dairy products are packed with power nutrients, like protein and calcium, that are especially important for breastfeeding moms. Milk, yogurt and cheese are also satisfying snacks, perfect for on-the-go lifestyles. The news about dairy foods and weight management is just one more reason to enjoy three servings a day.”

Eat Right Montana (ERM), a statewide coalition promoting healthful eating and active lifestyles, urges all Montana moms to take good care of themselves. Eating well, staying active, and resting often are essential habits for healthy parents – and healthy families.

“Physical activity is just as important as good nutrition,” notes Blades. “Being active is essential for losing those pregnancy pounds. It can also help relieve some symptoms of the ‘baby blues.’ After checking with their doctor, new moms can enjoy gentle activities like walking, swimming and yoga.”

ATTACHED: *“Eating dairy foods” and “Yoga: Fitness for the whole body”*

Eating DAIRY FOODS the Healthy Weigh

Are you getting all the benefits of dairy foods? Enough to maintain beautiful bones and teeth? Enough to help maintain a healthy weight, to lower blood pressure, and to reduce the risk of diabetes? Three servings a day is definitely the healthy “weigh” to go.

1. Drink MILK.

A tall, cold glass of milk is the most refreshing way to close your calcium gap – and enjoy a long list of bodybuilding nutrients at the same time. For maximum nutrition and minimum fat, drink 1% or skim milk (labeled as low-fat or fat-free in your dairy case).

2. Eat YOGURT.

There’s a yogurt to suit every taste – from key lime pie and peach melba to plain and old-fashioned vanilla. Perfect for breakfast-on-the-run, high-octane snacks, and cooking at home, yogurt now also comes as a drinkable beverage and shelf-stable yogurt-to-go.

3. Sprinkle on CHEESE.

Natural hard cheese can be a nutrient-dense way to add flavor to food. Looking for tasty ways to minimize your fat intake? Use grated cheese with a strong flavor like Parmesan or Romano. Choose part-skim cheese like mozzarella or cheddar made with 2% milk.

4. Choose COTTAGE CHEESE.

For real protein power, choose versatile, low-fat cottage cheese – perfect for cooked dishes like lasagna; blended in dips and salad dressings; and combined with fruit for summer salads. Bone note: Cottage cheese is not as high in calcium as some dairy foods.

5. Indulge in DAIRY DESSERTS.

Cold, creamy and sweet – everyone screams for ice cream, especially in summer. Get wise to portion size (go for a single rather than a double) – and add nutrition with fresh fruit and a sprinkling of nuts. For less fat, go for low-fat varieties or for frozen yogurt.

6. Cook with POWDERED MILK.

Dry milk is an easy, inexpensive and powerful way to pump nutrition into everyday cooking. Ways to use non-fat powdered milk are almost endless: casseroles, creamed soups (canned, dry and homemade), hot cereal (microwave or regular), and pudding.



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YOGA: Fitness for the Whole Body

Yoga is an ancient system of personal development encompassing mind, body and spirit. It is now embraced by modern science and by millions of Americans. Yoga can benefit anybody, from babies to seniors, and can be adapted for any body, from pregnant women to hardcore athletes. Take a class and see why yoga is often called the “fountain of life.”

1. YOGA for strength

Building, or rebuilding, muscle strength is just one of the many reasons to do yoga. The wide variety of yoga poses helps strengthen muscle in all areas of your body. Yoga can be especially helpful in strengthening back muscles – and reducing lower back problems.

2. YOGA for flexibility

When people think ‘yoga,’ they often picture extraordinary flexibility – bodies twisted into amazing postures. Fortunately, you don’t have to be naturally flexible to do yoga. With yoga’s gentle pace, your body can become flexible and strong at the same time.

3. YOGA for balance

Yoga teaches balance in body and mind, both essential for overall health in hectic times. Good physical balance reduces the risk of injuries and life threatening falls, especially for older people. Mental balance helps us survive the natural ups and downs of daily life.

4. YOGA for energy

Yoga is an energizing activity – both physically and mentally. Yoga poses stimulate the flow of oxygen into the lungs and the flow of blood throughout the body. Traditionally, yoga classes also include a relaxation pose – time to breathe deeply and rest completely.

5. YOGA for stress reduction

Numerous studies confirm that people who do yoga feel less stressed generally – and are better able to handle highly stressful situations. Yoga enhances your ability to concentrate (by paying attention to your breathing) – and to clear your mind of extraneous thoughts.

6. YOGA for every body

There is a wide spectrum of yoga classes available in this country. Some have a spiritual emphasis and include teaching about Eastern philosophy. Others focus on the health and fitness aspects of yoga. The key is to find a class or video that fits you and your lifestyle.



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The Lowdown on Lactose Intolerance: Making the most of milk products

There's no doubt that most Americans need more calcium. Seventy-five percent of the calcium in our food supply comes from dairy foods. However, some people have trouble digesting natural milk sugar (***lactose***). Since they do not have enough of the necessary enzyme (***lactase***), they may experience symptoms after drinking milk or eating other foods with lactose. These symptoms may include gas, bloating, stomach cramps, and diarrhea.

There is good news for people with lactose intolerance: There are easy ways to enjoy the delicious taste and nutrient-rich content of milk products without discomfort. Recent research confirms that some people with lactose intolerance can drink one, or even two, glasses of milk over the course of a day without symptoms. There are also lactase pills and drops that allow those with serious lactose intolerance to fully enjoy all milk products. So, check out the tips below and start boosting your calcium intake today!

6 ways to enjoy dairy foods when lactose causes problems

1. Pair milk with meals. Drink milk (1 cup or less) along with your meals and snacks. If you still get unpleasant symptoms, try even smaller amounts more often throughout the day.

2. Go for older and wiser. Try aged or ripened cheeses like Swiss and cheddar. They contain little, if any, lactose, and are tasty sources of protein, calcium, and other essential nutrients.

3. Get some "culture." Choose yogurts with "live and active cultures." These helpful bacteria prevent symptoms, by acting like lactase to break down lactose in the digestive tract.

4. Chill out. Since ice cream and frozen yogurt contain less lactose than milk, small servings may cause little or no discomfort. Cool down with ½ cup of a low-fat variety – topped with fruit.

5. Reduce it. Take lactase tablets just prior to eating foods with lactose. Try lactose-reduced or lactose-free milk products available in the dairy case (or make your own with lactase drops).

6. Go to the Pros. Contact your doctor, registered dietitian, pharmacist, or other health provider for more help on ways to enjoy milk and milk products when you are lactose intolerant.



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CALCIUM: Build your bones and energize your body

Calcium guidelines are designed to build bones and to help prevent heart disease, stroke, and osteoporosis. Get the calcium you need today – and stay strong for years to come.

Daily calcium needs depend on your age. Check yours out!

Children: 1 to 3 years	500 milligrams
Children: 4 to 8 years	800 milligrams
Adolescents: 9 to 18 years	1,300 milligrams
Adults: 19 to 50 years	1,000 milligrams
Adults: 51+ years	1,200 milligrams

Be Realistic: Three to four servings from the milk group provide 900 to 1200 milligrams of calcium, along with protein, B-vitamins, potassium and magnesium. Look for easy ways to add dairy foods to your day. Grab a low-fat yogurt for breakfast or as a snack. Sprinkle grated cheese over vegetables and casseroles. When you're in the fast food lane, order milk, a low-fat shake, or some frozen yogurt.

Be Flexible: Drinking milk is just one tasty way to get calcium. If you have trouble digesting milk, try drinking smaller amounts with meals. Enjoy aged hard cheese like Swiss or cheddar that have less lactose. Look for cultured products, like yogurt, that contain “friendly” bacteria to help break down the lactose. You may also want to try digestive supplements (lactase caplets like Lactaid®, Dairy Ease®, or Perfect Choice).

Be Adventurous: Look for different ways to get the calcium your body craves. Check out calcium-fortified products like orange juice, bread, rice, pasta, margarine, and soy milk. Enjoy a stir-fry – and get some calcium from tofu and dark green veggies like broccoli and spinach. If you love sardines or canned salmon (with bones), you're in luck because both of these fishy treats are loaded with calcium.

Be Sensible: Designer coffees, like latte, mocha, and cappuccino, are trendy ways to get some extra calcium. For better bones, go heavy on the milk and lighter on the coffee. Order a skinny single with extra milk. Skip the candy bar, and pick up a cold carton of reduced-fat milk for a midmorning “milk break”. Explore the luscious options in frozen yogurt smoothies and low-fat shakes for an afternoon pick-me-up.



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Moving Montana Toward a Fit Future: Start today for a healthy weight

January 2002

- **The ABCs of a Healthy Weight**

February 2002

- **Moving toward a Healthy Weight for Women**

March 2002

- **Moving toward a Healthy Weight for Men**

April 2002

- **Moving toward a Healthy Weight for Children**

May 2002

- **Moving toward a Healthy Weight for Pregnant Women**

June 2002

- **Moving toward a Healthy Weight After Having a Baby**

July 2002

- **Moving toward a Healthy Weight for Babies and Toddlers**

August 2002

- **Moving toward a Healthy Weight for Teens**

September 2002

- **Moving toward a Healthy Weight for Seniors**

October 2002

- **Moving toward a Healthy Weight during Menopause**

November 2002

- **Moving toward a Healthy Weight for People with Diabetes**

December 2002

- **Moving toward a Healthy Weight Forever**

