



July 1, 2002

Dear EAT RIGHT MONTANA Friend:

Continuing our 2002 theme of **moving toward a healthy weight**, our July press release discusses **weight gain in infants and toddlers**. We continue to discuss food groups with a focus on **poultry and egg products**. Our fitness topic for July is **biking**, a wonderful summer activity. We also offer updated versions of handouts on **feeding infants and preschoolers**. As always, pages can be used individually, or as a part of the packet, depending on your needs.

If you've been anywhere near a newspaper or TV recently, you know that President Bush has jumped on the fitness bandwagon – in a big way!! With a flood of press releases, photo ops, reports, councils, and even an executive order, Bush and HHS Secretary Tommy Thompson are promoting a **Healthier US Initiative**. Overall, their materials are based on the same simple formula endorsed by Eat Right Montana: **Every little bit of effort counts**.

While health, nutrition, and fitness experts applaud attention to individual lifestyle changes, some are doubtful about the potential impact of the new initiatives. These skeptics note that little has been said about the critical importance of policy and environmental changes – and that relatively few US resources are devoted to health promotion and disease prevention. To learn more about the new White House and HHS efforts, you can visit:

- **White House Prevention Initiative** (with details about recent press releases) @ <http://www.whitehouse.gov/infocus/fitness/>
- **Healthier US Initiative** (with links to governmental sites with health, nutrition and fitness information) @ <http://www.healthierus.gov/>
- **HHS Report "Physical Activity Fundamental to Preventing Disease"** @ <http://aspe.hhs.gov/health/reports/physicalactivity/>

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

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Myths and Facts about EGGS:

What you need to know about health and safety

MYTH: Everyone should avoid eggs because of their cholesterol content.

- ✓ **FACT:** The latest analysis of cholesterol content shows that the average egg yolk contains around 214 to 220 milligrams of cholesterol – less than previously thought.
- ✓ **FACT:** Current guidelines from the American Heart Association suggest that most people can enjoy an egg a day – without affecting their blood cholesterol levels.
- ✓ **FACT:** If you have high blood cholesterol, eating less saturated fat is probably more important than cutting back on cholesterol in food.

MYTH: Eggs are not a healthy choice for most people.

- ✓ **FACT:** Calorie for calorie, eggs are a nutrient dense food. Eggs are a good source of complete protein – as well as a variety of vitamins, minerals, and other nutrients.
- ✓ **FACT:** As a protein source, eggs are relatively inexpensive. They are also versatile and quick-to-fix; easy to chew and digest; and enjoyed by people of all ages.
- ✓ **FACT:** Eggs fit into a healthful eating style. They can be an especially good choice for older people – who need nutrient-rich foods that are low-cost and easy to eat.

MYTH: Due to Salmonella, it is impossible to keep eggs safe to eat.

- ✓ **FACT:** To avoid the risk of foodborne illness, fresh eggs must be handled carefully, especially for people vulnerable to infection like the very young and the elderly.
- ✓ **FACT:** The most effective way to prevent egg-related illness is by knowing how to buy, store, handle and cook eggs – and foods that contain them – safely.
- ✓ **FACT:** To prevent illness from Salmonella bacteria: keep eggs refrigerated, cook eggs until yolks are firm, and cook foods containing eggs thoroughly.

MYTH: You only have to worry if an egg dish has mayo in it.

- ✓ **FACT:** It is the protein in eggs, and egg dishes, that provide the ideal medium for bacteria to grow. Bacteria grow most rapidly between 40 and 140 degrees F.
- ✓ **FACT:** All egg dishes should be served immediately after cooking. For buffet-style serving, hot egg dishes should be kept hot and cold egg dishes cold.
- ✓ **FACT:** Cooked eggs (including hard-boiled eggs and egg-containing foods) should not sit out for more than 2 hours. Within 2 hours, either reheat or refrigerate.

MYTH: There is no way to safely make a recipe that calls for raw eggs.

- ✓ **FACT:** Raw eggs are a major concern in terms of food safety. Bacteria can get into the eggs when the shell is cracked – and continue to grow in uncooked foods.
- ✓ **FACT:** Recipes that call for raw or undercooked eggs, like Caesar salad dressing and homemade ice cream, can be safely made with new treated egg products.
- ✓ **FACT:** Pasteurized egg products are easy to find. Eggs treated in the shell (by pasteurization or other methods, and clearly labeled) are becoming more common.

Provided by Eat Right Montana



**Moving Montana Toward a Fit Future: Weight gain for babies
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Healthy Families 2002: Early start for a healthy weight (7th in a series of 12)

Everyone, it seems, is talking about the problems of overweight, inactive Americans. Even President Bush is getting into the act. Bush, along with HHS Secretary Tommy Thompson, has launched a Healthier US Initiative to get us all moving more and making healthier food choices.

“It’s never too early to set the stage for a healthy lifestyle and a healthy weight,” says Chris Fogelman, RD (Registered Dietitian), and Director of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) at Montana Department of Public Health and Human Services. “Feeding choices during infancy and early childhood may have a lifetime impact on an individual’s weight. Research shows that breastfeeding during the first year of life, and delaying the introduction of solid foods until about four to six months, can reduce the risk of obesity later in life.”

The first year of life is the time when humans grow the fastest. Most babies double their birth weight by five to six months, and triple it by one year. Health providers check heights and weights at each visit to see that infants are gaining enough, but not too much, weight. A recent study suggested that early overfeeding and excessive weight gain during infancy could increase the risk of childhood obesity.

According to Fogelman, it is important to get the right message about weight gain during infancy and early childhood. “No one is suggesting that parents should be putting babies on diets or restricting their food intake. The goal is to help infants regulate their own food intake – based on internal cues of hunger and fullness – and to eat enough for healthy growth.”

Eat Right Montana (ERM), a statewide coalition promoting healthful eating and active lifestyles, urges all Montana families to start on the right foot. When it comes to a healthy weight, an ounce of prevention is definitely worth a pound – or many pounds – of cure.

“It’s important to discuss your baby’s weight gain pattern with your doctor or WIC clinic,” says Fogelman. “Find out how your child is growing and discuss the healthiest options for food choices.”

ATTACHED: “Successful Infant Feeding” and “No More Food Fights”

Tips on Successful Infant Feeding

Establishing a positive feeding relationship between parents and children can have lifetime benefits. According to child nutrition expert Ellyn Satter, the key to a healthy feeding relationship is a division of responsibility between parent and child.

Parents are responsible for WHAT food is presented and HOW it is presented

- Choose foods that are the right texture so that baby's tongue and mouth can control it and make swallowing as easy as possible.
- Hold baby on your lap when you introduce first solid foods. Then move her to a safe high chair.
- Support baby well – in an upright position so he can easily explore the food as much as he wants.
- Have baby sit up straight and face forward. This makes swallowing easier – and choking less likely.
- Talk in a quiet, encouraging voice while you feed. There's no need to entertain – you are there to keep baby company rather than to overwhelm her with games.

Children are responsible for HOW MUCH AND WHETHER they eat

- Wait for your baby to pay attention to each spoonful before you try to feed it to him.
- Let your baby touch the food – in the dish and on the spoon. You wouldn't want to eat something if you didn't know anything about it, would you?
- Feed at your baby's tempo. Don't try to make babies eat faster or slower than they want to.
- Allow baby to feed herself with finger foods as soon as she shows an interest.
- Always stop feeding when baby shows that he has had enough to eat. Often baby will do this by turning his head away from you.

WHAT foods does your baby need WHEN?

Since all babies are unique, talk to your doctor, nurse or dietitian about what foods your baby needs and when to begin them. Here are the usual ages for beginning new foods – and, remember, no cow's milk for the first year of life.

Birth to 4-6 months: Babies need only breast milk or iron-fortified infant formula

At 4 to 6 months: Add iron-fortified cereal to replenish babies' iron reserves.

At 6 to 8 months: Begin pureed/mashed fruits and veggies for vitamins A and C.

At 7 to 10 months: Move to finger foods like dry cereal. Use cup for water or juice.

At 8 to 12 months: Introduce soft/cooked table foods and finely chopped meats.



**Celebrating
Healthy
Families 2002**

No More Food Fights

Establishing healthy eating habits has lifetime benefits. According to child nutrition expert Ellyn Satter, the key to a healthy feeding relationship is a division of responsibility between the parent (or other caregiver) and child.

Parent's Feeding Tasks

- Choose and prepare foods.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Offer chances to learn new skills.

Children's Eating Capabilities

- Children know how much to eat.
 - Children will eat a variety of food.
 - Children will grow predictably.
 - Children's eating will mature.
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Five easy ways to enjoy meals without squeals

1 - Make regularly scheduled meals a family priority.

Young children need the reassurance of structured meal and snack times. Eating on the run may seem OK for adults, but it doesn't work for most preschoolers. Whether you are eating at home or "on the road," take the time to sit down and eat with your child.

2 - Avoid pressuring a preschool child to eat.

Most adults have good intentions when they try to force children to eat "healthy" foods or to try new items. The problem with pressure is that it doesn't work – ever. Kids like foods LESS if they are forced to eat them – or if they are given bribes or rewards.

3 - Have realistic expectations for mealtime behavior.

Preschoolers like to do well and master new skills – like table manners. Adults need to lay out clear expectations for appropriate mealtime behavior. Kids need to know, ahead of time, that they will have to leave the table if they misbehave.

4 - Model the habits you want children to develop.

Young children do not automatically know how to eat like "big people." They will learn how to eat and how to behave at the table by watching you. You can show children how to enjoy a variety of foods – and how to be adventurous with new foods.

5 - Share the joy of eating as a family.

Eating well is one of life's greatest pleasures. When you're eating at home, turn off the TV, sit down at the table, and enjoy some time together. When you're eating in the fast food lane, take time to eat at the restaurant – or make it a picnic in the park.



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Eating POULTRY the Healthy Weigh

Most of us know that poultry is low in fat and saturated fat. We also know that turkey and chicken are versatile protein sources – easy to cook in a variety of tasty flavors. However, we don't always know how to choose, cook and store poultry properly. Here's how:

1. BUYING poultry at the store.

When shopping, pick out poultry (and all other raw meats) just before you are ready to check out. Check 'sell by' dates on packages carefully. Avoid packages that are leaking and put all meat packages into separate plastic bags (available in most meat cases).

2. TRANSPORTING poultry from store to home.

Never leave poultry or other perishable foods in a hot car. In hot weather, carry a small cooler and freezable gel packs to keep food cold on your way home. Keep all poultry and other meats separate from other foods.

3. STORING poultry before cooking.

Refrigerate raw chicken or turkey immediately. Never leave raw meats out on counters. Place packaged fresh poultry, in original wrapping, on lower shelves, in the coldest part of the fridge. Freeze any uncooked poultry that you will not use within two days.

4. THAWING frozen poultry properly.

Never thaw poultry on a countertop. Thaw in the fridge: about 24 hours for a 4-pound chicken; and 3 to 9 hours for cut-up parts. For quick thawing of raw or cooked poultry, use a microwave. Thawing time will vary depending on the size of the piece.

5. COOKING and GRILLING poultry safely.

Always cook well done, not medium or rare. If using a meat thermometer, internal temps should reach 180°F for whole chicken, 170°F for bone-in parts, and 160°F for boneless parts. To check visually, pierce poultry with a fork; juices should run clear – not pink.

6. STORING poultry after cooking.

Never leave cooked poultry at room temperature for more than 2 hours. If not eaten right away, cooked poultry should be kept either hot or refrigerated. Cooked, cut-up poultry is at its best refrigerated for no more than 2 days; whole poultry, no more than three days.



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BIKING: Pedal Your Way to Fitness

Contrary to popular opinion, it is possible to have fun, get fit, and move toward a healthy weight – all at the same time. Whatever your age, you can get all the benefits of physical activity – by just strapping on a helmet and getting into gear on a bicycle or tricycle. Anytime is the right time to get in the saddle again – and enjoy the freedom of biking.

1. BIKING indoors

Stationary, indoor bicycles have many benefits. They are safe and stable – and can be used in any weather. Better yet, you can read a book or watch TV while you pedal. For a strenuous indoor adventure, try a spinning class at your local gym or fitness center.

2. BIKING outdoors

When you want to bike outside, there are many options – bike lanes, bike paths, bike trails, city streets, country roads, and mountain trails. When you share the space with cars or pedestrians, remember to be visible and to ride predictably and responsibly.

3. BIKING safely

Safety starts with the right gear – a well-tuned bike, well-fitting helmet, and clothes that make you visible day or night. You also need to know – and follow – the rules of the road: ride on the right with the traffic; obey all traffic signs; and signal your turns.

4. BIKING for recreation

For many people, a steady pedal in fresh air is all they need. For some others, happiness is the companionship of a bike club and group rides on the weekends. Those who want a bigger challenge may enjoy bike races (roads, trails, and hills) or longer biking vacations.

5. BIKING for transportation

A bicycle can be an easy way to do errands or to commute to work. Sometimes biking is even faster than driving. All you need is a bike bag or comfortable backpack to carry a few packages – and a sturdy lock to secure your bike while you are shopping or working.

6. BIKING for all ages

Biking can be fun fitness for the whole family – from tots on trikes to couples on bicycles built-for-two. Small children can be pulled in wagons and older people can enjoy stability on an adult tricycle. Visit your local bike store – where there's something for everyone.



**Celebrating
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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**

