



December 1, 2002

Dear EAT RIGHT MONTANA Friend:

At a recent retreat for nutrition communicators, Watts Whacker (futurist and author of *The Deviant's Advantage: How Fringe Ideas Create Mass Markets*) discussed the sweeping changes affecting our world and our profession. One of his main points is that we have moved from the Information Age to an "epoch of uncertainty." (For more on Whacker's work, visit www.firstmatter.com/)

Could there be any more uncertainty in the world of food, nutrition and health right now? The flood of studies, headlines, news stories and food flip-flops seems to be nearly continuous. I imagine how confusing this all is to the average American eater. ***More carbs, bad carbs, more fiber, no sugar, more protein, less meat, less dairy, more calcium, no eggs, some eggs, good fats, bad fats, no trans fats, more fats, forget the Pyramid, follow MY Pyramid, walk for 30 minutes a day, wait that's not enough - you need 60 minutes, drink this to lose weight while you sleep, rub this cream on your body to dissolve ugly fat without exercise !?!***

With this level of disagreement among the experts and all the media hype, is it any wonder that people are totally confused? Are we surprised that people want to forget the whole nutrition business - and dive into the first bag of super-size fries they can find? Can we blame people for giving up on exercise - and plopping down on the couch with a king-size candy bar, a giant cola and some "instant-thin" pills?

With continuing controversies and a lack of scientific consensus, it's even hard for health professionals to know what to say. The Food Guide Pyramid is under review at USDA. However, a new version or graphic isn't expected until sometime in 2004.

In these complex times, **Eat Right Montana** believes that it is best to acknowledge the uncertainties - and then **to focus on what we do know**. This month's packet is our attempt to do that. This month, we offer as many **simple, positive, practical tips** and as much **comforting holiday food advice** as we could pack into these pages. **As always, we welcome your feedback and appreciate your support.**

With best wishes for festive, active and delicious holidays,
Crystelle Fogle (406) 947-2344 Katie Bark (406) 994-5641
Dayle Hayes (406) 655-9082 ~ EatRightMT2000@aol.com

Comfort Foods for the Holidays

Since the tragedies of September 11, 2001, our world has felt less secure and more frightening. Threats of terrorism and war fill news headlines and broadcasts. As we face the uncertainty of the future, cooking and eating together are among the simple things that can bring comfort and joy to our homes. Nourishment, health, communication and stronger family bonds can be as close as our kitchens and our dining rooms. Here are a few reassuring ways to make food and nutrition a central part of your holiday season.

Cook together.

Preparing food is a loving way to share time and to bring generations together. Talking while you measure, mix, stir, and chop can be a non-threatening time to discuss important issues and concerns. Kneading bread together can be a downright therapeutic experience.

Eat together.

Make family meals a real priority as often as you can. If you live alone, reach out to family, friends or co-workers – and break bread together. Eat together at home, eat together at restaurants, eat together at work, or eat together on a fall picnic.

Take a break from television.

Even in normal times, television makes it hard to enjoy food. Repetitive images of terror, violence and destruction around the world can literally make us sick to our stomachs. Take a break from the news – and focus on the tastes, smells and textures of food.

Return to rituals.

Families have many rituals for meals – prayers, a moment of silence, joining of hands, candles or other festive touches, like flowers and special dishes. Making family rituals part of everyday meals ties us to memories of the past – and to hope for the future.

Take time to share.

Slow down and share – food, fellowship, memories, tears, laughter and the joy of time together. Even small children can learn to take part in conversations at mealtimes. Give everyone time to share what is important to him or her.

Invite others to join you for a meal.

A sense of community is one of the strongest ways to celebrate the special meaning of the holidays in our lives. By joining with others around a table, you can take comfort from the blessings of nourishing food and loving companionship.

Provided by Eat Right Montana



**Moving Montana Toward a Fit Future: What we know for sure
FOR IMMEDIATE RELEASE CONTACT: Crystelle Fogle, MBA, RD
MT Department of Public Health and Human Services – 406/947-2344**

Healthy Families 2002: Maintaining a healthy weight forever (12th in a series of 12)

If you follow nutrition news, you probably feel completely confused. Every day seems to bring a contradictory new study – and new debates among the experts. Does eating fat make us fat? Or is it the carbs? Are there good fats? Bad fats? To lose weight, should I eat more protein or become a vegetarian?

“Opinions about weight loss are a dime a dozen these days,” says Crystelle Fogle, MBA, RD (registered dietitian) with the Montana Department of Public Health and Human Services and president of the Montana Dietetic Association. “This is a confusing time for consumers. Public health officials are trying to figure out the best approach to the obesity epidemic; USDA is re-evaluating the Food Guide Pyramid; all the diet gurus are pushing their books; and ads for weight loss gimmicks are everywhere.”

Amid all the uncertainty, there are three basic principles that can help anyone move toward a healthy weight. First, miracle weight loss products are a waste of time, money and health. Nothing will melt fat while you sleep or, as the ad says, give you a “slim, sexy body without strenuous exercise.” Second, short-term diets never work. The answer lies in a life-long commitment to healthy habits.

According to Fogle, the third principle is that nutrition and physical activity go hand-in-hand. “There’s no doubt that Americans need to be more active,” she says. “Don’t get hung up on the best exercise or the exact number of minutes. Just set down the remote, get off the couch and get moving.”

Eat Right Montana (ERM), a statewide coalition promoting healthful eating and active lifestyles, urges all Montanans to stick with the basics throughout the year. By eating smart and moving more, you can skip any holiday weight gain this year – and start 2003 in great shape.

“There’s no magic answer here,” says Fogle. “The keys to a healthy weight are to forget the fads and make a few simple changes forever. The bottom line is that small steps can make a big difference.”

ATTACHED: *Smart Eats, Smart Moves and Smart Drinks for a Healthy Weight*

SMART EATS for a Healthy Weight

Eating for healthy weight is not about going on (and then off) the latest diet. The best way to achieve – and maintain – a healthy weight is to make small changes that you are willing to do forever. These six smart eating habits can help you reach your health goals!

1. Eat early: Kick-start the day with a power breakfast.

Start with a protein (like yogurt, peanut butter, lean deli-meat, or an egg); add a whole grain (like high-fiber cereal, whole wheat toast, or bran muffin); and finish it off with a fabulous fruit treat (like a banana, canned peaches, frozen blueberries, or orange juice).

2. Eat regularly: Snack smart to curb the munchies.

Getting over-hungry usually leads to overeating. With power snacks nearby, you won't be tempted by donuts or vending machines. For long-lasting energy, enjoy a handful of nuts or trail mix; a piece of string cheese or beef jerky; or some creamy yogurt with fruit.

3. Eat bright: Fight disease with a rainbow of produce.

The phytonutrients in produce help fight cancer, heart disease, high blood pressure – and the effects of aging. They also add great taste and bright colors to every meal. Eat green (broccoli), red (tomato), orange (cantaloupe), yellow (squash), and purple (grapes).

4. Eat whole: Enjoy the nutrient combos in whole foods.

Nature does an amazing job of putting nutrients together. Whole grains have a bundle of fiber, folic acid and B-vitamins for healthy hearts. Dairy foods have calcium, magnesium and protein for strong bones. Lean beef has zinc, iron and protein for muscle power.

5. Eat strong: Put some protein in every meal and snack.

Protein, more than carbohydrate or fat, leads to feelings of fullness and satisfaction. Solid protein (rather than protein in a liquid form, like milk) is more satisfying. Including some protein every time you eat can be a real help in long-term weight management.

6. Eat half: Re-size super-portions to fit your needs.

Today's portions – fast food, restaurant, vending and cookbook – have all been super-sized. Many servings are two to four times what your body needs or wants. One simple solution: Cut your food portions in two; eat half; and save the rest for another time.



**Celebrating
Healthy
Families 2002**

SMART MOVES for a Healthy Weight

Everyone agrees that physical activity is essential for good health. While any amount of activity is better than none, experts suggest a total of 30 to 60 minutes per day. The ideal combination is a variety of activities to build aerobic capacity, strength and flexibility.

1. **Move more:** Every step counts toward better health.

When it comes to physical activity, every step you take has health benefits. The goal is to spend more time moving – and less time sitting. Get off the couch – and aim for at least 30 minutes of physical activity a day; at least 10 minutes at a time; at least 5 days a week.

2. **Move often:** Be active throughout the day.

Finding a free hour for physical activity can feel next to impossible, especially with travel and clean up. Finding 10 to 20 minutes is often more realistic. Short bursts of activity can provide the same health benefits – and help reduce daily stress at the same time.

3. **Move inside:** Walk the stairs, the halls, the malls.

Weather, work and hectic schedules can be obstacles to getting enough activity. The solution is to build more steps into your daily routine. Take the stairs at a power pace, walk around the office when you are on the phone, or take an extra lap around the mall.

4. **Move outside:** Walk, bike, blade, mow, rake, shovel.

Spend as much time outside as possible – in the yard, in the park or in the wilderness. Gardening is great way to get physical – and grow delicious produce at the same time. Always, remember to use sunscreen, wear comfortable shoes and to carry a water bottle.

5. **Move for fun:** Dance, skip, swing, or go fly a kite.

If you hate to exercise, just change the “E” to ENJOYMENT. Dance with someone you love, walk your dog, or, be young at heart and play with the kids. Put on your favorite music and rock around the house – it can make vacuuming a whole lot more fun!

6. **Move together:** Join a class or walk with friends.

Making a commitment to someone else can make it easier to fit your fitness in. Sign up together for water aerobics, line dancing or yoga. Organize a formal or informal walking group in your neighborhood – and check out the local mall walkers.



**Celebrating
Healthy
Families 2002**

SMART DRINKS for a Healthy Weight

Staying well-hydrated can make a difference in your health, your performance and even your attitude. Choosing power drinks (like water, milk and juice) instead of soft drinks can help you maintain a healthy weight – and quench your thirst at the same time.

1. Drink in the AM: Pour a glass of juice or milk.

Start the day out right by drinking at least 8 ounces of refreshing liquids before you leave the house. For an early morning health kick, choose a tall glass of low-fat or fat-free milk; some fruit or vegetable 100% juice; or a creamy fruit and yogurt smoothie.

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

Carry a bottle in the car, to work or at school – and fill it with cool water throughout the day. If you enjoy a bubbly beverage, try sparkling water or club soda instead of a sugary soft drink. For a real thirst quencher, add a squeeze of lime, lemon or orange.

3. Drink in the evening: Serve power drinks for dinner.

Skip the soft drinks and pour a power drink for the whole family. Kids of all ages need bone-building calcium and protein to stay strong and tall. Milk (1% or fat-free) is a delicious way to get powerful proteins, vitamins, minerals and fluids – all in one glass.

4. Drink before activity: Hydrate yourself with water.

Being well-hydrated enhances your athletic performance and your enjoyment. You'll do better and feel better too! Drink at least 8 to 16 ounces of water a couple of hours before you begin any intense physical activity. Then have another 8 ounces right beforehand.

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

Try to drink at least eight ounces for every half hour of strenuous activity. On a brisk walk, you can sweat as much as a quart an hour. Water is best in most situations. Sports drinks may be helpful if your activity lasts over an hour – or if the intensity is very high.

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

Here's an easy way to tell if you've taken in enough fluid to replace what you lost in sweat. Check your urine: If it is clear to pale yellow and nearly odorless, you're doing great. If not, pour yourself another tall glass of water – or your 100% fruit juice.



**Celebrating
Healthy
Families 2002**

Fit and Healthy, Anytime, Anywhere: Taking charge of your eating and your life

January 2003

- **Nutrition and Physical Activity, ANYTIME, ANYWHERE!!**

February 2003

- **Healthy options in the morning**

March 2003

- **Healthy options at noon**

April 2003

- **Healthy options in the evening**

May 2003

- **Healthy options between meals**

June 2003

- **Healthy options at work**

July 2003

- **Healthy options on the road**

August 2003

- **Healthy options while camping**

September 2003

- **Healthy options at school**

October 2003

- **Healthy options for hunting**

November 2003

- **Healthy options in restaurants**

December 2003

- **Healthy options at celebrations**

