



August 1, 2003

Dear Colleague:

August is definitely vacation time in Montana (and across the US). It's a time when many families head for the mountains or the lake, which makes our monthly topic – **healthy options while camping** – especially timely. With family health and safety in mind, we offer simple ways to **eat well and get fit on camping trips**. We also have provided some hot tips on whole foods – based on several recent media stories.

Humans have enjoyed grilled foods for thousands of years – at least since cave dwellers roasted saber-toothed tigers over their recently discovered fires. The popularity of grilled meals has skyrocketed with improvements in equipment and the advent of TV cooking shows. In researching this month's packet, I found a tasty variety of web sites packed with recipes and tips for successful grilling. Here are a few sites that I plan to investigate when I need a new recipe this summer or fall.

Disclaimer: I haven't tried these recipes personally, but they sure sound yummy!

- <http://www.alaskaseafood.org/flavor/recipes/grilled.htm>
Seafood recipes, cooking tips and health information from the people who catch the fish in Alaska ~ including **Firecracker Grilled Alaska Salmon**
- <http://recipes.eatturkey.com/>
The National Turkey Federation has a searchable database of 700+ recipes ~ like **Apple Smoked Turkey Breast with Rosemary Apple Salsa**
- <http://aboutproduce.com/>
Grilling vegetables and fruits is a hot food trend (perfect when it's too hot for any indoor cooking) ~ with **Garlic Grilled Baby Eggplants** and **Grilled Pineapple**
- <http://soyfoods.com/recipes>
If you have a vegetarian at the table, you'll want to check out this site for soy-based recipes ~ like **Lemon-Grilled Tempeh** and **Barbecued Tempeh**
- <http://www.eatchicken.com/>
The National Chicken Board promises that they have the ultimate chicken recipe database ~ including **Asian Pesto Grilled Chicken on Soy Wilted Greens**

As always, we welcome feedback ~ so, please let us know what you think.

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**Fit and Healthy, Anytime, Anywhere: Healthy Options While Camping
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Healthy Families 2003: Nutrition and fitness go outside (8th in a series of 12)

Health and camping are a natural combination. Outdoor vacations are naturally active – and, with whole foods, it's easy to pack plenty of delicious nutrition into every outdoor meal.

“Montana families can enjoy healthy options anywhere they vacation,” says John Schroeck, who supervises health promotion programs at the Montana Department of Public Health and Human Services. “Whether you are backpacking, car camping or traveling in an RV, you can incorporate nutrition and fitness into your family’s outdoor fun.”

The natural bounty of Big Sky country adds special flavors to summer camping cuisine. Wild raspberries and huckleberries are packed with nutritional value. Fish from Montana streams and lakes offer the same, or even more, benefits than those in your local supermarket or restaurant.

According to Schroeck, eating well while camping does not have to be complicated or expensive. “One way to get ready for a camping trip is to make double batches of home meals a few days ahead of time. Whole foods are a simple, healthful alternative to fancy freeze-dried meals and processed convenience foods.” It’s easy to mix extra marinade for meat or chicken and freeze enough to grill on a campfire. Or to prepare extra potatoes, pasta, rice or beans, for freezing in leak-proof containers.

“Physical fitness is also easy when you are camping” notes Schroeck, a father of five active kids. “Children naturally love to run, jump, climb and explore their environment. Spending family time in Montana’s great outdoors is one of the best ways to help your kids grow strong and stay strong.”

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges all Montanans to enjoy the benefits of outdoor nutrition and fitness. With naturally healthy choices, Montana families can feel better – and have fun at the same time.

“Staying fit and healthy is straightforward and simple,” says Schroeck. “It’s about making a commitment to consistently healthy choices – at home, at work and at the campground.”

ATTACHED: *Eating Well While Camping and Outdoor Fitness for Every Body*

Three Tasty Ways to Eat Well While Camping

1. Enjoy whole foods, get high-energy nutrition.

When some people think camping food, they imagine four food groups: hot dogs, chips, pop and candy bars. If you'd like to improve your family's outdoor meals, it's easy to add in delicious nutrition – without eliminating the foods they love to eat.

- **Snack smart (and easy) with fruits and veggies.**
Whole produce – fresh, canned and dried – makes the perfect campground snack (with no refrigeration needed). Fill small baggies with your family's favorite flavors – and make sure that they always have one handy – in a pocket, in a pack or in a fishing box.
- **Pump up camp dinners with protein.**
Hot dogs are high in sodium – and low in protein. For real Z.I.P. (zinc, iron and protein), grill lean beef, fresh fish or even wild game. Quesadillas are also easy to create in a heavy pan, especially tasty with grilled veggies and sliced chicken or pork.

2. Make it at home, take it on the road.

A little bit of preparation at home makes things much easier around the campfire. By pre-cooking and packing at home, you'll have more time for hiking, fishing, canoeing and just plain relaxing. Planning ahead also means that you won't have to haul as much cooking equipment with you.

- **Slice, dice, spice – and freeze.**
Meat and poultry are easier (and safer!) when prep work is done at home. Cut into suitable serving sizes – and trim away excess fat and skin. Add herbs, spices or marinades – and freeze in leak-proof bags or plastic containers. (Frozen meat will help your cooler stay cold.)
- **Pre-mix as many ingredients as possible.**
Pre-mixing saves time and reduces messy camp cleanups (reducing hungry animal visitors!). For example, mix all dry ingredients for corn bread or pancakes together – and store in a plastic bag. Add water, milk or eggs when it's time to cook – and throw the used bag away.

3. Cook it right, enjoy healthy grilling.

Nothing beats the flavor of outdoor meals – cooked over a fire or stove for hungry campers. With a little care, your family's outdoor meals can be just as safe and healthy as those prepared in your own home kitchen. Washing hands, utensils and eating surfaces is always the right place to start.

- **Follow food safety guidelines wherever you eat.**
Keep foods (especially meat, fish and poultry) cold until time to cook. Check food frequently as it cooks. Grilled items can brown very quickly on the outside, without reaching a safe temperature on the inside. After every outdoor meal, immediately put leftovers into a cooler.
- **Reduce fat to reduce flare-ups.**
Careful cooking can reduce excessive smoke and charring that may be unhealthy. Choose lean meats; trim fat (and skin from poultry). Keep oil in marinades or basting sauces to a minimum. Cover food items and/or grill with foil (punch small holes so juices can drip out).



**Celebrating
Healthy
Families 2003**

Outdoor Fitness Prescription for Every Body:

How to stay strong, fit and healthy at every age

1. Make it fun.

The best fitness activities are the ones you enjoy, because they are the ones that you will keep doing. Since habits begin early in life, the key to lifetime fitness is getting kids active early. Family hikes are an easy path to fitness. Babies can start in backpacks and then gradually walk longer and longer distances on their own two feet. Keep kids moving with songs, stories or scavenger hunts (make a list of fun stuff to search for as you walk).

2. Move it (or lose it).

Research shows that it's never too late to enjoy the benefits of physical activity. Even out-of-shape middle-aged folks can improve their fitness levels with the right steps: Start slowly; increase gradually; and stick with a moderate level of intensity. Biking and hiking adventures are adjustable for every fitness level. Take hills at a comfortable pace – one where you are slightly out of breath, but still able to carry on a conversation.

3. Lift it, carry it.

Strength training is an essential part of any fitness program. Regular use of “weights” helps build endurance and reduce body fat. The good news is that you don't need a gym or expensive equipment. You can help build muscles by putting a pack on your back – or by carrying a water bottle in each hand. Bottles also work for arm extensions and curls while sitting around camp – and a picnic table is good for squats and leg extensions.

4. Balance it, stretch it.

Good balance helps every body stand tall and look great. Good balance also helps prevent falls – a leading cause of injuries in both young and old people. There is no better place to improve your balance than in nature – walking from rock to rock or walking along a big log. Kids love to play “follow the leader” along a trail, around a campground or beside a stream. A few good stretches in the tent at night will help everyone sleep better.

5. Just do it ... safely!

Every body needs serious protection (sunscreen, hats, shirts, etc.) and appropriate shoes when playing outside. Everyone also needs plenty of water and other beverages to replace the fluid lost through sweat. Since younger and older people are more susceptible to both heatstroke and hypothermia, they need special attention in any extreme temperature – plenty of shade in summer and plenty of clothing layers in winter.



**Celebrating
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Families 2003**

Whole Foods for Whole Body Health

WHOLE FOODS are a whole lot healthier.

Many of the nutrition problems in the US are related to our over-consumption of highly processed foods and snacks. Dietary supplements can provide some nutrition insurance – but whole foods offer great taste and the natural nutrient bundles necessary for overall health. The good nutrition news is that you can enjoy cooking convenience – without giving up your favorite foods. All you have to do is make more whole food choices every day. Here's why:

WHOLE FOODS are naturally rich in nutrients.

Whole foods come from every food group. Whole grains offer wholesome energy, fiber and a long list of vitamins and minerals (www.wheatfoods.org/). Produce provides disease-fighting phytonutrients (<http://aboutproduce.com/>). Dairy foods build bones and teeth with protein, calcium and vitamins (www.3aday.org/). Meats, like lean beef and pork, add Z.I.P. (zinc, iron and protein) to your plate (www.beefitswhatsfordinner.com/ and www.otherwhitemeat.com/).

WHOLE FOODS are lower in trans fatty acids.

In July 2003, the Food and Drug Administration (FDA) announced plans to require nutrition labeling of trans fatty acids on all foods and supplements. Trans fats, linked to increased risk of coronary heart disease, mostly come from the hydrogenated vegetable oils used in baked and snack foods. Some naturally-occurring trans fats, like CLA in meat and dairy foods, may actually have health benefits (<http://ifc.org/proactive/newsroom/release.vtml?id=17762>).

WHOLE FOODS are lower in sodium.

The average American consumes over 4,000 milligrams of sodium per day, about 75% from processed foods and restaurant meals. The government recommends 2,400 milligrams per day for healthy people – and 1,500 milligrams for the over 50 million Americans with high-blood pressure. Whole foods have less sodium than processed foods. Fruits, veggies and dairy foods help lower blood pressure (www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf).

WHOLE FOODS are lower in sugar.

Eating and drinking too much sugar can lead to dental problems and weight gain. A recent study showed that kids who drank more than 16 ounces of sweetened beverages per day consumed fewer nutrients and an average of 244 more calories per day. Power drinks (like reduced fat milk and 100% juices) and whole foods (like yogurt and cheese) have more nutrients and less sugar (www.news.cornell.edu/Chronicle/03/7.24.03/sweet_drinks.html).



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Healthy Families 2003

Fit and Healthy, Anytime, Anywhere:

Taking charge of your eating and your life

www.montanadieteticassociation.org/promo.html

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 throughout the day

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



This publication was supported by Award Number U50/CCU821287-01 from The Centers for Disease Control and Prevention, Division of Adult and Community Health, through the Montana Department of Public Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.