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July 1, 2004

Dear Colleagues:

Welcome to the July 2004 issue of **Eat Right Montana's Simple Steps for a Healthy Weight**. In our continuing focus on "taking time for health," we move to the workplace this month. With many thanks to July's sponsor, the **Montana Beef Council**, we discuss **simple ways to enjoy nutrition at work, delicious ways to enjoy nutrient-rich lean beef, and easy ways to enjoy physical activity at work.**

The USDA Food Guide Pyramid (FGP) has taken some heavy flack over the past few years. As Americans have gotten heavier, it has become popular to blame the Pyramid for our national weight problem. This conveniently ignores the fact that many Americans do not follow the FGP (or the US *Dietary Guidelines*). An article in the current Journal of the American Dietetic Association (JADA) discusses this dilemma and outlines the benefits of the FGP. Featured on the cover, **The Obesity Crisis: Don't Blame the Pyramid** begins on page 1141 of the July 2004 issue. The article is available online at [www.eatright.org](http://www.eatright.org) (free access for ADA members).

The JADA article was developed by the members of the Council for Women's Nutrition Solutions (CWNS). More information about CWNS, the latest beef-related research, and delicious beef recipes and nutrition tips can also be found online at:

- **BeefNutrition.org**  
<http://www.beefnutrition.org/>  
Consumer education materials (English and Spanish), PowerPoint presentation graphics, research articles, and details about CWNS
- **Beef: It's What's for Dinner**  
<http://www.beefitswhatsfordinner.com/>  
Targeted at today's busy, health-conscious consumers, this site offers dozens of tasty beef recipes and the latest nutrition info

Thank you for your past and future support of **Eat Right Montana**. Feedback is always important to us; please let us know what you think.

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**Simple Steps for a Healthy Weight: #7. Take time for health at work.  
FOR IMMEDIATE RELEASE      CONTACT: Jason Swant, Primary Prevention  
MT Department of Public Health and Human Services – 406/444-3866**

**Healthy Families 2004: Everyday wellness at work (7<sup>th</sup> in a series of 12)**

Think for just a minute about your typical workday. For many Americans, work means hours of sitting, lots of stress, rushed or skipped meals, and plenty of high-fat, high-sugar snacks and drinks.

“Fitting fitness and nutrition into your workday can make a big difference in your performance, attitude, and health,” says Dayle Hayes, MS, RD (registered dietitian) with the Council for Women’s Nutrition Solutions. “With a few simple steps, you’ll eat smarter and move more – wherever you work. Introduce a few of these ideas in your workplace and you’ll be very popular with your co-workers.”

Breakfast is a great place to start. Eating breakfast, especially one with long-lasting protein, can boost morning brainpower – and help you resist the temptations of all those donuts and mega-muffins.

If you don’t have time to eat breakfast at home, skip the drive-thru and enjoy a smart “desk-fast.” “Breakfast at work can be as simple as a deli beef and cheese roll-up,” says Hayes. “Keep sliced lean beef and cheese in the office fridge and just roll a couple of slices together.” Other tasty, quick choices include a peanut butter sandwich on whole wheat or a carton of low-fat yogurt with a piece of fruit.

Want to make a dramatic improvement in office lunches? Add a small counter-top, indoor grill to your office kitchen or lounge – and you can make a delicious work lunch in 10 minutes or less. While your lean beefsteak or burger is grilling, you can steam fresh or frozen vegetables in the microwave.

According to Hayes, leftovers and salad-in-the-bag are another perfect lunchtime combo. “Start with your favorite salad mixture,” suggests Hayes. “Top the leafy greens with leftover taco meat, sliced steak, or pieces of grilled chicken or fish. Tasty, healthy, and a lot less expensive than a fast food salad!”

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges all Montanans to add nutrition to their workday. It’s easy to introduce power calories into an office candy jar or snack box. Think beef jerky, nuts, trail mix, or fresh, dried, and single-serving canned fruit.

“When you’re aiming for a healthy weight, physical activity is a must,” says Hayes. “Fortunately there are many fun, easy ways to fit fitness into a workday. One of the simplest is to replace a coffee break with a 10-minute walk. Even a short walk will burn calories, relieve stress, and enhance memory.”

**ATTACHED: *Delicious Lean Beef at Home and Easy Fitness at Work***

## 12 Delicious Ways To Enjoy Nutrient-Rich Lean Beef

Calorie-for-calorie, beef is naturally a nutrient-rich food. A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet. At the same time, beef supplies more than 10 percent of the Daily Value for nine essential nutrients, including protein, iron, zinc, and many B-vitamins. There are at least 19 cuts of beef that meet government guidelines for lean. Here are a dozen simple ways for your family to enjoy their favorite cuts of beef – and pump up their nutrients too!

- 1. Slice an EYE ROUND ROAST:**  
Roast your own beef for sandwiches and wraps – an easy way to get more flavor for less money.
- 2. Stir-fry TOP ROUND STEAK:**  
Cut top or bottom round into small pieces. Marinate with soy sauce and ginger; fry with broccoli or peapods.
- 3. Sauté TOP SIRLOIN STEAK:**  
Sliced steak, onions, and peppers are the perfect combination. Serve over brown rice or a whole wheat sub roll.
- 4. Bake 95% LEAN BURGER:**  
Lean ground beef (5% or less fat) is perfect for baking in lasagna and all your family's casserole recipes.
- 5. Braise BRISKET:**  
Slowly cook brisket in wine or broth with some yummy veggies, like carrots, red potatoes, and leeks.
- 6. Stew CHUCK ROAST:**  
Beef stew is superb for dinner and even better as leftovers for lunch. It also freezes well for emergencies.
- 7. Microwave POT ROAST:**  
In 7 minutes or less? The new pre-cooked beef products are convenient and tasty when time is short.
- 8. Marinate FLANK STEAK:**  
Surprise your family with a unique and flavorful new marinade from [www.beefitswhatsfordinner.com/](http://www.beefitswhatsfordinner.com/).
- 9. Barbecue a RIBEYE STEAK:**  
Nothing beats a succulent steak and baked potato meal, especially with ranch beans and a tossed salad.
- 10. Roast a TRI-TIP ROAST:**  
Maximize the flavor of beef with a dry “rub” before cooking. Try a mix of herbs, black pepper, and garlic.
- 11. Broil a TENDERLOIN STEAK:**  
Use an oven broiler or indoor grill to quickly cook a steak, while steaming asparagus or beans on the stove top.
- 12. Grill a T-BONE STEAK:**  
Who knew your favorite steak was lean? For a nutrient-rich meal, grill with sliced veggies and fruit.



[www.montanadieteticassociation.org/promo.html](http://www.montanadieteticassociation.org/promo.html)

**Celebrating  
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2004**

## 12 Easy Ways To Enjoy Fitness At Work

There are some serious benefits to increasing your physical activity at work. Even brief bursts of activity, like a 10-minute walk, can improve your concentration, creativity, and performance (especially on detailed tasks). If your employer has a worksite wellness program, take advantage of fitness classes and activities. If not, create your own fitness program with four simple pieces of equipment: a comfortable pair of shoes, a pedometer, a set of light hand weights, and a resistance band (like a Dynaband®).

- 1. Wear a pedometer at work:**  
Since every step counts, wearing a pedometer is wonderful motivator to walk more during your workday.
- 2. Walk around the office:**  
There's no need to sit still while you talk on the phone – or think. Pacing and fidgeting are physical activity.
- 3. Walk around the building:**  
Sometimes a face-to-face talk is the best way to communicate (and it gets you up and moving around).
- 4. Walk up (and down) stairs:**  
If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
- 5. Walk around the block:**  
Got a coffee break? Got a few free minutes? Take a walk outside – get some fresh air (and extra steps).
- 6. Walk and talk:**  
Need to discuss something with a co-worker? A walking meeting can be more productive – and healthier too!
- 7. Lift weights while you talk:**  
Keep a weight near the telephone; pick it up when you get a call and pump your arms while you talk.
- 8. Take a weight break:**  
Feeling tired and bogged down? Take 5-10 minutes to lift your hand weights and get your blood flowing.
- 9. Work your abs:**  
You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles, and release. Repeat.
- 10. Stretch your arms and legs:**  
Stuck at your desk? Use a resistance band for a 5-10 minute stretch. Your mind and body will be more flexible.
- 11. Stretch your stress away:**  
Tension in your shoulders, neck, and back is easy to release with standing stretches and a resistance band.
- 12. Check your pedometer:**  
How many steps do you take during a typical workday? Any ways to add a few more steps here or there?



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# HEALTHY FAMILIES 2004

## Simple Steps for a Healthy Weight

JANUARY 2004

1. Keep a record.

FEBRUARY 2004

2. Develop a routine.

MARCH 2004

3. Balance food and activity.

APRIL 2004

4. Take a daily dose of moderation.

MAY 2004

5. Enjoy variety every day.

JUNE 2004

6. Take time for health every day – at home.

JULY 2004

7. Take time for health every day – at work.

AUGUST 2004

8. Take time for health every day – on vacation.

SEPTEMBER 2004

9. Take time for health every day – at school.

OCTOBER 2004

10. Take time for health every day – around town.

NOVEMBER 2004

11. Take time for health every day – at organizations.

DECEMBER 2004

12. Celebrate the joy of health every day.



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