



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

June 2010

Dear Colleagues,

Welcome to the sixth issue of Eat Right Montana's 2010 campaign: *Treasure Your Family's Health: Back-to-Basics with Food & Fitness.* This month, we honor all dads with some suggestions for getting out and enjoying the great Montana outdoors together. We also share five fun ways to create a family physical activity plan to go along with the **National Physical Activity Plan**, released by CDC in May 2010.

Since June is Dairy Month, we focus our nutrition tips and recipe on dairy issues and foods, including getting the most out of your cheese purchases, smart strategies for lactose intolerance, and super-simple ways to make two fruit and yogurt treats.

Media Release:

Rediscover Big Sky Country to Celebrate Father's Day 2010

Nutrition Basics:

Smart Ways to Enjoy Dairy if Lactose is a Concern

June Recipe:

Frozen Treats and Simple Smoothies

Cooking Basics:

Delicious Ways to Have Your Cheese and Enjoy It Too

Fitness Basics:

Fun Ways to Create Your Family Physical Activity Plan

We welcome any comments and suggestions. Wherever possible, we want to incorporate your ideas and put them into our packets. Just send your thoughts to me at EatRightMT2000@gmail.com - and remember, past issues of **Healthy Families** and other ERM materials are available on the ERM web site at www.eatrightmontana.org/.

Dayle Hayes, MS, RD

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Treasure Your Family's Health: Back-to-Basics 2010



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MT Department of Public Health & Human Services

June 2010

Rediscover Big Sky Country to Celebrate Father's Day 2010

Ah June in Montana! Recent rains have kept the snow-capped mountains green and the rivers rushing. The ranchers' fields are full of new calves and lambs - and backyard gardens are sprouting with promises of produce to come. What a wonderful time to get out and enjoy the Treasure State! What a perfect place to celebrate Father's Day with hiking, biking, fishing, golfing, or any outdoor activity that dads love to do!

"There is no better way to honor your father, grandfather, or children than to spend time with them," says Mike McNamara, Secondary Prevention Specialist with the Cardiovascular Health Program, Montana Department of Public Health and Human Services (DPHHS) in Helena. "Spending outdoor time together is not only good for your relationship, it's good for body and soul as well. We know that being active helps physical health and we are just beginning to understand how good it is for mental health and well-being."

An analysis from Essex University in England, published in the March 2010 *Environmental Science and Technology* journal, came to a rather surprising conclusion. The benefits of "green exercise" - being active in nature - began to show up after just five minutes. While all ages showed some benefits, the most significant improvements in physical and mental health were in young people and those with some mental illness, such as depression. Another interesting finding was that a blue and green environment, a natural setting with water such as a lake or stream, was even more beneficial for improving people's moods.

As a health professional and a father of two, McNamara could not agree more. "All the plans for improving the health of Americans include recommendations for increasing physical activity. In our state, we are lucky enough to have easy access to wide open spaces - thousands of miles of trails and rivers to use as our own outdoor fitness center. Most Montanans live within just a few miles of those blue-green natural settings that researchers see as so important to our physical health and mental well-being."

Mr. McNamara has some simple suggestions for celebrating Father's Day and the whole, glorious Montana summer with your family, friends, and neighbors:

- **Create a family activity plan.** Make some time every day to unplug the screens and go outside for a dose of green activity. If just five minutes can improve your mood, imagine what an hour will do!
- **Pretend you're a tourist and rediscover Montana.** Need some new ideas for places to go and things to do? Check out the multitude of outdoor activities at www.visitmt.com/experiences/outdoor_activities/.
- **Take a hike.** The Montana Wilderness Association invites you to go wild on one of 124 scheduled summer hikes or to head out on your own. Learn more at www.wildmontana.org/events/docs/summerwalks10.pdf.

"We'll be enjoying outdoor activities with our children as often as we can this summer," notes McNamara. "Being together and being outside in Montana are two of the things that we value most as a family."

Past and current issues of Eat Right Montana's monthly packets can be downloaded for free at www.eatrightmontana.org/eatrighthealthyfamilies.htm



5 Smart Ways to

Enjoy Dairy if Lactose is a Concern

The natural sugar in dairy foods - lactose - may be difficult for some people to digest completely. Guidelines released by a 2010 National Institutes of Health panel on Lactose Intolerance stressed the nutritional importance of dairy foods, especially for bone health, and outlined ways to still enjoy three daily servings.

1. Drink low-fat/fat-free milk with a meal or snack.

Research suggests that even people with lactose intolerance or maldigestion can enjoy the amount of lactose in a cup of milk with no - or minor - symptoms. The solid foods in a meal slow digestion and give the body more time to breakdown the lactose. For many, this eliminates or reduces any symptoms or discomfort from drinking milk.

2. Introduce dairy gradually in smaller portions.

Many people self-diagnose their symptoms as lactose intolerance when dairy really isn't the problem. Discuss digestive issues with your doctor - and check out how your body handles smaller amounts of milk ($\frac{1}{4}$ to $\frac{1}{2}$ cup) at a time. You may discover that milk wasn't the problem at all - or find out how much you can tolerate at a time.

3. Try lactose-free or lactose-reduced milk.

Enjoy a refreshing glass of milk with the *lactose-free* or *lactose-reduced* varieties found in your dairy case. The good news is that these products contain all the key nutrients found in any milk, including protein, calcium, vitamin D, potassium, and many others. Lactase, the enzyme that breaks down lactose, is also sold in pill and drop forms.

4. Get a little "culture" along with your dairy.

Some dairy foods are made with "friendly" bacteria that help digest lactose in your intestine. Fermented dairy foods made with these cultures include regular yogurts and drinkable yogurts (read label to make sure it says live, active cultures), cultured buttermilk, and traditional drinks like kefir (popular in Europe and the Middle East).

5. Enjoy hard, aged cheese.

When milk is made into cheese, most of the lactose is removed. Hard, aged cheeses are naturally low in lactose, so older really is wiser in this case! You can enjoy small servings (1 to $1\frac{1}{2}$ oz.) of Cheddar, Colby, Swiss, Parmesan, and provolone cheese as a snack - or in dishes such as pasta entrées, Mexican food, sandwiches, and salads.



Frozen Treats and Simple Smoothies

Banana Peach Pops

Ingredients:

- 1 cup plain yogurt
- 1 large banana, sliced
- 1 teaspoon vanilla
- 1 cup diced canned peaches, drained (canned in juice or water)

Instructions:

- 1) Combine all ingredients in a blender container and process until smooth.
- 2) Pour into small paper cups and freeze.
- 3) Place a plastic spoon or a popsicle stick in each cup when yogurt mixture is half frozen.
- 4) To serve, turn cups upside down and run hot water over them until the pops slip out.

YIELD: 5 pops

Nutrition Analysis

Serving Size: 1 pop	Total Carb: 12 g
Calories: 68	Dietary Fiber: 1.7 g
Total Fat: 0.9 g	Sodium: 36 mg
Calories from Fat: 12%	Protein: 3 g
Saturated Fat: < 1.0 g	Calcium: 92 mg
Trans Fat: 0.0 g	Iron: 0.2 mg

Source: Bernie Mason,
Yellowstone County Extension

Very Berry Blast

This makes a great breakfast-to-go or a cool treat on a warm evening.

Ingredients:

- 6 oz. low-fat berry yogurt
- 3/4 cup low fat milk
- 3/4 cup 100% unsweetened apple juice

Instructions:

- 1) Using a quart jar or container with tight fitting lid, pour milk into jar.
- 2) Add yogurt and juice.
- 3) Cover jar and shake until all ingredients are smooth.

YIELD: 2 servings

Nutrition Analysis

Serving Size: 1 cup	Total Carb: 20 g
Calories: 112	Dietary Fiber: 0 g
Total Fat: 1.3 g	Sodium: 116 mg
Calories from Fat: 11%	Protein: 4.7 g
Saturated Fat: < 1.0 g	Calcium: 170 mg
Trans Fat: 0.0 g	Iron: 0.2 mg

Source: From Kids a Cookin'- Kansas State University Extension. Kids a Cookin' website offers a variety of healthy recipes kids can make at www.kidsacookin.org.

5 Delicious Ways to Have Your Cheese and Enjoy It Too

Cheese is one of the most delicious, versatile foods enjoyed around the world. More and more cheese varieties are produced in the U.S. and available at reasonable prices. Montana cheesemakers are also beginning to produce local varieties from both cows' and goats' milk. Here are a few tips to help you enjoy any cheese experience - from Asiago or Baby Swiss to a vintage Cheddar or yogurt cheese.

1. Choose cheese wisely.

A variety of natural cheeses are now available in the dairy, deli, and specialty sections of many grocery stores. Check "sell by" date and look for packaging that is tightly sealed and clean. Lower-fat cheeses may work well for cooking and part-skim mozzarella is always perfect for pizza. Savor the rich, full flavors of regular cheese in moderation.

2. Store cheese properly.

Keep cheese in the coldest part of the fridge, not in the door. Grated cheese can be frozen for up to 4 months; most other cheese does not retain its proper texture after freezing. Use soft cheese (cream, cottage, ricotta, etc.) within 2 weeks. Hard cheese may keep 4 to 8 weeks when tightly wrapped; if mold grows, cut ½ inch off the moldy side and use within 1 week.

3. Cut cheese carefully.

Cheese will cut most easily when it is first removed from the refrigerator. Use a clean, sharp knife and only cut as much as you plan to use at one time. Repeated warming and cooling degrades the texture of the cheese. Cutting for a cheese plate can be done earlier, so long as the cheese is tightly covered and returned to the fridge until 30 minutes before serving.

4. Serve cheese sensibly.

Hard cheeses taste best at room temperature. Take from fridge (whole or sliced) and let sit, covered, for 30 minutes. Treat fresh cheeses like milk and serve cold. Precutting cheese into sensible 1 to 1½ oz. servings, about the size of 4 stacked dice, 2 dominos, or a cheese stick. Cheese, wheat crackers, and fruit make a tasty snack for a day hike or family outing.

5. Pair cheese properly.

Many folks are familiar with the idea of pairing cheese and wine, but different cheeses also go better with different foods. To see what tastes best with almost any cheese you can imagine, go to www.eatwisconsincheese.com/pairings/default.aspx. This online tool from the Wisconsin Cheese Board pairs cheese with food, wine, beer, and spirits.



5 Fun Ways to Create A Family Physical Activity Plan

Summertime is a great time to get on a path to better health (and a better attitude) with a family activity plan! In May 2010, the **National Physical Activity Plan** was launched to get Americans up and moving. The goal is to help us all enjoy the physical and mental benefits of being active every day. Here's what your family can do.

1. Set some screen time limits.

Here's a simple approach to screen time (TV, DVDs, computers, and video games): *Do more, watch less together!* While the transition may be a little rough, families are happier and healthier when they pull the plug or cut back. The American Academy of Pediatrics says no screen time under two years, none in the bedroom, and no more than 1-2 hours total per day.

2. Make a list of easy, everyday activities.

Since it can be hard to get some kids (and adults too!) off the couch, make a long list of fun activities that are close by, free or inexpensive, and easy-to-do as a family. They can be in your own backyard, around the neighborhood, or at a local park. Keep the list in an easy-to-access location - like on the fridge - and add more activities as you think of them.

3. Get equipped for active family fun.

Easy-to-use equipment is another great way to get your family off the couch and having fun. There's no need for brand-new, expensive stuff from a sports store or catalog. Check out the possibilities at used-equipment stores, thrift stores, and yard sales. Look for Frisbees®, balls, hula hoops, soft spongy stuff (like Nerf® and Koosh®), and sprinkler toys for summer fun.

4. Schedule time for weekend activity.

Weekend schedules can easily fill up with chores and errands. Make fun plans for plenty of activity early, especially on hot summer days. Use a family dinner in the middle of the week to discuss the possibilities. A hike in the mountains? A bike trip on the new trails in town? A little canoeing and fishing at the lake? A family treasure hunt (aka geocaching)?

5. Plan an active vacation.

If you're planning a family vacation or a stay-cation this year, make sure that some fun physical activity is built into every day. That's easy on a backpacking or camping trip, but also lots of fun if you are visiting relatives or touring a city. Just plan ahead: Check out the activity options online or in a guidebook - make active fun a family priority every day.