

June 2008

Dear Colleagues,

Happy summer and welcome to the sixth issue of *It's All About Balance: Eat Smart, Play Hard, Rest Well*. As the weather begins to heat up, we offer fun ways to **Seize Some Summer Fun** and smart strategies to **Balance Your Beverages**, including our nutrient-rich recipe-of-the-month: **Smoothie Sensations**. In honor of Father's Day and Dairy Month, our media release focuses on the importance of dads as healthy role models, especially in terms of rethinking how our drink choices relate to nutrient intakes, fitness goals, and body weight.

Our current beverages choices could certainly be better. *What America Drinks*, a 2007 analysis of our national drinking habits summarizes the not-so-nutritious news:

- On average, we consume nearly one-quarter (22%) of our calories from beverages.
- The majority of these calories come from high-calorie, nutrient-poor choices, such as soft drinks, sweetened teas and fruit drinks, sports drinks, "energy" drinks, and alcohol.
- Unfortunately for our health, low-nutrient, high-sugar beverages have replaced nutrient-rich milk in American cups and glasses - a special concern for growing children and teens.

http://gotnews.milkpep.org/leveraging_programs/tayd/What_America_Drinks_Report.pdf

Many pediatric experts are worried that the low-calcium intakes of young people occur when needs are high, especially during peak bone growth. A recent comparison of milk consumption by children and teens confirmed that flavored milk can be a healthful option. Overall, drinking milk meant higher nutrient intakes without higher BMIs. Other results:

- Added sugar intake did not differ between plain and flavored milk drinkers.
- The BMIs of youth who drank flavored milks were comparable to the plain milk drinkers, as well as similar or lower than those children and adolescents who did not consume milk.

Journal of the American Dietetic Association: April 2008, pages 631-639, DOI: 10.1016/j.jada.2008.01.004

We welcome your comments and suggestions about **Healthy Families 2008**. Just send your thoughts along to me at EatRightMT2000@gmail.com - and remember: Past issues of **Healthy Families** and other ERM materials are available at www.eatrightmontana.org/

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Healthy Families packets are made possible with generous support from agencies, organizations, and individuals. Please join us in thanking the 2008 sponsors listed on the right. If you use this packet and can make a donation to support positive, practical messages for families, please contact ERM Chair Katie Bark at 406-994-5641 or kbark@mt.gov

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It's All About Balance | Celebrating Healthy Families 2008

4 Easy Ways to Seize Some Summer Fun

Being a role model for your children isn't always easy, but parents who find time to model active lifestyles can feel great about raising happy, healthy children. Getting active and fit this summer will help the whole family maintain a healthy weight, while building strong muscles, bones, hearts, and lungs. It will also help kids (and parents) sleep better at night. Make sure everyone - from grandparents to the family dog - gets involved in the heart-pumping fun. Remember, even a 10-minute burst of physical activity can help your entire body feel better and get fit. Here are four simple and inexpensive ways to seize summer fun - whether you have a few minutes or an entire day!

If you have only 10 to 20 minutes ...

Got a few extra minutes before work or before dinner is ready? Forget making a dent in the couch and be a real sport (rather than just watching them on TV!). Get your kids up and moving to the yard for a quick game of catch, Frisbee®, or old-fashioned tag. Put Fido on the leash and walk down the road - or around a block or two. Turn off the same-old news program - and turn on an *active* video game, such as Dance Dance Revolution™ or one of the Wii Fit™ options.

If you have just an hour or two ...

Forget another nap on the sofa and that DVD you've already seen. Energize your body and your relationship with your family at the same time. Get everyone to help you clean up the yard, then cool off with some sprinkler fun or a few trips down the old slip-n-slide. Yard already lookin' good? Grab the bikes, the helmets, and a few balls. Head off to your local park for some hoops, soccer kicks, tennis serves, golf putts, or a fast-paced game of folf (Frisbee® golf).

If you have a morning or afternoon ...

Don't be a weekend bore. Coordinate necessary errands, chores, and activities so that you have a least several hours for family fitness fun. Montana summer weekends are tailor-made for outdoor adventures and the Treasure State has natural options from border to border. Explore nearby treasures, such as local parks and river access points, for some walking, fishing, canoeing - and talking. Some of the best parent-child conversations happen when you are being active together.

If you have a whole day in beautiful Big Sky country ...

The possibilities are as vast as our prairies, as numerous as our mountains, and as varied as our lakes, rivers, and streams. Hiking, biking, horseback riding, and paddling are as close as Montana state parks, as well as national parks and historic battlefields. Make this the summer to leave no child inside - and discover how much fun the outdoors can be with a photo safari, a wildlife identification guide (bird, trees, or flowers anyone?), or a scavenger hunt for special rocks and minerals.

NEED MORE INFORMATION ON MONTANA PARK POSSIBILITIES? Check out the options online before you get in the car by visiting Montana Fish, Wildlife and Parks (<http://fwp.mt.gov/lands/searchparks.aspx>). It's easier than ever to plan a trip to Montana's park lands. At this site, you can search for a state park by name, nearest city, regional area, closest water body, activity, or facility - and learn about entrance fees, special events, and the quickest way to get there.

Real Montana. Real Close. Real Fun.

4 Delicious Ways to Balance Your Beverages

Whether you are young or old, it's time to rethink what you are drinking. Overall, we drink way too many high-calorie, nutrient-poor beverages, such as soft drinks, sweetened teas and fruit drinks, sports drinks, and so called "energy" drinks. Over-consumption of these sugary beverages may contribute to our weight problems, since liquid calories don't seem to register very well in our brains. At the same time, we are not drinking enough nutrient-rich, low-fat milk - packed with protein, calcium, and other body building nutrients (such as vitamin A and D, magnesium, potassium, and phosphorus). Here are four smart tips to support strong bodies and smart brains at ALL ages.

Drink plenty of refreshing, calorie-free WATER.

Water does the body good. Without any unnecessary calories, it helps your muscles and brain stay hydrated - for optimal physical and mental performance. It also keeps your stomach, intestines, and kidneys functioning smoothly - so you can digest your food efficiently and get rid of waste effectively. How much water you need depends on your size and activity level; larger, more active folks need more. Drink enough for your urine to be mostly colorless and odor-free.

Drink nutrient-rich, lower fat MILK three times a day.

Milk isn't just for kids; it's just as essential for moms and dads. Nutrient-rich dairy foods help build and maintain healthy bones and teeth for a lifetime; they may also help build muscle mass, maintain a healthy weight, and lower high blood pressure risk. For the most nutrients with the least fat and calories, go for fat-free (skim) or low-fat (1%). An 8-oz. glass at each meal is an easy way to 3-a-day. Like chocolate milk? Stick with low-fat - and enjoy all the same nutrients as in plain.

Drink 4 to 6 ounces of 100% fruit or veggie JUICE a day.

While 100% juice can be a great source of several nutrients, it is possible to get too much of a good thing. Fruits and veggies are much better ways to get vitamins, minerals, and fluids. Whole produce tends to be more satisfying, plus you get the added value of fiber and phytonutrients from the skin and pulp. Want an easy way to extend the flavor of juice? Mix pure fruit juice with sparkling water or herbal tea; add a zesty lemon or lime wedge - and maybe a sprig of mint.

Drink other beverages with care.

Notice that we've left a long list of other, expensive high-calorie beverages for last? That's because most other drinks are loaded with things we don't need, while offering very little of what our bodies actually crave. Soft drinks, sweetened teas and fruit drinks (as well as many sports and "energy" drinks) are loaded with calories and sometimes caffeine. Fancy coffee drinks are often surprisingly high in calories, fat, and sugar. Here are some ways to manage the "other" category:

- **Be a label reader and nutrition investigator:** Check calories, caffeine, sugar, and fat **before** you drink. If the numbers you want aren't on the label, call the manufacturer's toll-free number or visit their web site.
- **Steer clear of the super-charged "energy" drinks:** Watch for label warnings, since some brands have excessive levels of caffeine for youth and pregnant women. Do not consume any beverage that has alcohol mixed with caffeine.
- **Stick with small sizes or share larger ones:** Moderation is always a smart way to treat your body well.



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MT Department of Public Health & Human Services

June 1, 2008

Why Real Men Drink More Milk

Several June celebrations - Father's Day, the first day of summer, and Dairy Month - are opportune times to remember the importance of nutrient-rich dairy foods. Unfortunately for our health, very few of us get the recommended daily servings from the dairy group. A recent report indicated that for adults age 19 to 50, only 16 percent consumed the recommended number of servings. For younger and older folks, the numbers were even worse - as low as 10 percent!

"Men's dairy intake is important for their health and for their family too," says Mike McNamara, secondary prevention specialist with the Cardiovascular Health Program, Montana Department of Public Health and Human Services (DPHHS) in Helena. "Enjoying low-fat dairy products is a smart nutrition move for the health of your bones and your heart. It is also the best way to model the eating habits you want your children and grandchildren to have as they grow up."

The Dietary Guidelines for Americans recommend 3 cups of fat-free or low-fat milk - or equivalent milk products - per day. Since the recommendations were published in 2005, dozens of additional studies have provided evidence for the health benefits of nutrient-rich dairy foods. Calcium and vitamin D are now emerging as key nutrients in the prevention of heart disease, type 2 diabetes, and cancer - in addition to their better-known role in building strong bones and teeth.

As a health professional and father of two, McNamara is convinced about the value of dairy foods. "We always serve low-fat milk with meals at our home." DPHHS dietitians point to these four important reasons to get into a dairy habit.

- **You care about children's health and future well-being:** Whether you're talking nutrition, physical activity, or any other health habit, children and teens look to family members as role models. Celebrate Father's Day (and every day) with a tall glass of refreshing low-fat milk (plain or your favorite flavor) - or a summertime fruit smoothie.
- **You're trying to build muscle mass:** Here's some fitness news that's easy to swallow. Whey protein (a high quality protein from cow's milk and yogurt) in combination with resistance exercise can boost the rate at which your body makes lean muscle. Research suggests that fat-free milk may be one of the most effective sports drinks on the planet.
- **You want to lower your high blood pressure:** Low-fat dairy is an essential component of the DASH diet (Dietary Approaches to Stop Hypertension). A delicious combo of low-fat dairy and 8 to 10 produce servings (fresh, frozen, canned and dried fruits/veggies) has repeatedly been confirmed as effective in preventing and treating high blood pressure.
- **You'd like to avoid osteoporosis:** Men are at risk for this bone-thinning disease too, especially if they smoke, have more than three alcoholic drinks daily, have a family history of fractures, and are thin. The path to prevention: Get plenty of calcium, vitamin D, and weight-bearing activity - plus stop smoking and limit alcohol to two drinks or less per day.

"When you want to cool off in summer's heat, rethink your usual drinks," says Mr. McNamara. "Remember that children are watching and enjoy at least three ice-cold glasses of milk every day. It'll be good for them and good for you!"

Past and current issues of Eat Right Montana's monthly packets can be downloaded for free at

www.eatrightmontana.org/eatrightthehealthyfamilies.htm



Create a Summer Sensation Smoothie

Smoothies are easy to make and can be used as a meal replacement or for a refreshing, healthy snack on-the-run. The best part is that you can design your own smoothies at home, so they are both delicious and nutritious!

There is no one perfect recipe. Every smoothie you make can be personalized to the drinker. Use the suggested ingredients below to create a smoothie that is perfect for the moment.

Directions

- 1) Decide which ingredients sound good to you. **Suggested amounts for one serving:** liquids = 1 cup; frozen ingredients = ½ cup; solid ingredients = ½ cup; other - as desired.
- 2) Choose a liquid and pour it into the blender first.
- 3) Add the remaining ingredients in any order.
- 4) Blend on high until thoroughly mixed. Add more liquid or frozen ingredients to get the desired consistency.
- 5) Serve in tall glasses and add a fun garnish.

Liquid Ingredients

These will make your smoothie an appropriate consistency for drinking.

- Milk (fat-free or low-fat)
- Soy milk (calcium and vitamin D fortified)
- Juice (orange, apple, pear, pineapple, mango, cranberry, grape, papaya, or pomegranate - any kind will do!)
- Brewed coffee, tea, or herbal tea
- Water or sparkling water

Frozen Ingredients

These will make your smoothie even more refreshing and give it a thicker consistency, especially the fruit!

- Frozen fruit (use commercially frozen fruit or freeze fresh fruit in bags)
- Crushed ice
- Low-fat frozen yogurt

Solid Ingredients

These will provide the bulk of your smoothie. Be creative and add several items with complimentary flavors.

- Yogurt (low-fat, plain, or fruit flavored)
- Fresh fruit (berries, bananas, melons, pears, pineapple, papaya, mango, etc.) or canned fruit in light syrup
- Silken tofu (adds a creamy texture)
- Peanut or almond butter (go great with bananas and/or tofu)

Other Ingredients

These add nutrients and flavors to make your smoothie tastier and healthier too.

- Ground flax seeds
- Wheat germ or oatmeal
- Non-fat dry milk or protein powder
- Cocoa powder or light chocolate syrup
- Cinnamon or other spices
- Shredded coconut
- Honey