



September 2008

Dear Colleagues,

Happy fall and welcome to the 9th issue of our 2008 campaign: *It's All About Balance: Eat Smart, Play Hard, Rest Well*. Our September media release celebrates the benefits of simple, everyday choices with **Back-to-Basics for Smart Nutrition and Fitness** - highlighting fun ways to eat smart and play hard during autumn in Big Sky country. The handouts focus on tasty ways to **Maximize Your Health with Fruits and Veggies** (as Farmer's Markets wind down) and smart ways to **Get Fit for Hunting** (as wild game seasons shift into high gear). Our delicious recipe-of-the-month is **Assiniboine Game Stew** - combining fresh, local wild meat (elk, venison, or moose) with fresh local produce (onions, potatoes, and carrots).

Although some of Montana's Big Game and Upland Bird seasons are already underway, there is still plenty of time to promote the nutritional and physical activity benefits of hunting. There is also a bit of time for out of shape hunters to improve their fitness levels before heading out into the wild. For more about hunting fitness, we recommend the South Dakota Department of Health (www.healthysd.gov/HealthyHunter/) and the site for elk hunters by David Rowell, RD, at www.elk-hunting-tips.net/index.html

In terms of Farmer's Markets, there is also still time to support local farmers and ranchers, entertain your family, and buy tasty food for fabulous fall meals. For five tips on Farmer's Market shopping, visit <http://agr.mt.gov/news/prfarmersmarkets7-08.asp>. Montanans with electronic benefit transfer (EBT) cards can continue to use them at five farmers markets in Bozeman, Hamilton, Helena, and Missoula (2). The National Center for Appropriate Technology (NCAT) and the Alternative Energy Resources Organization (AERO) administer this pilot program to provide healthy, locally produced food to EBT recipients in Montana. More information is available at www.ncat.org/news/index.php#fiveEBT

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/ (check out our 2006 archives - all about how to eat local, play local, and live healthy).

Dayle Hayes, MS, RD

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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Smart Ways to Get Fit for Successful Hunting

Hunting is a mentally and physically demanding activity - where strength, stamina, focus, and concentration are as important as having the proper equipment and the right location. Being out of shape can ruin a long anticipated hunting trip - and lead to serious injuries, heart attacks, and even deaths. Getting fit beforehand will improve your physical endurance, your mental concentration, and your enjoyment. **Bottom line:** Don't put yourself - or your companions - at risk during hunting season. Think ahead and put the necessary time and energy into improving your physical fitness level. That way, you can be successful and feel great during your entire hunting trip.

Allow six weeks (minimum) to get into better shape.

If you are significantly overweight or have any health concerns (high blood pressure, elevated blood sugar, shortness of breath, etc.), talk to your health provider before beginning any new exercise or fitness regimen. This is especially important if you are over 40 years old and/or use tobacco products. **If you are currently in poor physical condition, it will take concentrated effort for a minimum of six weeks to reach a reasonable level of physical fitness.**

Start slowly, increase gradually, and be consistent.

Although you may be tempted to rush out, pump hard, and try to recreate the physical exploits of your youth, that is exactly the wrong way to approach getting fit. Slow and steady is definitely the way to get in shape most effectively - especially if you are currently a confirmed couch potato. Gradually add moderately intense activity (where you sweat but are able to carry on a conversation) until **you are active for 30 to 60 minutes on most days of the week.**

Focus on flexibility, endurance, and strength.

Safe hunting requires all types of fitness: endurance to hike over rough terrain; flexibility to climb tree stands or kneel in the field; and strength to carry equipment and dress meat. Choose a workout program that emphasizes all aspects of fitness: **Aerobic activity (walking, biking, etc.) to build endurance and cardiovascular fitness, weight lifting for strength (3 days per week), and daily stretching (after a 5 to 10 minute warm up) to improve flexibility and balance.**

Find a workout buddy.

Fitness experts know that being accountable to another person can be one of the most important keys to success. If you know that someone else is counting on you for an early morning walk or trip to the gym, you are much more likely to stick with the plan. **A workout partner can be anyone who has the same basic fitness goals as you - your spouse, a child or grandchild, a friend from work, or one of your usual hunting companions.**

Looking for a simple program designed with the physical needs of hunters in mind?

The South Dakota Department of Health has developed a six-week, step-by-step conditioning program specifically for hunters. *Training for the Hunt* has weekly instructions on both physical and nutrition conditioning and is available at www.healthysd.gov/HealthyHunter/conditioning.pdf

Delicious Ways to Maximize Your Health with Fruits and Veggies

In terms of health, all fruit and veggies are not created equal. Different items have different nutrients in varying amounts. For optimal health and lots of energy, your body needs the right balance of nutrients from the right mix of produce. Focus on getting 3 to 4 different fruits per day; then vary your vegetables throughout the week.

Fruits

Children need at least 1½ cups of fruit per day, while most adults need 2 or more cups daily. Go easy on fruit juices and focus on brightly colored fresh, frozen, and canned choices, such as **apples, apricots, bananas, berries of all types, grapefruit, grapes, kiwi, mangoes, melons of all varieties, oranges, peaches, pears, pineapple, plums, and tangerines.**

Dark green vegetables

Aim for about ½ cup per day - or about 3 cups per week. Enjoy them fresh and raw in salads, as cooked side dishes, or stir-fried with lean beef, pork, or chicken. Go for **dark leafy greens**, such as **spinach, beet greens, arugula, and kale**, as well as **Romaine and leaf lettuces**. Enjoy lightly steamed or microwaved **broccoli, broccoflower, and Chinese cabbages.**

Orange vegetables

Serve bright orange vegetables several times per week - at least 1 cup per week for kids and 2 cups weekly for adults. **Carrots** - raw or cooked - are always a popular choice. **Sweet potatoes** (quick to oven-bake or microwave) are a nutrient-rich alternative to white potatoes. **Winter squash (acorn, butternut, and pumpkin)** are tasty and versatile choices.

Starchy vegetables

The recommendation for this sub-group - **corn, green peas, fresh lima beans, and potatoes** (except sweet potatoes) - is 3 or more cups per week for adults and 2½ cups or more for kids. The concern about potatoes is how they are prepared. The healthiest methods are baked, microwaved, boiled in their skin, and mashed - with minimal amounts of added fat.

Other vegetables

This includes all the veggies that do not fit into the categories above: **asparagus, beets, Brussels sprouts, cauliflower, celery, cucumbers, eggplant, green beans, mushrooms, onions, peppers, tomatoes, zucchini**, and others. This group should make up most of your veggie choices - 4 to 5 cups per week for children and 6 to 7 cups for adults weekly.

Beans and other legumes

Most of us are not getting enough beans, which are higher in protein and fiber than other veggies. Adults need 3 cups per week, while the goal for children is 1½ to 2½ cups weekly. **Black, garbanzo, kidney, navy, and pinto beans** work as side dishes and additions to entrées (casseroles, tacos, salads, etc.). **Lentils, split peas, soybeans, and tofu** also count here.

Looking for more fruit and veggie information, including recipes and serving tips? Go to:
www.fruitsandveggiesmorematters.org/ and www.mypyramid.gov/pyramid/

For Immediate Release



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

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MT Department of Public Health & Human Services

September 1, 2008

Back-to-Basics for Smart Nutrition and Fitness

Eating right and exercising can feel complicated these days - especially if you pay attention to food advertising or visit a brand new fitness center. Many so-called experts would have you believe that staying in shape require tons of fortified foods, sports beverages, expensive supplements, and fancy exercise equipment. In fact, the truth about getting healthy and staying healthy is much easier to swallow - and not nearly as difficult or time-consuming as most people think.

"Simple, everyday choices are the cornerstones for the long, healthy, high-energy lives that we all want to enjoy," says Ginny Furshong, Program Manager for Comprehensive Cancer Control at the Montana Department of Public Health and Human Services. "The healthy habits that reduce the risk of diabetes, stroke, and heart disease may also help reduce the risk of cancer. And, these same smart choices also help children and adults achieve and maintain healthy weights."

A balanced approach to food and fitness forms the foundation of all Montana healthy lifestyle programs, including Cancer Control, Cardiovascular Health, Diabetes Prevention, and the State Plan to Prevent Obesity. The smart everyday choices for promoting health and preventing chronic diseases are the same across the board: Eat a variety of nutrient-rich foods from all food groups. Focus on whole grains, vegetables, fruits, low-fat dairy products, lean meats, and beans. Enjoy at least 30 to 60 minutes of fun physical activity daily. Get plenty of sleep (7 to 8 hours a night for adults, more for children).

During the fall months, it's easier than ever for Montana families to make nutrition and fitness choices for optimal health. Eat Right Montana (ERM), a statewide coalition promoting healthy eating and active lifestyles, suggests these three ways to maximize your family's health and enjoyment this autumn.

- **Stock up at a Farmer's Market:** Most of these community events in Big Sky country are open through late September or early October. All of them are filled with delicious nutrient-rich fruits and vegetables at reasonable prices. Fall is the perfect time to enjoy fresh produce - and to fill your freezer with local items to enjoy during the winter months.
- **Serve some Montana wild game:** Looking for healthier, local food options? Wild game may be just what the chef and the nutritionist ordered! While all meats are important sources of protein, iron, and B-vitamins, wild game (venison, elk, and antelope) have the added benefit of being low in fat and lower in saturated fat than most domesticated red meat.
- **Enjoy fall in Big Sky country:** There is no better time to enjoy than great outdoors than autumn - clear blue skies, crisp days, and cool nights without those summer crowds. This is the ideal time of year to explore the treasures of Montana parks and recreation sites - for biking, hiking, walking, boating, fishing, hunting, and wildlife photography.

"Montana's Comprehensive Cancer Control Plan starts with prevention," notes Ms. Furshong. "In terms of the lifestyle risk factors for cancer - tobacco use, poor nutrition, inactivity, obesity, and ultraviolet light exposure, establishing daily habits is the most important step that families can take. It does make a difference to keep your long term health in mind."

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

www.eatrightmontana.org/eatrighthealthyfamilies.htm

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September Recipe



EAT RIGHT MONTANA

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www.eatrightmontana.org

Assiniboine Game Stew

Ingredients:

- 1/4 cup vegetable oil
- 2 pounds elk, deer or moose, cubed
- 1/3 cup maple syrup
- 4 cups water or stock
- 1 medium onion, chopped
- 4 turnips, peel and chopped
- 4 medium potatoes, chopped
- Salt and pepper, to taste

Instructions:

- 1) Heat oil in large skillet over medium heat.
- 2) Add cubed meat and brown on all sides.
- 3) Add remaining ingredients. Simmer over low heat about 1 hour, or until meat is tender. Add salt and pepper, to taste.
- 4) Serve in bowls.

Yield: 6 - 1 1/2 cup servings

Benefits of Eating Wild Game:

- Provides delicious taste from a local, sustainable food source
- Helps to manage local game populations effectively
- Offers excellent nutritional value - lean meat with plenty of protein, iron, and zinc

Ideas/Substitutions

- Use a crock pot to cook the stew.
- Substitute or add other fall veggies, like carrots, yams, sweet potatoes, rutabagas, or winter squash (cubes of peeled acorn, butternut, Hubbard, or other varieties).
- Serve with corn bread and a fresh spinach salad.

Nutrition Analysis

Serving Size: 1 1/2 cups	Total Carb: 42 g
Calories: 423	Dietary Fiber: 4 g
Total Fat: 11 g	Sodium: 142 mg
Calories from Fat: 16%	Protein: 38 g
Iron: 6.7 mg	Zinc: 4.5 mg

Recipe Source

Montana State University
Extension Nutrition Education Program
Bozeman, Montana
www.montana.edu/nep/recipes.htm

For more wild game recipes, visit:

North Dakota State University Extension Service
www.ag.ndsu.edu/pubs/yf/foods/he124w.htm

Texas Parks and Wildlife

www.tpwd.state.tx.us/exptexas/programs/wildgame/