

May 2008

Dear Colleagues,

Happy Mother's Day and welcome to the fifth issue of *It's All About Balance: Eat Smart, Play Hard, Rest Well*. To celebrate May and mothers of all ages, we dish out fun ways to **Enjoy More Fruit and Veggie Snacks**, including our nutrient-rich recipe-of-the-month: **Confetti Bean Salsa**, reprinted by permission of USDA from the *Power of Choice*. To honor Mother's Day (May 11, 2008), our fitness handout focuses on how to **Give Moms the Gift of Fitness** and the press release is about the importance of mothers as healthy role models.

According to an April 2008 report by SELF Magazine and a North Carolina eating disorders program, many American women short change themselves on nutrition and provide poor role models for their children. The survey of over 4,000 women (25 to 45 years) revealed that 65 percent are disordered eaters and that another 10 percent suffer from a diagnosable eating disorder. The authors describe six categories of disordered eaters, in addition to those who meet the clinical criteria for anorexia, bulimia, and binge eating:

- **Calorie prisoners** who see food as good or bad and live in terror of weight gain
- **Secret eaters** who binge, especially on snack and fast food, at home or in the car
- **Career dieters** who do not have a clue what to eat without a diet plan to follow
- **Purgers** who obsess about getting rid of calories by laxatives, diuretics, or vomiting
- **Food addicts** who eat to soothe stress, to deal with anger, and even to celebrate
- **Extreme exercisers** who work out with a single-minded focus on weight loss

Although this was not a random survey, it does document an alarmingly high rate of eating problems and the need for positive, non-diet messages about nutrition and fitness, like the ones featured here each month. Read more at <http://www.msnbc.msn.com/id/24295957/>

As always, we welcome your comments and suggestions about our **Healthy Families 2008** packets. Although we have a general outline for each packet (and twelve pretested recipes), we are eager to incorporate your input whenever possible. 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/

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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4 Fun Ways to Give Moms the Gift of Fitness

Whether it's Mother's Day, a birthday, or just because you love her, fitness is the gift that keeps on giving to any mother or grandmother. Finding fun ways to help the mothers in your life get active will help insure that they are happy, healthy, strong, and around for years to come. Physical activity helps women be less depressed, reduce stress, lower disease risk, maintain healthy bones, and live long, productive lives. Best of all, it doesn't take hours in the gym to enjoy the impressive benefits of physical activity. Just 20 to 30 minutes a day can make a big difference at any age! Smart fitness always includes a variety of aerobic, strength, balance, and stretching activities.

Give the gift of **TIME** and **COMPANIONSHIP**.

One of the best ways to help someone get moving is to go with them. People are more likely to stick with an activity if they are accountable to someone else. Plus, almost anything is more fun when you have a family member or friend to do it with you. Children can create a handmade gift certificate with the promise of weekly bike rides or daily walks in the neighborhood. Adults can give the gift of training together for an upcoming event, like a walkathon for a favorite charity.

Give the gift of **AEROBICS**.

Think about the ways that your favorite mom enjoys being active - and give a gift to support that activity, such as a new pair of walking shoes or a new comfy seat for her bicycle. Consider the gift of a different kind of aerobic activity that you and she could enjoy together, such as ballroom or belly dancing lessons. Active clothing - comfortable, breathable, and in her favorite colors - is always a popular choice. For a super simple gift, pick out fun athletic socks with a wacky design.

Give the gift of **STRENGTH**.

Building strong muscles isn't just for bodybuilders and Olympic weight lifters. Moms - everyday athletes - need strength for their daily challenges, like carrying children and lugging laundry baskets. Help the moms in your life have fun getting stronger with some hand weights or a set of exercise bands. Really kick her fitness program into high gear with the gift of personal training sessions - in her home or at a local fitness center. (Double the fun by joining the sessions with her!)

Give the gift of **FLEXIBILITY** and **BALANCE**.

Most moms have hectic and stressful lives, especially when their children are small. Any physical activity can help with stress reduction - and give moms a breather from all their responsibilities. Yoga, Pilates, and tai chi classes are some of the best at relieving stress - while promoting flexibility and balance at the same time. Give a double duty gift with a certificate for classes, a DVD for home use, a yoga mat, a balance ball, or the promise to baby sit while she has some personal time.

NEED SOME FREE TIPS AND SUPPORT FOR A MORE ACTIVE LIFESTYLE? As part of *Go Red for Women*, the American Heart Association offers a free online physical activity program for women at www.choosetomove.org/ - with 12 weeks of motivating tips and information, as well as the personal stories of seven real women and their workout goals. The Wheat Foods Council also provides free tips at www.wheatfoods.org/Athlete-10/Index.htm, including nutrition information, great grain recipes, and getting fit ideas from their 2007 fitness event for Mom, the Everyday Athlete.

4 Smart Ways to Enjoy More Fruit and Veggie Snacks

You probably already know how good fruits and vegetables are for your health. However, you may not know just HOW good-for-you produce really is. For busy moms, the answer is clear: Eating more fruits and veggies is one of the smartest food moves you can make. Recent research confirms that eating more whole fruits and vegetables is one of the best ways to reduce your risk of getting diabetes and heart disease (by as much as 60%!). Naturally low calorie and mostly fat-free, produce is good for your waistline too. If you're concerned about brainpower (at work or home), green leafy veggies are a must-eat treat. They have been shown to slow cognitive decline in older adults.

Enjoy FRESH fruit and vegetable snacks.

It's no secret that fresh fruit and veggies provide a nutrition boost for everyone in your family. But, how can you get them to eat more produce snacks? The answer is in plain sight. That's right; just keep bright, beautiful produce right where everyone can easily grab it for snacks-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table. Keep small bags of fresh veggie snacks (carrots, celery sticks, and broccoli florets) at eye level in the fridge.

Enjoy DRIED fruit and vegetable snacks.

Dried fruit is the perfect snack-to-go. It doesn't need refrigeration - and it never makes a squishy mess in your backpack or purse. Choose dried fruit with little or no added sugar: apples, apricots, blueberries, and raisins are often dried with just their own natural sweetness. Add dried fruit to trail mix or to fresh fruit salads for a splash of color and a healthy dose of nutrients. Dried beans and peas count as veggies, so look for crunchy dried soybean, pea, and chickpea snacks.

Enjoy CANNED fruit and vegetable snacks.

Canned fruits make appealing, quick, and inexpensive snacks. Enjoy fruits canned in juice or, like natural applesauce, made without added sugar. Divide larger cans into smaller portions in reusable plastic containers or take advantage of the convenience in single serve containers of canned fruits, such as mandarin oranges, pineapple chunks, and applesauce. Canned beans make zesty snack dips when mixed with other veggies, such as canned corn and spicy salsa.

Enjoy FROZEN fruit and vegetable snacks.

Frozen fruits are often less expensive than the fresh varieties. Frozen strawberries, raspberries, and blueberries can be purchased in large bags; then used as small handfuls for yogurt toppings or as smoothie ingredients. Frozen bars made from 100% fruit and juice (commercial or make-your-own) are a sweet and refreshing treat on hot summer days. Like their canned cousins, frozen vegetables are delicious when microwaved quickly and added to bean/salsa dip combinations.

HAVE YOU HEARD ABOUT DASH? The DASH (*Dietary Approaches to Stop Hypertension*) eating plan has been shown to lower high blood pressure and, in an April 2008 study, to reduce the risk of heart disease in women. DASH is rich in fruits, vegetables, and reduced fat dairy products. Read more about DASH eating plans at the Oregon Dairy Council site (www.oregondairycouncil.org/dash/) and download dozens of delicious DASH recipes, including several smart snack ideas, from the Mayo Clinic at www.mayoclinic.com/health/dash-diet-recipes/RE00089

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

May 1, 2008

Happy, Healthy Days for Montana Mothers

Montana's mothers are busy people with multiple responsibilities for their families, their jobs, and their communities. One of moms' most important roles is as front line health educators for Montana families. Just think of all the important health advice we learn from our mothers: *Hold hands and look both ways when you cross the street. Wash your hands after using the bathroom. Eat some breakfast - it is the most important meal of the day. Drink your milk - you need it for strong bones and teeth.*

"A mother's lifestyle choices are critically important - for her own health and for the health of her whole family," says Kathy Aragon, mother of three daughters, physical therapist, and board member for Billings School District #2. "When women eat smart, play hard, and rest well, they have the energy they need to succeed in all aspects of their lives. When moms make healthy choices for themselves, they also role model healthy lifestyles for their children or grandchildren."

Mother's Day, May 11th, is traditionally a time to honor all that mothers do for us. It is also the first day of the 9th annual National Women's Health Week (May 11-17, 2008), a time for women to make their health a top priority and to take simple steps for a longer, healthier, and happier life. The U.S. Department of Health and Human Services' Office on Women's Health (OWH) coordinates the celebration with the slogan - *It's Your Time: Get Inspired. Get Healthy.* The office also provides extensive links to women's health information at www.womenshealth.gov/whw/healthinfo/

According to Aragon, being an inspiring role model for your children is all about simple steps toward a healthy lifestyle. "You don't need to join a fancy gym or sign your kids up for expensive classes. Being a healthy hero for your family can be as simple as walking to the grocery store together to buy a bunch of grapes or some carrots for tasty snacks."

- **Be a role model for eating smart:** Family meals are the perfect place to "walk the talk" of a delicious, nutritious eating style. Show kids you care about your bones by drinking your milk - and improve everyone's health by serving a vegetable or two. Snack smart with lots of nutrient-rich veggies and fruit - great fuel for strong bodies and smart brains.
- **Be a role model for playing hard:** Children do as they see. When they see you being active and having fun, they'll choose an active lifestyle over the boredom of a couch potato. Make fun fitness part of your family's everyday routine. Walk or bike to school with your kids, enjoy the playground after school, and plan a hike or ball game for the weekend.
- **Be a role model for resting well:** Getting enough sleep is essential for busy moms. It helps them be less irritable and better able to cope with the normal stresses of family life. Getting enough sleep helps children be less cranky and helps them succeed in school as well. Getting enough sleep helps both children and adults maintain a healthy weight.

"While positive role models are important for all children, they are especially critical for girls today," notes Ms. Aragon. "The current media models for young women tend to be super skinny and to focus on wacky, restrictive diets. Girls need to see that a healthy weight is about balancing a variety of choices from all the food groups with regular physical activity. They also need to see that beautiful, active, healthy bodies come in many different shapes and sizes - just like moms!"

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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Confetti Bean Salsa

Ingredients:

- 1 15-ounce can of red or black beans
- 1 11-ounce can corn
- 1 cup salsa

Instructions:

- 1) Rinse beans under cold running water and drain thoroughly.
- 2) Rinse corn under cold running water and drain thoroughly.
- 3) Combine beans, corn, and salsa in medium sized bowl.
- 4) Mix all ingredients together.
- 5) Scoop with baked tortilla chips, cut-up raw vegetables, or whole grain crackers.

Yield: Makes 6 half-cup servings

Ideas/Substitutions

- To reduce sodium, use fresh rather than prepared salsa.
- Substitute fresh or frozen cooked corn for canned.
- Include chopped cilantro or parsley for added flavor.
- Mix in low-fat or other cheese cubes for added calcium and protein.
- Mix in other vegetables, such as chopped peppers (green, red, orange, or yellow) or onions.

Nutrition Analysis

Serving Size: ½ cup

Calories: 117

Total Fat: 0.5 g

Saturated Fat: 0.0 g

Trans Fat: 0.0 g

Total Carb: 24 g

Dietary Fiber: 5 g

Sodium: 734 mg

Protein: 6 g

Iron: 1.0 mg

Recipe Source

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