



EAT SMART Newsletter

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HUNTER'S CHALLENGE



HUNTING SEASON is upon us and the challenge is to make it a healthy experience from the thrill of hunting, to the enjoyment of a wild-game meal. Hunters need to prepare themselves not only with proper equipment and accessories, but by eating the right foods and being physically ready. Eating right and staying hydrated maximizes physical endurance and mental concentration while overall fitness level has a major affect on comfort and enjoyment of the hunt. Tragically, some hunters won't make it back home because they failed to prepare themselves for the strenuous exercise and dramatic bursts of activity that hunting can initiate.

EASY TIPS TO GET READY

- ◆ **Pre-hunt medical check-up**
- ◆ **Learning CPR and first aid**
- ◆ **Establish an exercise regime in the weeks preceding the hunt** Before heading for the woods, take 5-10 minutes to stretch. This will help "warm" your muscles for the big day ahead!
- ◆ **Healthy nutrition** Begin a healthy eating plan immediately. Your next meal is an excellent starting place. On the day of the hunt, remember your personal hydration system (backpack water carriers are a

great solution for hunters that want to avoid the hassle and noise of water bottles). Big meals, staying up late, and lots of smoking and drinking might be a tradition for many hunters out in the woods, but they can really drag a person down the next day. Instead, treat the night before a hunt as if you were an athlete with a big match the next day. Eat a balanced breakfast!

*****Please see Attachment 2 : Missoula City-County Hunter's Challenge** (A superbly detailed program concerning healthful hunting preparation).

AFTER THE HUNT Hunters are eager to prepare the meat for a meal. Most game meats are low in fat compared to domestic animals.

Nutrient Comparison Of Different Meats

(Source: U.S. Department of Agriculture)

Serving 3oz.	Calories	Fat grams	Saturated Fat grams
Deer	134	3	1
Elk	124	2	1
Moose	114	1	0
Antelope	127	2	1
Beef	259	18	7
Pork	214	13	5

PREPARATION TIPS

- Game meat with excess fat should be trimmed prior to cooking since fat holds off flavors more than the muscle.
- Game meat may dry out quicker and may cook faster. Using marinades and sauces will help enhance the flavor of the meat.
- Game birds are delicious when smoked with woods such as apple, cherry or hickory.
- Wild game can be prepared almost any way beef is. Chops, steaks and tender roasts can be grilled, pan-fried or roasted. To prevent excess drying, brush the surface with olive or canola oil. Cook to internal temperature of 170°. Less tender cuts are best cooked with added moisture such as marinade which will help tenderize as well as add flavor to the meat.
- Game birds can be dry when cooked, especially if the skin is removed. Ducks and geese may be baked, broiled, barbecued, breaded, and used in casseroles, gumbos, creoles, chop-suey, gravies and more. Older birds will be tougher so cook long and slow. Wild turkeys can be cooked much like domestic turkeys by roasting. Cook till temperature in the breast is 185°.

Adapted from: healthysd.gov and Missoula City-County 1st Annual Healthy Hunter Challenge (attachment 2)

