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|  **Federal Nutrition Education Resources**  **From January 2005 - to February 2010** This document provides a comprehensive listing of federal resources that meet nutrition recommendations based on the 2005 *Dietary Guidelines for Americans*, with active online links. Print and Web-based Resources Listed by Audience | Federal Agency Source(\*described on last page) | DatePublished |
| **FOR TEACHERS & ADULTS WORKING WITH YOUNG CHILDREN**(Preschoolers & Younger than Age 8) |
| **The Two-Bite Club** Read-aloud booklet for preschoolers <http://teamnutrition.usda.gov/Resources/2biteclub.html>  | USDA/FNS/TN  | 2009  |
| **Grow it -- Try it -- Like It** Kit Pre-K – food & gardening concepts, lesson plans, video, activities **Sent to printers; to be loaded on FNS website early in 2010** | USDA/FNS/TN | 2010  |
| **Nibbles for Health: Nutrition Newsletters for Parents of Preschoolers**  Kit providing 4 Sharing Session (lesson plans): 40+ individual topic newsletters for parents  <http://teamnutrition.usda.gov/Resources/nibbles.html> | USDA/FNS/TN | 2008  |
| **MyPyramid for Preschoolers** MyPyramid for Preschoolers Webpages 68 pages on MyPyramid.gov of guidance, parent hand-outs, poster, WIC Fact Sheets, Flyers <http://www.mypyramid.gov/preschoolers/>  | USDA/CNPP | 2008  |
| **MyPyramid for Kids**  3 lesson plans for grades K, 1-3; Anatomy of MyPyramid, mini posters  <http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html> | USDA/CNPP&FNS/TN | 2006  |
| **MyPyramid Blast Off Online Game for kids**   Online game teaches basics of making food choices using MyPyramid guidance <http://www.mypyramid.gov/kids/kids_game.html>  | USDA/CNPP | 2006 |
| **Eat Smart Play Hard Campaign** Lesson Plans and Materials 2 lesson plans for children at 2 age ranges: 4 & 5, 11-12 years: Coloring sheets, stickers, placemats, posters, web site, parent information <http://teamnutrition.usda.gov/Resources/eatsmartactivitysheets.html> <http://teamnutrition.usda.gov/Resources/eatsmartmaterials.html> | USDA/FNS/ESPH | 2002-2006  |
| **FOR TEACHERS OF CHILDREN: Ages 8-18** Grades 3-5, 6-9 & High School |
| **Rate What You Ate**  Lesson plan for secondary school explains the Menu Planner diet assessment <http://www.mypyramid.gov/MenuPlanner/downloads/RateWhatYouAte.pdf> | USDA/CNPP&FNS/TN | 2009  |
| **Nutrition Essentials** 6 lesson plans for grades 6-12: includes *Nutrition Decisions GAME CD.* Extensive supplemental  Information including tests, additional activities, enrichment and parent information.<http://teamnutrition.usda.gov/Resources/nutritionessentials.html> | USDA/FNS/TN | 2007 |
| **The Power of Choice**  10 lesson plans for kids aged 11-13 in after school programs. Extensive supplemental guidance for parents.  <http://teamnutrition.usda.gov/Resources/power_of_choice.html> | USDA/FNS/TN | 2007 |
| **Empowering Youth** Adult guidance & activities for kids aged 11-18 years in after school programs <http://teamnutrition.usda.gov/Resources/empoweringyouth.html> | USDA/FNS/TN | 2007  |
| **MyPyramid for Kids**  6 lesson plans; 3 plans for each at grades 3 & 4, and grades 5 & 6, Poster, coloring pages, Tips for Families, Worksheet, etc. <http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html> | USDA/CNPP&FNS/TN | 2006  |
| **ESPH Power Plans**  2 lesson plans for children at two age ranges: 8-10, 11-12 years  <http://teamnutrition.usda.gov/Resources/eatsmartadditionalresources.html> | USDA/FNS/ESPH | 2006  |
| ***yourself* Middle School Kit** continuously online since 1998 @ TN  Kit with 5 lessons/classroom materials, Poster, Video, BMI Charts, magazine for 6-9th grade <http://teamnutrition.usda.gov/Resources/yourself.html> | USDA/FNS/TN | since 1998  |
| **Milk Matters Online Resources for Teachers** Links to classroom activities and supplemental classroom materials for middle and high school teachers informing on the benefits of milk and calcium.<http://www.nichd.nih.gov/milk/teachers/index.cfm> | DHHS/NICHD | 2007 |
| **Milk Matters: For Bones, For Lifelong Health**  9 page online document informing on the importance of calcium in children ages 9-18. <http://www.nichd.nih.gov/publications/pubs/upload/strong_bones_lifelong_health_mm.pdf> | DHHS/NICHD | 2005  |
| **Media Smart Youth web pages** Afterschool education program for young people ages 11 to 13; evaluation tools**Video Script**  2005 Explains the role media plays in eating and physical activity choices for youth.  [www.nichd.nih.gov/msy](http://www.nichd.nih.gov/msy)  | DHHS/NICHD | 2005 |
| **BodyWorks Toolkit**  Toolkit, including a video script, for healthy girls and strong women. Information on healthy eating, healthy cooking, exercise, and goal-setting is included with material for parents and teens. <http://www.womenshealth.gov/BodyWorks/toolkit/> | DHHS/OWH | 2005  |
| **Tips for Teens: Lower Your Risk for Type 2 Diabetes** for American Indians/Alaska Natives  4 page brochure on how to prevent type 2 diabetes; includes information on healthy eating, exercise, and  tips on how to cut excess calories.  <http://ndep.nih.gov/diabetes/pubs/YouthTips_LowerRisk_Eng.pdf> | DHHS/NIH/NIDDK | revised 2007  |
| **Take Charge of Your Health**  20 page booklet for teens with advice on how to take small steps to keep a healthy weight; gives basic facts about nutrition and physical activity.  <http://win.niddk.nih.gov/publications/PDFs/teenblackwhite3.pdf> | DHHS/NIH/WIN  | 2006 |
| **My Bright Future: Physical Activity and Healthy Eating Tools for Young Women**  15 page booklet that presents information and tips on physical activity and healthy eating for young women.  ftp://ftp.hrsa.gov/mybrightfuture/GuideforYoungWomen.pdf | DHHS/HRSA | 2006  |
| **Team Up at Home**  Activity booklet with hands-on activities for parents to use with school age kids (revision)  <http://teamnutrition.usda.gov/Resources/teamupbooklet.html> | USDA/FNS/TN  | 2007 |
| **RESOURCES FOR PARENTS** |
| **Creating Healthy Active Celebrations** Online booklet 46 pages on organizing parties with recipes, party themes and activities  <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/celebrations.pdf> | USDA/FNS/ESPH | 2008 |
| **Energize Yourself and Your Family** updated  20 page booklet which describes the benefits of being active and includes tips on how to eat better.  <http://win.niddk.nih.gov/publications/PDFs/EnergizeYourself2004.pdf>  | DHHS/NIDDK | 2006  |
| **We Can (Ways to Enhance Children's Activity and Nutrition)!** Families Finding the Balance: A Parent Handbook  26 page booklet for parents -- to help children 8-13 stay at a healthy Web site provides resources about  [weight management](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/weight-management.htm)‚ [nutrition](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/nutrition.htm)‚ [physical activity](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/physical-activity.htm)‚ and [reducing screen time](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/tools-reduce-screen-time.htm). Also go to: [curricula and toolkits section](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/curricula-toolkits.htm) or  [promotional and programming resources](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/promotional-materials.htm) <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.pdf> Parent Tips – Making healthier food choices  <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/whats-we-can/resources_parents.htm> Parent Tips – Healthier eating while saving money  <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_saving.pdf> |   DHHS/NHLBI | 2005-2009 |
| **WEB SITES AND SELECTED WEB PAGES** |
| **MyPyramid.gov**  Offers personalized eating plans and interactive tools to plan and assess food choices based on  the [Dietary Guidelines for Americans](http://www.mypyramid.gov/guidelines/index.html). In-depth comprehensive guidance web site for all ages, plus posters,fact sheets, kits, Partners Program/ Multi-media/ Games Contents/ Print products: Posters and more.Components: **Inside the Pyramid f**ood groups, healthy eating, tips, how the MyPyramid works and more <http://www.mypyramid.gov/pyramid/index.html>**2005/2010 Dietary Guidelines** The basic guidelines for eating healthy<http://www.mypyramid.gov/guidelines/index.html><http://www.cnpp.usda.gov/dietaryguidelines.htm>**Interactive tools****MyPyramid Menu Planner** Choose your foods for a day to reach your personal goals<http://www.mypyramidtracker.gov/planner/launchPage.aspx>**My Food-a-pedia** Quick access to food info, food groups, calories & comparisons<http://www.myfoodapedia.gov/>**MyPyramid Tracker** Get feedback on what you eat & your physical activity<http://www.mypyramidtracker.gov/>**MyPyramid for Kids& Preschoolers** Get your child’s food plan. Plus everything a parent needs to know  to feed (preschool to age 11) your child.<http://www.mypyramid.gov/kids/index.html><http://www.mypyramid.gov/preschoolers/index.html>**MyPyramid for Moms** Start out right as a new mom or mom-to-be<http://www.mypyramid.gov/mypyramidmoms/index.html>**Public Service Spots & Podcasts**   USDA Disney partnership for nutrition education. <http://www.adcouncil.org/default.aspx?id=475> Download 30+ Audio podcasts from CNPP/USDA<http://www.mypyramid.gov/audiopoddcasts/index.html>**Innovations for Healthy Kids Challenge**  Multi-phased contest. Phase 1 is the [Web Games for Healthy Kids Contest](http://www.cnpp.usda.gov/Innovations/WebGamesContest.htm)**Other Products: Print Materials** <http://www.mypyramid.gov/tips_resources/printmaterials.html>***Rate What YOU Ate* l**esson plan for secondary school teachers to introduce MyPyramid Menu Planner <http://www.mypyramid.gov/MenuPlanner/downloads/RateWhatYouAte.pdf>**Ten Tips** Nutrition Education Ongoing Series of 1-page fact sheets <http://www.mypyramid.gov/tips_resources/tentips.html>Posters:**MyPyramid** - 4 versions: adults, kids, pregnancy, preschoolers,<http://www.mypyramid.gov/downloads/MiniPoster.pdf>[www.mypyramid.gov/downloads/resource/pregnancyposter.pdf](http://www.mypyramid.gov/downloads/resource/pregnancyposter.pdf) **MyPyramid mini-posters** & misc <http://www.mypyramid.gov/tips_resources/printmaterials.html> <http://teamnutrition.usda.gov/Resources/mypyramidforkidsposter.html>  |   USDA/CNPPUSDA/CNPP | 200520052008 2009 200720082008 20092009 20102009 200920092005200820072006  |
| **FNS Team Nutrition Resources** Team Nutrition provides online access to FNS nutrition resources available schools and child care facilities that participate in the Federal Child Nutrition Programs: <http://teamnutrition.usda.gov/library.html> | USDA/FNS/TN | Ongoing |
| **FNS The Eat Smart. Play Hard.™ Campaign** Provides online resources and tools to convey and reinforce healthy eating and lifestyle behaviors [Web Site for Parents;](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/)[Activity Sheets/Bookmarks/Comics/Stickers](http://teamnutrition.usda.gov/Resources/eatsmartactivitysheets.html); [Brochures/Mini Posters/Handouts](http://teamnutrition.usda.gov/Resources/eatsmartbrochures.html); [Additional ESPH Resources](http://teamnutrition.usda.gov/Resources/eatsmartadditionalresources.html) | USDA/FNS/ESPH | 2003-2007 |
| **FNS Loving Support** USDA national *Breastfeeding Promotion & Support Campaign* and other resources  <http://www.fns.usda.gov/wic/Breastfeeding/breastfeedingmainpage.HTM> | USDA/FNS/WIC | 2004  |
| **FNS Eat Smart, Live Strong**  SNAP (formerly Food Stamps) Kit/ Web pages Intervention for seniors based on Activity Kit with lessons [http://snap.nal.usda.gov/nal\_display/index.php?info\_center=15&tax\_level=3&tax\_subject=261&topic\_id=1941&level3\_id=6326&level4\_id=0&level5\_i d=0&placement\_default=0](http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=3&tax_subject=261&topic_id=1941&level3_id=6326&level4_id=0&level5_i%20%20d=0&placement_default=0) | USDA/FNS/SNAP | 2008  |
| **FNS Loving Your Family** SNAP (formerly Food Stamps) Web pages & Kit: guidance on 3 sessions for adults, lower literacy (at 5-6th grade level) <http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=3&tax_subject=261&topic_id=1941&level3_id=6322&level4_id=0&level5_id=0&placement_default=0> | USDA/FNS/SNAP | 2007  |
| **FNS Core Nutrition Messages**  Online set of 16 nutrition education messages, with tips and recipes and implementation guidance for use in the nutrition assistance programs. <http://www.fns.usda.gov/fns/corenutritionmessages/default.htm> | USDA/FNS | 2008  |
| **CDC Fruits and Veggies More Matters**  Web pages give the benefits of consuming fruits and vegetables, tips, brochures, interactive tools, Q&A,  and Partners information. <http://www.fruitsandveggiesmatter.gov/>Brochures and booklets:Why Do Fruits & Vegetables Matter to Men?  <http://www.fruitsandveggiesmatter.gov/downloads/AA_Mens_Brochure.pdf> Choose Smart, Choose Healthy  <http://www.fruitsandveggiesmatter.gov/downloads/AA_Womens_Brochure.pdf>International Fruits and Veggies Interactive Worksheets  <http://www.fruitsandveggiesmatter.gov/downloads/explore_worksheets.pdf>How Many Fruits and Vegetables Do You Need?  <http://www.fruitsandveggiesmatter.gov/downloads/General_Audience_Brochure.pdf>Three Simple Steps to Eating More Fruits and Vegetables  <http://www.fruitsandveggiesmatter.gov/downloads/Low_Literacy_Brochure.pdf>Interactive Worksheets 4 pages on International Fruits and Veggies  <http://www.fruitsandveggiesmatter.gov/downloads/explore_worksheets.pdf> | DHHS/CDC | On going20062005 2007 2006 2006 2007  |
| **DHHS Healthy Weight Web Pages**   30+ Webpages informing on the best way to stay within a healthy weight range.<http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/> | DHHS/CDC | 2007  |
| **DHHS Small Steps Campaign Web Pages** Entry Portal to federal web pages<http://www.smallstep.gov/index.htm>Small Steps Portion Control Tips to control the portion of the food eaten  <http://www.smallstep.gov/portion_control.html>Small Steps Eating Healthier Tips to eat healthy by eating more fruits and vegetables  <http://www.smallstep.gov/portion_control.html> SmallSteps Kids Splash page <http://www.smallstep.gov/kids/flash/index.html>  | DHHS/OS | 2007 20072005  |
| **POSTERS** |
| **It’s Up to You**  (food groups) <http://teamnutrition.usda.gov/Resources/itsuptoyou.html> **Food for a Day** (2,000 calories of food)<http://teamnutrition.usda.gov/Resources/foodforday.html>**How Much Do You Eat** (portions) <http://teamnutrition.usda.gov/Resources/howmuch.html> **Read It Before You Eat It** (label) <http://teamnutrition.usda.gov/Resources/read_it.html> **Enjoy Moving** (physical activity) <http://teamnutrition.usda.gov/Resources/nutritionessentials.html> **Move It!** (physical activity) <http://teamnutrition.usda.gov/Resources/moveitposter.html>**MyPyramid** - **4 versions** pregnancy, adults, preschoolers, kids, [www.mypyramid.gov/downloads/resource/pregnancyposter.pdf](http://www.mypyramid.gov/downloads/resource/pregnancyposter.pdf)<http://www.mypyramid.gov/downloads/MiniPoster.pdf> **MyPyramid mini-posters** & misc <http://www.mypyramid.gov/tips_resources/printmaterials.html> <http://teamnutrition.usda.gov/Resources/mypyramid_preschoolers.html>  <http://teamnutrition.usda.gov/Resources/mypyramidforkidsposter.html> | USDA/FNS/TNUSDA/FNS/TNUSDA/FNS/TNUSDA/FNS/TN USDA/FNS/TNUSDA/FNS/TN USDA/CNPPUSDA/CNPP&FNS/TNUSDA/CNPP&FNS/TN | 20082007200320072007200020082005200620082006 |
| **NUTRITION LABELING** |
| **FDA Web pages: Spot the Block** webpage for parents <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm048815.htm> | DHHS/FDA | 2008 |
| **FDA Web pages: Make Your Calories Count**   Interactive pages/program to use labels to help plan a healthful diet while managing calorie intake. <http://www.cfsan.fda.gov/~ear/hwm/labelman.html> | DHHS/FDA | 2006  |
| **Nutrition Facts Label-Eating Healthier and feeling better**  Brochure on how to use the Food Label. <http://www.cfsan.fda.gov/~acrobat/nutfacts.pdf>  | DHHS/FDA | 2006  |
| **Food Facts: Talking about *Trans* Fat: What You Need to Know**   2 page article about *trans* fat. <http://www.cfsan.fda.gov/~acrobat/fftrans.pdf> | DHHS/FDA | 2005  |
| ***Trans* Fats on the Nutrition Facts Label**   Fact sheet on *trans* fats. <http://www.fns.usda.gov/fdd/facts/nutrition/TransFatFactSheet.pdf> | DHHS/FNS | 2006  |
| **Fats in the Diet: How to Enjoy Your Food and Be Healthy, Too!** Fact sheet on the fats in the diet. <http://ific.org/publications/brochures/upload/fatstipsheet.pdf>  | DHHS/ FDA &IFIC | 2006  |
| **Read It Before You Eat It**   Poster on Nutrition Facts label, developed by FDA/FNS <http://teamnutrition.usda.gov/Resources/read_it.html>  | USDA/FNS/TN & FDA  | 2003 |
| **WEIGHT MANAGMENT** |
| **Healthy Weight Web Pages**  Web page (30 pages) informing on the best way to stay within a healthy weight range. <http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/> | DHHS/CDC | 2007  |
| **NHLBI Aim for a Health Weight Website** Web site provides information on weight management Includes: a [Body Mass Index calculator](http://www.nhlbisupport.com/bmi/bmicalc.htm), [recipes](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/recipes.htm),  [interactive personalized menu planner](http://hin.nhlbi.nih.gov/menuplanner/menu.cgi),[shopping ideas](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/shopping.htm), [healthy dining out tips](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/dine_out.htm), [guide to physical activity](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/phy_act.htm) <http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm>  | DHHS/NHLBI | No date |
|  **Keep the Beat 2010 Calendar** 2010 Calendar with health tips. <http://emall.nhlbihin.net/ktbcalendar/>  | DHHS/NHLBI | 2009  |
|  **NHLBI Portion Distortion** Online quiz to see how portions have changed in the last 20 years.  <http://hp2010.nhlbihin.net/portion/>  | DHHS/NHLBI | 2008 |
| **Eat More, Weigh Less** 8 page brochure with information on how to eat more low calorie-dense foods in place of high calorie-dense foods. <http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy_Density.pdf> | DHHS/CDC | 2007  |
| **How to Avoid Portion Size Pitfalls to Help Manage Your Weight.**  4 page document on how to manage the portions you eat. Practice to Research Series No. 2  <http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf> | DHHS/CDC | 2005 |
| **Just Enough For You** 21 page brochure showing serving size and giving tips on how to eat the right amount. <http://win.niddk.nih.gov/publications/PDFs/justenough.pdf> | DHHS/NIH/WIN  | 2006  |
| **PHYSICAL ACTIVITY** |
| **Be Active Your Way: A Guide for Adults**  Web page/ booklet written for men and women ages 18 to 64.  **E**xplains how you can fit physical activity  into your life—your way. Decide the number of days, types of activities, and times that fit your schedule. <http://www.health.gov/paguidelines/adultguide/default.aspx> | DHHS | 2008 |
| **Get Fit!: A Handbook for Youths Ages 6-17**  Handbook created to help children get active and receive Presidential awards for physical activity. (page does not open) <http://www.fitness.gov/getfit.pdf> | DHHS/PCPFS | 2006  |
| **Stay Active Get Fit Handbook**  Guide to physical activity and fundamentals.  <http://www.presidentschallenge.org/pdf/adultgetfit.pdf> | DHHS/PCPFS | 2006  |
| **Walking…A Step in the Right Direction**  Pamphlet describing the benefits of walking, explains how to start a walking program. <http://win.niddk.nih.gov/publications/walking.htm> | DHHS/NIDDK | 2004, update2007  |
| **WOMENS HEALTH** |
| **Bright Futures for Women’s Health and Wellness:** Healthy Women Build Healthy Communities Tool kit 108 pages of information on how to start community events and involvement for helping to better  women’s health. (page does not open) <http://ftp.hrsa.gov/hrsa/womenshealthtoolkit.pdf> | DHHS/HRSA | 2005  |
| **The Heart Truth for Women:** 4pages Recipes for Heart Health<http://www.nhlbi.nih.gov//educational/hearttruth/downloads/pdf/factsheet-recipes.pdf> | DHHS/NIHLBI | 2005 |
| **My Bright Future: Physical Activity and Healthy Eating Tools for Adult Women**   13 page booklet that presents information and tips on physical activity and healthy eating for young women. htftp://ftp.hrsa.gov/mybrightfuture/Adult\_Guide.pdf | DHHS/HRSA | 2005  |
| **Women’s Health USA 2006** 81 page data book on women’s health highlighting emerging issues and trends in women’s health.ftp://ftp.hrsa.gov/mchb/whusa\_06/w06.pdf | DHHS/HRSA  | 2006  |
| **SENIORS** |
| **Young At Heart: Tips for Older Adults**  25 page booklet with tips for healthy eating and physical activity for older adults. <http://win.niddk.nih.gov/publications/PDFs/youngatheart.pdf> | DHHS/NIDDK  | 2007  |
| **Getting Older. Living Healthier. Feeling Better:** Start today with the Dietary Guidelines for Americans  6 page brochure that guides older adults in making healthy food choices.  <http://nutritionandaging.fiu.edu/DRI_and_DGs/OAbrochure.pdf> | DHHS/ODPHP/AoA | 2005  |
| **Getting Older. Living Healthier. Feeling Better:** Start today with the Dietary Guidelines for Americans  6 page brochure that guides older adults in making healthy food choices. <http://nutritionandaging.fiu.edu/DRI_and_DGs/OAbrochure.pdf> | DHHS/ODPHP/AoA | 2005  |
| **NIH: Senior Health Web pages: Eating Well as You Get Older** Dozen web pages (within an broader site) on the benefits of eating well, how to eat well, tips to shop wisely.<http://nihseniorhealth.gov/eatingwellasyougetolder/toc.html> | DHHS/NIH/NIA | 2006-7  |
| **SPECIALTY PRODUCTS** |
| **DASH Eating Plan: Your Guide to Lowering Your Blood Pressure**  1998, updated 2006  64 page bookletfor adults with heart disease or hypertension describing the DASH diet for lowering high blood pressure. <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf> | DHHS/NHLBI | 2006 |
| **NHLBI Keep the Beat Deliciously Health Dinners** Recipe book with 75 deliciously healthy recipes, beautiful full-color design throughout, and original food photos[http://hp2010.nhlbihin.net/healthyeating/](http://hp2010.nhlbihin.net/healthyeating/Default.aspx?AspxAutoDetectCookieSupport=1) | DHHS/NHLBI | 2009 |
| **Honoring the Gift of Children: A Family Wellness Journey**   Guidance for American Indian and Native American families. *available on CD by request* | DHHS/IHS | 2007  |
| **Your Health is Golden: Heart Health Promotion Activities for Vietnamese Communities**  48 page (print) guidebook for community health educators to help them organize activities to promote heart Health among Vietnamese populations.<http://www.nhlbi.nih.gov/health/prof/heart/other/viet_golden.pdf> | DHHS/NIH/NHLBI | 2005  |
|  **DoD Shelf Talkers-Healthy Choices For Life**  13 mini signs that contain simple dietary tips based on the new “Dietary Guidelines for Americansto help commissary shoppers make informed decisions while shopping: [shelf talker](http://www.commissaries.com/healthy_choices_shelf_talker.cfm)  <http://www.commissaries.com/>  | DoD | 2005  |
| **Dietary Supplements Fact Sheets:** Fact Sheet **Chromium** includes food sources and recommendations. <http://ods.od.nih.gov/factsheets/chromium.asp#h7>Fact Sheet **Carnitine** includes food sources and recommended intakes.  <http://ods.od.nih.gov/factsheets/carnitine.asp> | CHHS/NIH/ODS-ClnCtr | 2005  |
| **Iron Deficiency Web Page**   Informational web page on iron and iron deficiency, including recommended amounts and food sources.<http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/iron_deficiency/> | DHHS/CDC/DNPA | 2006  |
| **SPANISH LANGUAGE** |
| **Better Health and You: Healthy Eating and Physical Activity Across Your Lifespan:** (Spanish) 35 page booklet Tips for Adults describing healthy weight, healthy eating, and physical activity. <http://win.niddk.nih.gov/publications/para_adultos.htm> | DHHS/NIDDK | 2008  |
| Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables (bilingual English, Spanish)  Recipes for 26 taste-tested Latino dishes <http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm> | DHHS/NHLBI | 2008 |
| **Young At Heart: Tips for Older Adults (Spanish)**  40 page booklet with tips for healthy eating and physical activity for older adults. <http://win.niddk.nih.gov/publications/personas_mayors.htm> | DHHS/NIDDK | 2006  |
| **Young At Heart: Tips for Older Adults (Spanish)**  40 page booklet with tips for healthy eating and physical activity for older adults.<http://win.niddk.nih.gov/publications/personas_mayors.htm> | DHS/NIDDK | 2006  |
| **MyPyramid.gov website** Spanish version<http://www.mypyramid.gov/sp-index.html> | USDA/ CNPP | 2005 |
| **Walking…A Step in the Right Direction (Spanish)**  8 page pamphlet which describes the benefits of walking, explains how to start a walking program. <http://win.niddk.nih.gov/publications/caminar.htm> | DHHS/NIDDK | 2008  |
| **The Road to a Healthy Life: Based on the Dietary Guidelines**  Bilingual booklet (Spanish/English) publication for families based on the Dietary Guidelines for Americans. future site ? - [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines) | DHHS/ODPHP | 2007  |
| **DIRECTIONAL WEB PAGES/SITES** Web Listings of Links to Access Other Health and Nutrition Links |
| **Womenshealth.gov Staying Active and Eating Healthy**   Directional web pages to sources of nutritional information, information on the benefits of physical activity, and tips for food choices. <http://womenshealth.gov/FitnessNutrition/> | DHHS/OWH  | 2006  |
| **DHHS Health Finder-Prevention Web site** Directional website for health education; health education, Nutrition, Physical activity [www.healthfinder.gov](http://www.healthfinder.gov)  | DHHS/ODPHP | 2007  |
| **CDC Nutrition Basics Web Site**  Directional Web pages to various nutritional information and healthy eating facts<http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/>  | DHHS/CDC  | 2007 |
| **2005 DIETARY GUIDELINES RESOURCES** |
| **A Healthier You.** Guidance based on the Dietary Guidelines for Americans  Consumer book for everyday healthy eating and physical activity, including recipes and worksheets. [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)  | DHHS/ODPHP | 2005 |
| **Health Facts, Toolkit**   8 fact sheets - toolkit that offers the nutrition and physical activity recommendations based on Dietary  Guidelines for Americans. <http://www.health.gov/dietaryguidelines/dga2005/toolkit/default.htm> | DHHS/ODPHP/AoA | 2005 |
| **Health Professionals: Dietary Guidelines Toolkit for Health Professionals, Health Facts** 8 fact sheets Health Facts **(**2-page each) offering information from the 2005 Dietary Guidelines for Americans. Topics are: sodium and potassium, nutrition and calories, physical activity, carbohydrates, fats, fruits and vegetables, energy balance, and food safety. <http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_sodium.pdf>; [http://www.csrees.usda.gov/nea/food/pdfs/hhs\_facts\_nutrition.pdf;](http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_nutrition.pdf) <http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_active.pdf>; <http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_carbohydrates.pdf>; <http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_fats.pdf>; <http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_fruits.pdf>; <http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_weight.pdf>; <http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_safefood.pdf> | DHHS/ODPHP | 2005 |

\*Federal Agencies (and sub-units) with Resources Listed

**U.S. Department of Agriculture**

USDA/CNPP Center for Nutrition Policy and Promotion

USDA/CNPP&FNS/TN Center for Nutrition Policy and Promotion & Food and Nutrition Service/Team Nutrition (collaborative project)

USDA/FNS/ESPH Food and Nutrition Service/*Eat Smart. Play Hard Campaign*

USDA/FNS/TN Food and Nutrition Service/Team Nutrition

USDA/FNS/SNAP Food and Nutrition Service/Supplemental Nutrition Assistance Program

**U. S. Department of Health and Human Services:**

DHHS/OS Office of the Secretary

DHHS/OWH Office of Women’s Health

DHHS/ODPHP Office of Disease Prevention and Health Promotion

DHHS/ODPHP/AoA ODPHP/Administration on Aging

DHHS/CDC Center for Disease Control and Prevention

DHHS/CDC/DNPA Center for Disease Control and Prevention/ division of Nutrition and Physical Activity

DHHS/ FDA Food and Drug Administration

DHHS/ FDA &IFIC Food and Drug Administration & International Food Information Council Foundation (collaborative project)

DHHS/HRSA Health Resources and Services Administration

DHHS/IHS Indian Health Services

DHHS/NIH National Institutes of Health

DHHS/NICHD National Institute of Child Health/National Institutes of Health

DHHS/NIH/NIA National Institute on Aging

DHHS/NIH/WIN National Institutes of Health/ Weight Information Network

DHHS/NIH/NIDDK **National Institute of Diabetes and Digestive and Kidney Diseases**

DHHS/NHLBI National Heart, Lung and Blood Institute/ National Institutes of Health

DHHS/NIH/ODS-ClnCtr NIH/Office of Dietary Supplements –Clinical Center

DHHS/PCPFS President’s Council on Physical Fitness and Sports

**U.S. Department of Defense:**

DoD Department of Defense