

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.

Federal Agency
Source
(*described on last page)

Date
Published

Print and Web-based Resources Listed by Audience

FOR TEACHERS & ADULTS WORKING WITH YOUNG CHILDREN

(Preschoolers & Younger than Age 8)

<p>The Two-Bite Club Read-aloud booklet for preschoolers http://teamnutrition.usda.gov/Resources/2biteclub.html</p>	USDA/FNS/TN	2009
<p>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</p>	USDA/FNS/TN	2010
<p>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</p>	USDA/FNS/TN	2008
<p>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/</p>	USDA/CNPP	2008
<p>MyPyramid for Kids 3 lesson plans for grades K, 1-3; Anatomy of MyPyramid, mini posters http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html</p>	USDA/CNPP&FNS/TN	2006
<p>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</p>	USDA/CNPP	2006
<p>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</p>	USDA/FNS/ESPH	2002-2006

FOR TEACHERS OF CHILDREN: Ages 8-18

Grades 3-5, 6-9 & High School

<p>Rate What You Ate <u>Lesson plan</u> for secondary school explains the Menu Planner diet assessment http://www.mypyramid.gov/MenuPlanner/downloads/RateWhatYouAte.pdf</p>	USDA/CNPP&FNS/TN	2009
<p>Nutrition Essentials <u>6 lesson plans</u> for grades 6-12: includes <i>Nutrition Decisions GAME CD</i>. Extensive supplemental Information including tests, additional activities, enrichment and parent information. http://teamnutrition.usda.gov/Resources/nutritionessentials.html</p>	USDA/FNS/TN	2007
<p>The Power of Choice <u>10 lesson plans</u> for kids aged 11-13 in after school programs. Extensive supplemental guidance for parents. http://teamnutrition.usda.gov/Resources/power_of_choice.html</p>	USDA/FNS/TN	2007
<p>Empowering Youth <u>Adult guidance & activities</u> for kids aged 11-18 years in after school programs http://teamnutrition.usda.gov/Resources/empoweringyouth.html</p>	USDA/FNS/TN	2007
<p>MyPyramid for Kids <u>6 lesson plans</u>; 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</p>	USDA/CNPP&FNS/TN	2006
<p>ESPH Power Plans <u>2 lesson plans</u> for children at two age ranges: 8-10, 11-12 years http://teamnutrition.usda.gov/Resources/eatsmartadditionalresources.html</p>	USDA/FNS/ESPH	2006
<p>yourself Middle School Kit continuously online since 1998 @ TN <u>Kit</u> with 5 lessons/classroom materials, Poster, Video, BMI Charts, magazine for 6-9th grade http://teamnutrition.usda.gov/Resources/yourself.html</p>	USDA/FNS/TN	since 1998
<p>Milk Matters Online Resources for Teachers <u>Links to</u> 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</p>	DHHS/NICHD	2007

<p>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</p>	DHHS/NICHD	2005
<p>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</p>	DHHS/NICHD	2005
<p>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/</p>	DHHS/OWH	2005
<p>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</p>	DHHS/NIH/NIDDK	revised 2007
<p>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</p>	DHHS/NIH/WIN	2006
<p>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</p>	DHHS/HRSA	2006
<p>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</p>	USDA/FNS/TN	2007
RESOURCES FOR PARENTS		
<p>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</p>	USDA/FNS/ESPH	2008

<p>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</p>	DHHS/NIDDK	2006
<p>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 <u>Web site</u> provides resources about weight management, nutrition, physical activity, and reducing screen time. Also go to: curricula and toolkits section or promotional and programming resources http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.pdf Parent <u>Tips</u> – Making healthier food choices http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/whats-we-can/resources_parents.htm Parent <u>Tips</u> – Healthier eating while saving money http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_saving.pdf</p>	DHHS/NHLBI	2005-2009
WEB SITES AND SELECTED WEB PAGES		
<p>MyPyramid.gov Offers personalized eating plans and interactive tools to plan and assess food choices based on the Dietary Guidelines for Americans. 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. <u>Components:</u> Inside the Pyramid food 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</p>	USDA/CNPP	2005 2005 2008 2009 2007 2008 2008

<p>Public Service Spots & Podcasts USDA Disney partnership for nutrition education. http://www.adcouncil.org/default.aspx?id=475 Download 30+ <u>Audio podcasts</u> from CNPP/USDA http://www.mypyramid.gov/audiopodcasts/index.html</p> <p>Innovations for Healthy Kids Challenge Multi-phased contest. Phase 1 is the Web Games for Healthy Kids</p> <p><u>Contest</u></p> <p>Other Products: Print Materials http://www.mypyramid.gov/tips_resources/printmaterials.html Rate What YOU Ate lesson plan for secondary school teachers to introduce MyPyramid Menu Planner http://www.mypyramid.gov/MenuPlanner/downloads/RateWhatYouAte.pdf</p> <p>Ten Tips Nutrition Education Ongoing Series of 1-page fact sheets http://www.mypyramid.gov/tips_resources/tentips.html</p> <p><u>Posters:</u></p> <p>MyPyramid - 4 versions: adults, kids, pregnancy, preschoolers, http://www.mypyramid.gov/downloads/MiniPoster.pdf www.mypyramid.gov/downloads/resource/pregnancyposter.pdf</p> <p>MyPyramid mini-posters & misc http://www.mypyramid.gov/tips_resources/printmaterials.html http://teamnutrition.usda.gov/Resources/mypyramidforkidsposter.html</p>	<p>USDA/CNPP</p>	<p>2009 2009 2010 2009 2009 2009 2005 2008 2007 2006</p>
<p>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</p>	<p>USDA/FNS/TN</p>	<p>On going</p>
<p>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;Activity Sheets/Bookmarks/Comics/Stickers; Brochures/Mini Posters/Handouts; Additional ESPH Resources</p>	<p>USDA/FNS/ESPH</p>	<p>2003-2007</p>
<p>FNS Loving Support USDA national <i>Breastfeeding Promotion & Support Campaign</i> and other resources http://www.fns.usda.gov/wic/Breastfeeding/breastfeedingmainpage.HTM</p>	<p>USDA/FNS/WIC</p>	<p>2004</p>
<p>FNS Eat Smart, Live Strong SNAP (formerly Food Stamps) <u>Kit/ Web pages</u> 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_id=0&placement_default=0</p>	<p>USDA/FNS/SNAP</p>	<p>2008</p>
<p>FNS Loving Your Family SNAP (formerly Food Stamps) <u>Web pages & Kit:</u> 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</p>	<p>USDA/FNS/SNAP</p>	<p>2007</p>
<p>FNS Core Nutrition Messages Online set of 16 nutrition education messages, with tips and recipes and implementation guidance for use in</p>	<p>USDA/FNS</p>	<p>2008</p>

<p>the nutrition assistance programs. http://www.fns.usda.gov/fns/corenutritionmessages/default.htm</p>		
<p>CDC Fruits and Veggies More Matters <u>Web pages</u> give the benefits of consuming fruits and vegetables, tips, brochures, interactive tools, Q&A, and Partners information. http://www.fruitsandveggiesmatter.gov/ <u>Brochures and booklets:</u> 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 <u>Interactive Worksheets</u> 4 pages on International Fruits and Veggies http://www.fruitsandveggiesmatter.gov/downloads/explore_worksheets.pdf</p>	<p>DHHS/CDC</p>	<p>On going 2006 2005 2007 2006 2006 2007</p>
<p>DHHS Healthy Weight Web Pages 30+ <u>Webpages</u> informing on the best way to stay within a healthy weight range. http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/</p>	<p>DHHS/CDC</p>	<p>2007</p>
<p>DHHS Small Steps Campaign Web Pages <u>Entry Portal</u> to federal web pages http://www.smallstep.gov/index.htm Small Steps Portion Control <u>Tips</u> to control the portion of the food eaten http://www.smallstep.gov/portion_control.html Small Steps Eating Healthier <u>Tips</u> to eat healthy by eating more fruits and vegetables http://www.smallstep.gov/portion_control.html SmallSteps Kids <u>Splash page</u> http://www.smallstep.gov/kids/flash/index.html</p>	<p>DHHS/OS</p>	<p>2007 2007 2005</p>
<p>POSTERS</p>		
<p>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</p>	<p>USDA/FNS/TN USDA/FNS/TN USDA/FNS/TN USDA/FNS/TN USDA/FNS/TN USDA/FNS/TN</p>	<p>2008 2007 2003 2007 2007 2000</p>

<p>MyPyramid - 4 versions pregnancy, adults, preschoolers, kids, www.mypyramid.gov/downloads/resource/pregnancyposter.pdf http://www.mypyramid.gov/downloads/MiniPoster.pdf</p> <p>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</p>	<p>USDA/CNPP</p> <p>USDA/CNPP&FNS/TN USDA/CNPP&FNS/TN</p>	<p>2008 2005 2006</p> <p>2008 2006</p>
NUTRITION LABELING		
<p>FDA Web pages: Spot the Block <u>webpage</u> for parents http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm048815.htm</p>	<p>DHHS/FDA</p>	<p>2008</p>
<p>FDA Web pages: Make Your Calories Count <u>Interactive pages/program</u> to use labels to help plan a healthful diet while managing calorie intake. http://www.cfsan.fda.gov/~ear/hwm/labelman.html</p>	<p>DHHS/FDA</p>	<p>2006</p>
<p>Nutrition Facts Label-Eating Healthier and feeling better <u>Brochure</u> on how to use the Food Label. http://www.cfsan.fda.gov/~acrobat/nutfacts.pdf</p>	<p>DHHS/FDA</p>	<p>2006</p>
<p>Food Facts: Talking about <i>Trans</i> Fat: What You Need to Know <u>2 page</u> article about <i>trans</i> fat. http://www.cfsan.fda.gov/~acrobat/fftrans.pdf</p>	<p>DHHS/FDA</p>	<p>2005</p>
<p><i>Trans</i> Fats on the Nutrition Facts Label <u>Fact sheet</u> on <i>trans</i> fats. http://www.fns.usda.gov/fdd/facts/nutrition/TransFatFactSheet.pdf</p>	<p>DHHS/FNS</p>	<p>2006</p>
<p>Fats in the Diet: How to Enjoy Your Food and Be Healthy, Too! <u>Fact sheet</u> on the fats in the diet. http://ific.org/publications/brochures/upload/fatstipsheet.pdf</p>	<p>DHHS/ FDA &IFIC</p>	<p>2006</p>
<p>Read It Before You Eat It <u>Poster</u> on Nutrition Facts label, developed by FDA/FNS http://teamnutrition.usda.gov/Resources/read_it.html</p>	<p>USDA/FNS/TN & FDA</p>	<p>2003</p>
WEIGHT MANAGMENT		
<p>Healthy Weight Web Pages <u>Web page</u> (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/</p>	<p>DHHS/CDC</p>	<p>2007</p>

NHLBI Aim for a Health Weight Website Web site provides information on weight management Includes: a Body Mass Index calculator , recipes , interactive personalized menu planner , shopping ideas , healthy dining out tips , guide to physical activity 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://email.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. Explains 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, update 2007

WOMENS HEALTH

<p>Bright Futures for Women's Health and Wellness: Healthy Women Build Healthy Communities <u>Tool kit</u> 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</p>	DHHS/HRSA	2005
<p>The Heart Truth for Women: <u>4pages</u> Recipes for Heart Health http://www.nhlbi.nih.gov/educational/hearttruth/downloads/pdf/factsheet-recipes.pdf</p>	DHHS/NIHLBI	2005
<p>My Bright Future: Physical Activity and Healthy Eating Tools for Adult Women <u>13 page booklet</u> that presents information and tips on physical activity and healthy eating for young women. http://ftp.hrsa.gov/mybrightfuture/Adult_Guide.pdf</p>	DHHS/HRSA	2005
<p>Women's Health USA 2006 <u>81 page data book</u> on women's health highlighting emerging issues and trends in women's health. ftp://ftp.hrsa.gov/mchb/whusa_06/w06.pdf</p>	DHHS/HRSA	2006

SENIORS

<p>Young At Heart: Tips for Older Adults <u>25 page booklet</u> with tips for healthy eating and physical activity for older adults. http://win.niddk.nih.gov/publications/PDFs/youngatheart.pdf</p>	DHHS/NIDDK	2007
<p>Getting Older. Living Healthier. Feeling Better: Start today with the Dietary Guidelines for Americans <u>6 page brochure</u> that guides older adults in making healthy food choices. http://nutritionandaging.fiu.edu/DRI_and_DGs/OA brochure.pdf</p>	DHHS/ODPHP/AoA	2005
<p>Getting Older. Living Healthier. Feeling Better: Start today with the Dietary Guidelines for Americans <u>6 page brochure</u> that guides older adults in making healthy food choices. http://nutritionandaging.fiu.edu/DRI_and_DGs/OA brochure.pdf</p>	DHHS/ODPHP/AoA	2005
<p>NIH: Senior Health Web pages: Eating Well as You Get Older <u>Dozen web pages</u> (within an broader site) on the benefits of eating well, how to eat well, tips to shop wisely. http://nihseniorhealth.gov/eatingwellasyougetolder/toc.html</p>	DHHS/NIH/NIA	2006-7

SPECIALTY PRODUCTS

SPECIALTY PRODUCTS		
DASH Eating Plan: Your Guide to Lowering Your Blood Pressure 1998, updated 2006 <u>64 page booklet</u> for 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 <u>Recipe book</u> with 75 deliciously healthy recipes, beautiful full-color design throughout, and original food photos http://hp2010.nhlbihin.net/healthyeating/	DHHS/NHLBI	2009
Honoring the Gift of Children: A Family Wellness Journey <u>Guidance</u> for American Indian and Native American families. <i>available on CD by request</i>	DHHS/IHS	2007
Your Health is Golden: Heart Health Promotion Activities for Vietnamese Communities <u>48 page (print) guidebook</u> 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 <u>13 mini signs</u> that contain simple dietary tips based on the new "Dietary Guidelines for Americans to help commissary shoppers make informed decisions while shopping: shelf talker http://www.commissaries.com/	DoD	2005
Dietary Supplements Fact Sheets: <u>Fact Sheet Chromium</u> includes food sources and recommendations. http://ods.od.nih.gov/factsheets/chromium.asp#h7 <u>Fact Sheet Carnitine</u> includes food sources and recommended intakes. http://ods.od.nih.gov/factsheets/carnitine.asp	CHHS/NIH/ODS-ClnCtr	2005
Iron Deficiency Web Page <u>Informational web page</u> 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) <u>35 page booklet</u> 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) <u>Recipes</u> 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) <u>40 page booklet</u> 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	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 <u>Directional web pages</u> 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 <u>Directional website</u> for health education; health education, Nutrition, Physical activity www.healthfinder.gov	DHHS/ODPHP	2007
CDC Nutrition Basics Web Site <u>Directional Web pages</u> 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 <u>Consumer book</u> for everyday healthy eating and physical activity, including recipes and worksheets. www.healthierus.gov/dietaryguidelines	DHHS/ODPHP	2005
Health Facts, Toolkit <u>8 fact sheets - toolkit</u> 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

<p>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.</p> <p>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_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</p>	DHHS/ODPHP	2005
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***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