

# 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)

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| <p><b>The Two-Bite Club</b><br/>Read-aloud booklet for preschoolers <a href="http://teamnutrition.usda.gov/Resources/2biteclub.html">http://teamnutrition.usda.gov/Resources/2biteclub.html</a></p>  | USDA/FNS/TN      | 2009      |
| <p><b>Grow it -- Try it -- Like It</b><br/>Kit Pre-K – food &amp; gardening concepts, lesson plans, video, activities<br/><b>Sent to printers; to be loaded on FNS website early in 2010</b></p>   | USDA/FNS/TN      | 2010      |
| <p><b>Nibbles for Health: Nutrition Newsletters for Parents of Preschoolers</b><br/>Kit providing 4 Sharing Session (lesson plans): 40+ individual topic newsletters for parents<br/><a href="http://teamnutrition.usda.gov/Resources/nibbles.html">http://teamnutrition.usda.gov/Resources/nibbles.html</a></p>   | USDA/FNS/TN      | 2008      |
| <p><b>MyPyramid for Preschoolers</b> MyPyramid for Preschoolers<br/>Webpages 68 pages on MyPyramid.gov of guidance, parent hand-outs, poster, WIC Fact Sheets, Flyers<br/><a href="http://www.mypyramid.gov/preschoolers/">http://www.mypyramid.gov/preschoolers/</a></p>  | USDA/CNPP        | 2008      |
| <p><b>MyPyramid for Kids</b><br/>3 lesson plans for grades K, 1-3; Anatomy of MyPyramid, mini posters<br/><a href="http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html">http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html</a></p>  | USDA/CNPP&FNS/TN | 2006      |
| <p><b>MyPyramid Blast Off Online Game for kids</b><br/>Online game teaches basics of making food choices using MyPyramid guidance<br/><a href="http://www.mypyramid.gov/kids/kids_game.html">http://www.mypyramid.gov/kids/kids_game.html</a></p>  | USDA/CNPP        | 2006      |
| <p><b>Eat Smart Play Hard Campaign</b> Lesson Plans and Materials<br/>2 lesson plans for children at 2 age ranges: 4 &amp; 5, 11-12 years:<br/>Coloring sheets, stickers, placemats, posters, web site, parent information<br/><a href="http://teamnutrition.usda.gov/Resources/eatsmartactivitysheets.html">http://teamnutrition.usda.gov/Resources/eatsmartactivitysheets.html</a><br/><a href="http://teamnutrition.usda.gov/Resources/eatsmartmaterials.html">http://teamnutrition.usda.gov/Resources/eatsmartmaterials.html</a></p> | USDA/FNS/ESPH    | 2002-2006 |

## FOR TEACHERS OF CHILDREN: Ages 8-18

Grades 3-5, 6-9 & High School

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| <p><b>Rate What You Ate</b><br/> <u>Lesson plan</u> for secondary school explains the Menu Planner diet assessment<br/> <a href="http://www.mypyramid.gov/MenuPlanner/downloads/RateWhatYouAte.pdf">http://www.mypyramid.gov/MenuPlanner/downloads/RateWhatYouAte.pdf</a></p>  | USDA/CNPP&FNS/TN | 2009       |
| <p><b>Nutrition Essentials</b><br/> <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.<br/> <a href="http://teamnutrition.usda.gov/Resources/nutritionessentials.html">http://teamnutrition.usda.gov/Resources/nutritionessentials.html</a></p> | USDA/FNS/TN      | 2007       |
| <p><b>The Power of Choice</b><br/> <u>10 lesson plans</u> for kids aged 11-13 in after school programs. Extensive supplemental guidance for parents.<br/> <a href="http://teamnutrition.usda.gov/Resources/power_of_choice.html">http://teamnutrition.usda.gov/Resources/power_of_choice.html</a></p>  | USDA/FNS/TN      | 2007       |
| <p><b>Empowering Youth</b><br/> <u>Adult guidance &amp; activities</u> for kids aged 11-18 years in after school programs<br/> <a href="http://teamnutrition.usda.gov/Resources/empoweringyouth.html">http://teamnutrition.usda.gov/Resources/empoweringyouth.html</a></p>   | USDA/FNS/TN      | 2007       |
| <p><b>MyPyramid for Kids</b><br/> <u>6 lesson plans</u>; 3 plans for each at grades 3 &amp; 4, and grades 5 &amp; 6, Poster, coloring pages, Tips for Families, Worksheet, etc.<br/> <a href="http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html">http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html</a></p>   | USDA/CNPP&FNS/TN | 2006       |
| <p><b>ESPH Power Plans</b><br/> <u>2 lesson plans</u> for children at two age ranges: 8-10, 11-12 years<br/> <a href="http://teamnutrition.usda.gov/Resources/eatsmartadditionalresources.html">http://teamnutrition.usda.gov/Resources/eatsmartadditionalresources.html</a></p>   | USDA/FNS/ESPH    | 2006       |
| <p><b>yourself Middle School Kit</b> continuously online since 1998 @ TN<br/> <u>Kit</u> with 5 lessons/classroom materials, Poster, Video, BMI Charts, magazine for 6-9th grade<br/> <a href="http://teamnutrition.usda.gov/Resources/yourself.html">http://teamnutrition.usda.gov/Resources/yourself.html</a></p>  | USDA/FNS/TN      | since 1998 |
| <p><b>Milk Matters Online Resources for Teachers</b><br/> <u>Links to</u> classroom activities and supplemental classroom materials for middle and high school teachers informing on the benefits of milk and calcium.<br/> <a href="http://www.nichd.nih.gov/milk/teachers/index.cfm">http://www.nichd.nih.gov/milk/teachers/index.cfm</a></p>  | DHHS/NICHD       | 2007       |

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| <p><b>Milk Matters: For Bones, For Lifelong Health</b><br/> 9 page online document informing on the importance of calcium in children ages 9-18.<br/> <a href="http://www.nichd.nih.gov/publications/pubs/upload/strong_bones_lifelong_health_mm.pdf">http://www.nichd.nih.gov/publications/pubs/upload/strong_bones_lifelong_health_mm.pdf</a></p>  | DHHS/NICHD     | 2005         |
| <p><b>Media Smart Youth web pages</b><br/> Afterschool education program for young people ages 11 to 13; evaluation tools<br/> <b>Video Script</b> 2005 Explains the role media plays in eating and physical activity choices for youth.<br/> <a href="http://www.nichd.nih.gov/msy">www.nichd.nih.gov/msy</a></p>   | DHHS/NICHD     | 2005         |
| <p><b>BodyWorks Toolkit</b><br/> 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.<br/> <a href="http://www.womenshealth.gov/BodyWorks/toolkit/">http://www.womenshealth.gov/BodyWorks/toolkit/</a></p>   | DHHS/OWH       | 2005         |
| <p><b>Tips for Teens: Lower Your Risk for Type 2 Diabetes</b> for American Indians/Alaska Natives<br/> 4 page brochure on how to prevent type 2 diabetes; includes information on healthy eating, exercise, and tips on how to cut excess calories.<br/> <a href="http://ndep.nih.gov/diabetes/pubs/YouthTips_LowerRisk_Eng.pdf">http://ndep.nih.gov/diabetes/pubs/YouthTips_LowerRisk_Eng.pdf</a></p> | DHHS/NIH/NIDDK | revised 2007 |
| <p><b>Take Charge of Your Health</b><br/> 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.<br/> <a href="http://win.niddk.nih.gov/publications/PDFs/teenblackwhite3.pdf">http://win.niddk.nih.gov/publications/PDFs/teenblackwhite3.pdf</a></p>   | DHHS/NIH/WIN   | 2006         |
| <p><b>My Bright Future: Physical Activity and Healthy Eating Tools for Young Women</b><br/> 15 page booklet that presents information and tips on physical activity and healthy eating for young women.<br/> <a href="ftp://ftp.hrsa.gov/mybrightfuture/GuideforYoungWomen.pdf">ftp://ftp.hrsa.gov/mybrightfuture/GuideforYoungWomen.pdf</a></p>   | DHHS/HRSA      | 2006         |
| <p><b>Team Up at Home</b><br/> Activity booklet with hands-on activities for parents to use with school age kids (revision)<br/> <a href="http://teamnutrition.usda.gov/Resources/teamupbooklet.html">http://teamnutrition.usda.gov/Resources/teamupbooklet.html</a></p>   | USDA/FNS/TN    | 2007         |
| <b>RESOURCES FOR PARENTS</b>   |                |              |
| <p><b>Creating Healthy Active Celebrations</b><br/> Online booklet 46 pages on organizing parties with recipes, party themes and activities<br/> <a href="http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/celebrations.pdf">http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/celebrations.pdf</a></p>   | USDA/FNS/ESPH  | 2008         |

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| <p><b>Energize Yourself and Your Family</b> updated<br/> 20 page booklet which describes the benefits of being active and includes tips on how to eat better.<br/> <a href="http://win.niddk.nih.gov/publications/PDFs/EnergizeYourself2004.pdf">http://win.niddk.nih.gov/publications/PDFs/EnergizeYourself2004.pdf</a></p>   | DHHS/NIDDK | 2006   |
| <p><b>We Can (Ways to Enhance Children's Activity and Nutrition)!</b> Families Finding the Balance: A Parent Handbook<br/> 26 page booklet for parents -- to help children 8-13 stay at a healthy <u>Web site</u> provides resources about <a href="#">weight management</a>, <a href="#">nutrition</a>, <a href="#">physical activity</a>, and <a href="#">reducing screen time</a>. Also go to: <a href="#">curricula and toolkits section</a> or <a href="#">promotional and programming resources</a><br/> <a href="http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.pdf">http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.pdf</a><br/> Parent <u>Tips</u> – Making healthier food choices<br/> <a href="http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/whats-we-can/resources_parents.htm">http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/whats-we-can/resources_parents.htm</a><br/> Parent <u>Tips</u> – Healthier eating while saving money<br/> <a href="http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_saving.pdf">http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_saving.pdf</a></p>   | DHHS/NHLBI | 2005-2009  |
| <b>WEB SITES AND SELECTED WEB PAGES</b>  |            |  |
| <p><b>MyPyramid.gov</b><br/> Offers personalized eating plans and interactive tools to plan and assess food choices based on the <a href="#">Dietary Guidelines for Americans</a>. 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.<br/> <u>Components:</u><br/> <b>Inside the Pyramid</b> food groups, healthy eating, tips, how the MyPyramid works and more<br/> <a href="http://www.mypyramid.gov/pyramid/index.html">http://www.mypyramid.gov/pyramid/index.html</a><br/> <b>2005/2010 Dietary Guidelines</b> The basic guidelines for eating healthy<br/> <a href="http://www.mypyramid.gov/guidelines/index.html">http://www.mypyramid.gov/guidelines/index.html</a><br/> <a href="http://www.cnpp.usda.gov/dietaryguidelines.htm">http://www.cnpp.usda.gov/dietaryguidelines.htm</a><br/> <b>Interactive tools</b><br/> <b>MyPyramid Menu Planner</b> Choose your foods for a day to reach your personal goals<br/> <a href="http://www.mypyramidtracker.gov/planner/launchPage.aspx">http://www.mypyramidtracker.gov/planner/launchPage.aspx</a><br/> <b>My Food-a-pedia</b> Quick access to food info, food groups, calories &amp; comparisons<br/> <a href="http://www.myfoodapedia.gov/">http://www.myfoodapedia.gov/</a><br/> <b>MyPyramid Tracker</b> Get feedback on what you eat &amp; your physical activity<br/> <a href="http://www.mypyramidtracker.gov/">http://www.mypyramidtracker.gov/</a><br/> <b>MyPyramid for Kids&amp; Preschoolers</b> Get your child's food plan. Plus everything a parent needs to know to feed (preschool to age 11) your child.<br/> <a href="http://www.mypyramid.gov/kids/index.html">http://www.mypyramid.gov/kids/index.html</a><br/> <a href="http://www.mypyramid.gov/preschoolers/index.html">http://www.mypyramid.gov/preschoolers/index.html</a><br/> <b>MyPyramid for Moms</b> Start out right as a new mom or mom-to-be<br/> <a href="http://www.mypyramid.gov/mypyramidmoms/index.html">http://www.mypyramid.gov/mypyramidmoms/index.html</a></p> | USDA/CNPP  | 2005<br>2005<br>2008<br>2009<br>2007<br>2008<br>2008 |

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| <p><b>Public Service Spots &amp; Podcasts</b><br/> USDA Disney partnership for nutrition education.<br/> <a href="http://www.adcouncil.org/default.aspx?id=475">http://www.adcouncil.org/default.aspx?id=475</a><br/> Download 30+ <u>Audio podcasts</u> from CNPP/USDA<br/> <a href="http://www.mypyramid.gov/audiopodcasts/index.html">http://www.mypyramid.gov/audiopodcasts/index.html</a></p> <p><b>Innovations for Healthy Kids Challenge</b><br/> Multi-phased contest. Phase 1 is the <a href="#">Web Games for Healthy Kids</a></p> <p><u>Contest</u></p> <p><b>Other Products: Print Materials</b> <a href="http://www.mypyramid.gov/tips_resources/printmaterials.html">http://www.mypyramid.gov/tips_resources/printmaterials.html</a><br/> <b>Rate What YOU Ate</b> lesson plan for secondary school teachers to introduce MyPyramid Menu Planner<br/> <a href="http://www.mypyramid.gov/MenuPlanner/downloads/RateWhatYouAte.pdf">http://www.mypyramid.gov/MenuPlanner/downloads/RateWhatYouAte.pdf</a></p> <p><b>Ten Tips Nutrition Education Ongoing Series</b> of 1-page fact sheets<br/> <a href="http://www.mypyramid.gov/tips_resources/tentips.html">http://www.mypyramid.gov/tips_resources/tentips.html</a></p> <p><u>Posters:</u></p> <p><b>MyPyramid</b> - 4 versions: adults, kids, pregnancy, preschoolers,<br/> <a href="http://www.mypyramid.gov/downloads/MiniPoster.pdf">http://www.mypyramid.gov/downloads/MiniPoster.pdf</a><br/> <a href="http://www.mypyramid.gov/downloads/resource/pregnancyposter.pdf">www.mypyramid.gov/downloads/resource/pregnancyposter.pdf</a></p> <p><b>MyPyramid mini-posters &amp; misc</b> <a href="http://www.mypyramid.gov/tips_resources/printmaterials.html">http://www.mypyramid.gov/tips_resources/printmaterials.html</a><br/> <a href="http://teamnutrition.usda.gov/Resources/mypyramidforkidsposter.html">http://teamnutrition.usda.gov/Resources/mypyramidforkidsposter.html</a></p> | <p>USDA/CNPP</p>     | <p>2009<br/>2009<br/>2010<br/>2009<br/>2009<br/>2009<br/>2005<br/>2008<br/>2007<br/>2006</p> |
| <p><b>FNS Team Nutrition Resources</b><br/> Team Nutrition provides online access to FNS nutrition resources available schools and child care facilities that participate in the Federal Child Nutrition Programs: <a href="http://teamnutrition.usda.gov/library.html">http://teamnutrition.usda.gov/library.html</a></p>   | <p>USDA/FNS/TN</p>   | <p>On going</p>  |
| <p><b>FNS The Eat Smart. Play Hard.™ Campaign</b><br/> Provides online resources and tools to convey and reinforce healthy eating and lifestyle behaviors<br/> <a href="#">Web Site for Parents;Activity Sheets/Bookmarks/Comics/Stickers;</a><br/> <a href="#">Brochures/Mini Posters/Handouts;</a> <a href="#">Additional ESPH Resources</a></p>   | <p>USDA/FNS/ESPH</p> | <p>2003-2007</p>   |
| <p><b>FNS Loving Support</b><br/> USDA national <i>Breastfeeding Promotion &amp; Support Campaign</i> and other resources<br/> <a href="http://www.fns.usda.gov/wic/Breastfeeding/breastfeedingmainpage.HTM">http://www.fns.usda.gov/wic/Breastfeeding/breastfeedingmainpage.HTM</a></p>   | <p>USDA/FNS/WIC</p>  | <p>2004</p>  |
| <p><b>FNS Eat Smart, Live Strong</b> SNAP (formerly Food Stamps)<br/> <u>Kit/ Web pages</u> Intervention for seniors based on Activity Kit with lessons <a href="http://snap.nal.usda.gov/nal_display/index.php?info_center=15&amp;tax_level=3&amp;tax_subject=261&amp;topic_id=1941&amp;level3_id=6326&amp;level4_id=0&amp;level5_id=0&amp;placement_default=0">http://snap.nal.usda.gov/nal_display/index.php?info_center=15&amp;tax_level=3&amp;tax_subject=261&amp;topic_id=1941&amp;level3_id=6326&amp;level4_id=0&amp;level5_id=0&amp;placement_default=0</a></p>  | <p>USDA/FNS/SNAP</p> | <p>2008</p>  |
| <p><b>FNS Loving Your Family</b> SNAP (formerly Food Stamps)<br/> <u>Web pages &amp; Kit:</u> guidance on 3 sessions for adults, lower literacy (at 5-6<sup>th</sup> grade level)<br/> <a href="http://snap.nal.usda.gov/nal_display/index.php?info_center=15&amp;tax_level=3&amp;tax_subject=261&amp;topic_id=1941&amp;level3_id=6322&amp;level4_id=0&amp;level5_id=0&amp;placement_default=0">http://snap.nal.usda.gov/nal_display/index.php?info_center=15&amp;tax_level=3&amp;tax_subject=261&amp;topic_id=1941&amp;level3_id=6322&amp;level4_id=0&amp;level5_id=0&amp;placement_default=0</a></p>   | <p>USDA/FNS/SNAP</p> | <p>2007</p>  |
| <p><b>FNS Core Nutrition Messages</b><br/> 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>  |

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| the nutrition assistance programs. <a href="http://www.fns.usda.gov/fns/corenutritionmessages/default.htm">http://www.fns.usda.gov/fns/corenutritionmessages/default.htm</a>            |  |             |  |
| <b>CDC Fruits and Veggies More Matters</b>  | <b>Web pages</b> give the benefits of consuming fruits and vegetables, tips, brochures, interactive tools, Q&A, and Partners information. <a href="http://www.fruitsandveggiesmatter.gov/">http://www.fruitsandveggiesmatter.gov/</a><br><b>Brochures and booklets:</b><br>Why Do Fruits & Vegetables Matter to Men? <a href="http://www.fruitsandveggiesmatter.gov/downloads/AA_Mens_Brochure.pdf">http://www.fruitsandveggiesmatter.gov/downloads/AA_Mens_Brochure.pdf</a><br>Choose Smart, Choose Healthy <a href="http://www.fruitsandveggiesmatter.gov/downloads/AA_Womens_Brochure.pdf">http://www.fruitsandveggiesmatter.gov/downloads/AA_Womens_Brochure.pdf</a><br>International Fruits and Veggies Interactive Worksheets <a href="http://www.fruitsandveggiesmatter.gov/downloads/explore_worksheets.pdf">http://www.fruitsandveggiesmatter.gov/downloads/explore_worksheets.pdf</a><br>How Many Fruits and Vegetables Do You Need? <a href="http://www.fruitsandveggiesmatter.gov/downloads/General_Audience_Brochure.pdf">http://www.fruitsandveggiesmatter.gov/downloads/General_Audience_Brochure.pdf</a><br>Three Simple Steps to Eating More Fruits and Vegetables <a href="http://www.fruitsandveggiesmatter.gov/downloads/Low_Literacy_Brochure.pdf">http://www.fruitsandveggiesmatter.gov/downloads/Low_Literacy_Brochure.pdf</a><br><b>Interactive Worksheets</b> 4 pages on International Fruits and Veggies <a href="http://www.fruitsandveggiesmatter.gov/downloads/explore_worksheets.pdf">http://www.fruitsandveggiesmatter.gov/downloads/explore_worksheets.pdf</a> | DHHS/CDC    | On going<br><br>2006<br>2005<br>2007<br>2006<br>2006<br>2007 |
| <b>DHHS Healthy Weight Web Pages</b>  | 30+ <b>Webpages</b> informing on the best way to stay within a healthy weight range. <a href="http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/">http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/</a>   | DHHS/CDC    | 2007   |
| <b>DHHS Small Steps Campaign Web Pages</b>  | <b>Entry Portal</b> to federal web pages <a href="http://www.smallstep.gov/index.htm">http://www.smallstep.gov/index.htm</a><br>Small Steps Portion Control <b>Tips</b> to control the portion of the food eaten <a href="http://www.smallstep.gov/portion_control.html">http://www.smallstep.gov/portion_control.html</a><br>Small Steps Eating Healthier <b>Tips</b> to eat healthy by eating more fruits and vegetables <a href="http://www.smallstep.gov/portion_control.html">http://www.smallstep.gov/portion_control.html</a><br>SmallSteps Kids <b>Splash page</b> <a href="http://www.smallstep.gov/kids/flash/index.html">http://www.smallstep.gov/kids/flash/index.html</a>   | DHHS/OS     | 2007<br>2007<br>2005   |
| <b>POSTERS</b>  |  |             |  |
| <b>It's Up to You</b> (food groups) <a href="http://teamnutrition.usda.gov/Resources/itsuptoyou.html">http://teamnutrition.usda.gov/Resources/itsuptoyou.html</a>                       |  | USDA/FNS/TN | 2008   |
| <b>Food for a Day</b> (2,000 calories of food) <a href="http://teamnutrition.usda.gov/Resources/foodforday.html">http://teamnutrition.usda.gov/Resources/foodforday.html</a>            |  | USDA/FNS/TN | 2007   |
| <b>How Much Do You Eat</b> (portions) <a href="http://teamnutrition.usda.gov/Resources/howmuch.html">http://teamnutrition.usda.gov/Resources/howmuch.html</a>                           |  | USDA/FNS/TN | 2003   |
| <b>Read It Before You Eat It</b> (label) <a href="http://teamnutrition.usda.gov/Resources/read_it.html">http://teamnutrition.usda.gov/Resources/read_it.html</a>                        |  | USDA/FNS/TN | 2007   |
| <b>Enjoy Moving</b> (physical activity) <a href="http://teamnutrition.usda.gov/Resources/nutritionessentials.html">http://teamnutrition.usda.gov/Resources/nutritionessentials.html</a> |  | USDA/FNS/TN | 2007   |
| <b>Move It!</b> (physical activity) <a href="http://teamnutrition.usda.gov/Resources/moveitposter.html">http://teamnutrition.usda.gov/Resources/moveitposter.html</a>                   |  | USDA/FNS/TN | 2000   |

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| <p><b>MyPyramid - 4 versions</b> pregnancy, adults, preschoolers, kids,<br/> <a href="http://www.mypyramid.gov/downloads/resource/pregnancyposter.pdf">www.mypyramid.gov/downloads/resource/pregnancyposter.pdf</a><br/> <a href="http://www.mypyramid.gov/downloads/MiniPoster.pdf">http://www.mypyramid.gov/downloads/MiniPoster.pdf</a></p> <p><b>MyPyramid mini-posters &amp; misc</b><br/> <a href="http://www.mypyramid.gov/tips_resources/printmaterials.html">http://www.mypyramid.gov/tips_resources/printmaterials.html</a><br/> <a href="http://teamnutrition.usda.gov/Resources/mypyramid_preschoolers.html">http://teamnutrition.usda.gov/Resources/mypyramid_preschoolers.html</a><br/> <a href="http://teamnutrition.usda.gov/Resources/mypyramidforkidsposter.html">http://teamnutrition.usda.gov/Resources/mypyramidforkidsposter.html</a></p> | <p>USDA/CNPP</p> <p>USDA/CNPP&amp;FNS/TN<br/>USDA/CNPP&amp;FNS/TN</p> | <p>2008<br/>2005<br/>2006<br/>2008<br/>2006</p> |
| <b>NUTRITION LABELING</b>   |   |   |
| <p><b>FDA Web pages: Spot the Block</b> <u>webpage</u> for parents<br/> <a href="http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm048815.htm">http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm048815.htm</a></p>   | <p>DHHS/FDA</p>   | <p>2008</p>                                     |
| <p><b>FDA Web pages: Make Your Calories Count</b><br/> <u>Interactive pages/program</u> to use labels to help plan a healthful diet while managing calorie intake.<br/> <a href="http://www.cfsan.fda.gov/~ear/hwm/labelman.html">http://www.cfsan.fda.gov/~ear/hwm/labelman.html</a></p>   | <p>DHHS/FDA</p>   | <p>2006</p>                                     |
| <p><b>Nutrition Facts Label-Eating Healthier and feeling better</b><br/> <u>Brochure</u> on how to use the Food Label. <a href="http://www.cfsan.fda.gov/~acrobat/nutfacts.pdf">http://www.cfsan.fda.gov/~acrobat/nutfacts.pdf</a></p>  | <p>DHHS/FDA</p>   | <p>2006</p>                                     |
| <p><b>Food Facts: Talking about <i>Trans</i> Fat: What You Need to Know</b><br/> <u>2 page</u> article about <i>trans</i> fat. <a href="http://www.cfsan.fda.gov/~acrobat/fftrans.pdf">http://www.cfsan.fda.gov/~acrobat/fftrans.pdf</a></p>  | <p>DHHS/FDA</p>   | <p>2005</p>                                     |
| <p><b><i>Trans</i> Fats on the Nutrition Facts Label</b><br/> <u>Fact sheet</u> on <i>trans</i> fats. <a href="http://www.fns.usda.gov/fdd/facts/nutrition/TransFatFactSheet.pdf">http://www.fns.usda.gov/fdd/facts/nutrition/TransFatFactSheet.pdf</a></p>   | <p>DHHS/FNS</p>   | <p>2006</p>                                     |
| <p><b>Fats in the Diet: How to Enjoy Your Food and Be Healthy, Too!</b><br/> <u>Fact sheet</u> on the fats in the diet. <a href="http://ific.org/publications/brochures/upload/fatstipsheet.pdf">http://ific.org/publications/brochures/upload/fatstipsheet.pdf</a></p>   | <p>DHHS/ FDA &amp;IFIC</p>  | <p>2006</p>                                     |
| <p><b>Read It Before You Eat It</b><br/> <u>Poster</u> on Nutrition Facts label, developed by FDA/FNS <a href="http://teamnutrition.usda.gov/Resources/read_it.html">http://teamnutrition.usda.gov/Resources/read_it.html</a></p>   | <p>USDA/FNS/TN &amp; FDA</p>  | <p>2003</p>                                     |
| <b>WEIGHT MANAGMENT</b>   |   |   |
| <p><b>Healthy Weight Web Pages</b><br/> <u>Web page</u> (30 pages) informing on the best way to stay within a healthy weight range.<br/> <a href="http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/">http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/</a></p>  | <p>DHHS/CDC</p>   | <p>2007</p>                                     |



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| <b>NHLBI Aim for a Health Weight Website</b><br>Web site provides information on weight management Includes: a <a href="#">Body Mass Index calculator</a> , <a href="#">recipes</a> , <a href="#">interactive personalized menu planner</a> , <a href="#">shopping ideas</a> , <a href="#">healthy dining out tips</a> , <a href="#">guide to physical activity</a><br><a href="http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm">http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm</a> | DHHS/NHLBI   | No date           |
| <b>Keep the Beat 2010 Calendar</b><br><br>2010 Calendar with health tips. <a href="http://email.nhlbihin.net/ktbcalendar/">http://email.nhlbihin.net/ktbcalendar/</a>  | DHHS/NHLBI   | 2009              |
| <b>NHLBI Portion Distortion</b><br>Online quiz to see how portions have changed in the last 20 years.<br><a href="http://hp2010.nhlbihin.net/portion/">http://hp2010.nhlbihin.net/portion/</a>   | DHHS/NHLBI   | 2008              |
| <b>Eat More, Weigh Less</b><br>8 page brochure with information on how to eat more low calorie-dense foods in place of high calorie-dense foods.<br><a href="http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy_Density.pdf">http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy_Density.pdf</a>  | DHHS/CDC     | 2007              |
| <b>How to Avoid Portion Size Pitfalls to Help Manage Your Weight.</b><br>4 page document on how to manage the portions you eat. Practice to Research Series No. 2<br><a href="http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf">http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf</a>   | DHHS/CDC     | 2005              |
| <b>Just Enough For You</b><br>21 page brochure showing serving size and giving tips on how to eat the right amount.<br><a href="http://win.niddk.nih.gov/publications/PDFs/justenough.pdf">http://win.niddk.nih.gov/publications/PDFs/justenough.pdf</a>   | DHHS/NIH/WIN | 2006              |
| <b>PHYSICAL ACTIVITY</b>   |              |                   |
| <b>Be Active Your Way: A Guide for Adults</b><br>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.<br><a href="http://www.health.gov/paguidelines/adultguide/default.aspx">http://www.health.gov/paguidelines/adultguide/default.aspx</a>   | DHHS         | 2008              |
| <b>Get Fit!: A Handbook for Youths Ages 6-17</b><br>Handbook created to help children get active and receive Presidential awards for physical activity.<br>(page does not open) <a href="http://www.fitness.gov/getfit.pdf">http://www.fitness.gov/getfit.pdf</a>  | DHHS/PCPFS   | 2006              |
| <b>Stay Active Get Fit Handbook</b><br>Guide to physical activity and fundamentals.<br><a href="http://www.presidentschallenge.org/pdf/adultgetfit.pdf">http://www.presidentschallenge.org/pdf/adultgetfit.pdf</a>   | DHHS/PCPFS   | 2006              |
| <b>Walking...A Step in the Right Direction</b><br>Pamphlet describing the benefits of walking, explains how to start a walking program.<br><a href="http://win.niddk.nih.gov/publications/walking.htm">http://win.niddk.nih.gov/publications/walking.htm</a>   | DHHS/NIDDK   | 2004, update 2007 |



## WOMENS HEALTH

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| <p><b>Bright Futures for Women's Health and Wellness:</b> Healthy Women Build Healthy Communities<br/> <u>Tool kit</u> 108 pages of information on how to start community events and involvement for helping to better women's health.<br/>         (page does not open) <a href="http://ftp.hrsa.gov/hrsa/womenshealthtoolkit.pdf">http://ftp.hrsa.gov/hrsa/womenshealthtoolkit.pdf</a></p> | DHHS/HRSA   | 2005 |
| <p><b>The Heart Truth for Women:</b><br/> <u>4pages</u> Recipes for Heart Health<br/> <a href="http://www.nhlbi.nih.gov/educational/hearttruth/downloads/pdf/factsheet-recipes.pdf">http://www.nhlbi.nih.gov/educational/hearttruth/downloads/pdf/factsheet-recipes.pdf</a></p>  | DHHS/NIHLBI | 2005 |
| <p><b>My Bright Future: Physical Activity and Healthy Eating Tools for Adult Women</b><br/> <u>13 page booklet</u> that presents information and tips on physical activity and healthy eating for young women.<br/> <a href="http://ftp.hrsa.gov/mybrightfuture/Adult_Guide.pdf">http://ftp.hrsa.gov/mybrightfuture/Adult_Guide.pdf</a></p>  | DHHS/HRSA   | 2005 |
| <p><b>Women's Health USA 2006</b><br/> <u>81 page data book</u> on women's health highlighting emerging issues and trends in women's health.<br/> <a href="ftp://ftp.hrsa.gov/mchb/whusa_06/w06.pdf">ftp://ftp.hrsa.gov/mchb/whusa_06/w06.pdf</a></p>  | DHHS/HRSA   | 2006 |

## SENIORS

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

## SPECIALTY PRODUCTS

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| <b>SPECIALTY PRODUCTS</b>  |                     |      |
| <b>DASH Eating Plan: Your Guide to Lowering Your Blood Pressure</b> 1998, updated 2006<br><u>64 page booklet</u> for adults with heart disease or hypertension describing the DASH diet for lowering high blood pressure. <a href="http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf">http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf</a>  | DHHS/NHLBI          | 2006 |
| <b>NHLBI Keep the Beat Deliciously Health Dinners</b><br><u>Recipe book</u> with 75 deliciously healthy recipes, beautiful full-color design throughout, and original food photos<br><a href="http://hp2010.nhlbihin.net/healthyeating/">http://hp2010.nhlbihin.net/healthyeating/</a>   | DHHS/NHLBI          | 2009 |
| <b>Honoring the Gift of Children: A Family Wellness Journey</b><br><u>Guidance</u> for American Indian and Native American families. <i>available on CD by request</i>   | DHHS/IHS            | 2007 |
| <b>Your Health is Golden: Heart Health Promotion Activities for Vietnamese Communities</b><br><u>48 page (print) guidebook</u> for community health educators to help them organize activities to promote heart Health among Vietnamese populations. <a href="http://www.nhlbi.nih.gov/health/prof/heart/other/viet_golden.pdf">http://www.nhlbi.nih.gov/health/prof/heart/other/viet_golden.pdf</a>                             | DHHS/NIH/NHLBI      | 2005 |
| <b>DoD Shelf Talkers-Healthy Choices For Life</b><br><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: <a href="http://www.commissaries.com/">shelf talker</a><br><a href="http://www.commissaries.com/">http://www.commissaries.com/</a>   | DoD                 | 2005 |
| <b>Dietary Supplements Fact Sheets:</b><br><u>Fact Sheet Chromium</u> includes food sources and recommendations.<br><a href="http://ods.od.nih.gov/factsheets/chromium.asp#h7">http://ods.od.nih.gov/factsheets/chromium.asp#h7</a><br><u>Fact Sheet Carnitine</u> includes food sources and recommended intakes.<br><a href="http://ods.od.nih.gov/factsheets/carnitine.asp">http://ods.od.nih.gov/factsheets/carnitine.asp</a> | CHHS/NIH/ODS-ClnCtr | 2005 |
| <b>Iron Deficiency Web Page</b><br><u>Informational web page</u> on iron and iron deficiency, including recommended amounts and food sources.<br><a href="http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/iron_deficiency/">http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/iron_deficiency/</a>   | DHHS/CDC/DNPA       | 2006 |
| <b>SPANISH LANGUAGE</b>  |                     |      |
| <b>Better Health and You: Healthy Eating and Physical Activity Across Your Lifespan:</b> (Spanish)<br><u>35 page booklet</u> Tips for Adults describing healthy weight, healthy eating, and physical activity.<br><a href="http://win.niddk.nih.gov/publications/para_adultos.htm">http://win.niddk.nih.gov/publications/para_adultos.htm</a>  | DHHS/NIDDK          | 2008 |
| <b>Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables</b> (bilingual English, Spanish)<br><u>Recipes</u> for 26 taste-tested Latino dishes <a href="http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm">http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm</a>   | DHHS/NHLBI          | 2008 |
| <b>Young At Heart: Tips for Older Adults (Spanish)</b><br><u>40 page booklet</u> with tips for healthy eating and physical activity for older adults.<br><a href="http://win.niddk.nih.gov/publications/personas_mayors.htm">http://win.niddk.nih.gov/publications/personas_mayors.htm</a>   | DHHS/NIDDK          | 2006 |

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| <b>Young At Heart: Tips for Older Adults (Spanish)</b><br>40 page booklet with tips for healthy eating and physical activity for older adults.<br><a href="http://win.niddk.nih.gov/publications/personas_mayors.htm">http://win.niddk.nih.gov/publications/personas_mayors.htm</a>   | DHS/NIDDK      | 2006 |
| <b>MyPyramid.gov website</b> Spanish version <a href="http://www.mypyramid.gov/sp-index.html">http://www.mypyramid.gov/sp-index.html</a>  | USDA/ CNPP     | 2005 |
| <b>Walking...A Step in the Right Direction (Spanish)</b><br>8 page pamphlet which describes the benefits of walking, explains how to start a walking program.<br><a href="http://win.niddk.nih.gov/publications/caminar.htm">http://win.niddk.nih.gov/publications/caminar.htm</a>  | DHHS/NIDDK     | 2008 |
| <b>The Road to a Healthy Life: Based on the Dietary Guidelines</b><br>Bilingual booklet (Spanish/English) publication for families based on the Dietary Guidelines for Americans.<br>future site ? - <a href="http://www.healthierus.gov/dietaryguidelines">www.healthierus.gov/dietaryguidelines</a>                       | DHHS/ODPHP     | 2007 |
| <b>DIRECTIONAL WEB PAGES/SITES</b><br>Web Listings of Links to Access Other Health and Nutrition Links  |                |      |
| <b>Womenshealth.gov Staying Active and Eating Healthy</b><br>Directional web pages to sources of nutritional information, information on the benefits of physical activity, and tips for food choices.<br><a href="http://womenshealth.gov/FitnessNutrition/">http://womenshealth.gov/FitnessNutrition/</a>                 | DHHS/OWH       | 2006 |
| <b>DHHS Health Finder-Prevention Web site</b><br>Directional website for health education; health education, Nutrition, Physical activity<br><a href="http://www.healthfinder.gov">www.healthfinder.gov</a>   | DHHS/ODPHP     | 2007 |
| <b>CDC Nutrition Basics Web Site</b><br>Directional Web pages to various nutritional information and healthy eating facts<br><a href="http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/">http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/</a>                                | DHHS/CDC       | 2007 |
| <b>2005 DIETARY GUIDELINES RESOURCES</b>  |                |      |
| <b>A Healthier You.</b> Guidance based on the Dietary Guidelines for Americans<br>Consumer book for everyday healthy eating and physical activity, including recipes and worksheets.<br><a href="http://www.healthierus.gov/dietaryguidelines">www.healthierus.gov/dietaryguidelines</a>                                    | DHHS/ODPHP     | 2005 |
| <b>Health Facts, Toolkit</b><br>8 fact sheets - toolkit that offers the nutrition and physical activity recommendations based on Dietary Guidelines for Americans.<br><a href="http://www.health.gov/dietaryguidelines/dga2005/toolkit/default.htm">http://www.health.gov/dietaryguidelines/dga2005/toolkit/default.htm</a> | DHHS/ODPHP/AoA | 2005 |

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| <p><b>Health Professionals: Dietary Guidelines Toolkit for Health Professionals, Health Facts</b><br/>       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><a href="http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_sodium.pdf">http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_sodium.pdf</a>;<br/> <a href="http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_nutrition.pdf">http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_nutrition.pdf</a>;<br/> <a href="http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_active.pdf">http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_active.pdf</a>;<br/> <a href="http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_carbohydrates.pdf">http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_carbohydrates.pdf</a>;<br/> <a href="http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_fats.pdf">http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_fats.pdf</a>;<br/> <a href="http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_fruits.pdf">http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_fruits.pdf</a>;<br/> <a href="http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_weight.pdf">http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_weight.pdf</a>;<br/> <a href="http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_safefood.pdf">http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_safefood.pdf</a></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/ <i>Eat Smart. Play Hard Campaign</i>  |
| 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:**

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| DoD | Department of Defense |
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