



# FREE Nutrition Education Materials for your Patients

NUTRITION EDUCATION SERVICES/OREGON DAIRY COUNCIL

For Oregon Health Professionals Only

## NUTRITION FOR WELLNESS



**DASH - Savor Choices** *tear pad*  
For overall healthy eating and chronic disease prevention this tear pad offers tips, menu ideas, daily food recommendations, and web resources.



**Pyramid Plus** *brochure*  
N-Rich your diet with a variety of nutrient-rich foods. Use this lively food chart as your guide to healthy food choices for life.



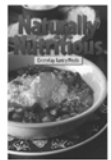
**Activity and Eating** *booklet*  
Help your patients take health matters into their own hands by using this self-guided program to improve food and activity choices. (Spanish: Actividad Física y Alimentación)



**Mealtime** *brochure*  
Here is a step-by-step plan of action for making meals a priority, plus four quick recipes. (Spanish: La Hora De Comer)



**MyPyramid Poster**  
Larger than life and ready to inspire, MyPyramid is available in poster size for your office wall, cafeteria, or classroom.



**Naturally Nutritious** *booklet*  
Enjoy the great taste of healthful food. 21 tasty recipes for salads, soups, stews, light meals, brunches, hearty snacks, dinners, desserts and smoothies.

## TEEN BODY IMAGE



**"What is Normal?"** *poster*  
Teens learn about body shape acceptance, physical activity and health, and smart food choices. Complete with reproducible lessons printed on the back. Visit [www.oregondairyCouncil.org/what\\_is\\_normal/](http://www.oregondairyCouncil.org/what_is_normal/)



**Disordered Eating** *tear pad series*  
These tear-pads offer some thoughtful ways to get conversations started and talk about prevention and treatment when faced with negative attitudes about food, eating, body image and exercise.

## CALCIUM NUTRITION



National Health Information Award Winner

**Calcium: Are You Getting Enough?** *tear pad*  
Patients compute their own calcium intake, set some goals for improvement, and learn the latest concerns about calcium and health. (Spanish: Calcio: ¿Toma Lo Suficiente?)



**Banking on Beautiful Bones** *chart*  
If osteoporosis is your patient's concern, use this self-assessment to show if he or she has a "bone healthy" lifestyle.



**The Lowdown On Lactose Intolerance** *brochure*  
If your patients have questions about lactose intolerance, here's help.

## PEDIATRICS



**How to Feed Your Baby Step-by-Step** *reproducible master*  
Take the guess-work out of when, what and how much to feed little ones, from birth to 2 years. (Spanish: Cómo Alimentar A Su Bebé Paso A Paso)



**Making Meals Matter** *workbook*  
These workbooks include tips for happy mealtimes, snacks, shopping, and healthy weight. For age groups 2-6 and 6-12. (Spanish: Cómo Hacer Que Las Comidas Sean Valiosas)



**MyPyramid for Kids Poster**  
This 2-sided poster developed by USDA illustrates simple messages for young kids on one side and upper elementary children on the other. (Grades 1-5)



**Plan-It Snack** *brochure*  
This brochure is designed for parents and caregivers looking to tame the "hungries." (Spanish: Una Guía para Meriendas Saludables)

## OBSTETRICS



**Pregnancy: A Special Time for Nutrition** *workbook*  
This six-page workbook gives moms nutrition information at a time of great care and concern for health. (Spanish: El Embarazo: El tiempo especial para la buena nutrición)

CHOOSE DESIRED MATERIALS ON REVERSE SIDE

