

[Nutrition Education Services/Oregon Dairy Council]

Media Contact:

Pete Kent  
Director of Marketing and Communications  
(503) 229-5033  
petek@oregondairycenter.org

For Immediate Release

### **Two Fresh Nutrition Education Resources to Savor**

Oregon Dairy Council nutrition education guides illustrate that healthy eating can be flavorful and enjoyable

Portland, Ore. – September 16, 2006 -- Health-conscious individuals now have two fresh nutrition education resources at their fingertips. Nutrition Education Services/Oregon Dairy Council released a colorful guide to the DASH (Dietary Approaches to Stop Hypertension) diet today at the American Dietetic Association's annual Food and Nutrition Conference and Exposition in Hawaii. A revision of their best-selling *Pyramid Plus*<sup>TM</sup> food chart will be available late fall 2006.

A variety of audiences will find the resources useful, including educators and students, individuals looking to make healthier food choices, and health professionals seeking nutrition education for patients and clients.

"We are proud of *Savor DASH* and *Pyramid Plus*," said Anne Goetze, RD, LD, Director of Nutrition Education Services/Oregon Dairy Council. "We strived to ensure that these resources are helpful tools for people who want to make better food choices."

Both *Savor DASH* and *Pyramid Plus* emphasize eating appropriate amounts of a variety of foods from the five food groups every day and using oils sparingly.

Inspired by its predecessor, Super Four, *Pyramid Plus* emerged in 1993 as a unique and straightforward nutrition education resource by ranking the nutritional value of foods within food groups by their nutrient density or nutrition per calorie. Oregon Dairy Council dietitians revised *Pyramid Plus* to reflect the 2005 Dietary Guidelines for Americans and to focus on foods that are "nutrient-rich." *Pyramid Plus* includes nutrient-rich food lists, serving sizes for commonly eaten foods, and a brief personal food choice assessment.

(more)

Today, many adults and children are overweight and are not meeting their nutrient requirements, according to the American Dietetic Association. *Pyramid Plus* helps individuals get the most nutrition from their food choices and make each calorie count.

For example, consider three foods in the grain group: flour tortillas, whole wheat bread, and biscuits. All three can fit into a healthy diet, but which food is most nutrient-rich? The answer: whole wheat bread wins, followed by flour tortillas, then biscuits.

The DASH eating style promotes good health for the general population, but is especially helpful for individuals with high blood pressure. *Savor DASH* demonstrates that healthy eating can taste wonderful when it includes fresh produce, a variety of low-fat dairy foods, whole grains, and flavorful seasonings.

The *Savor DASH* tear pad features creative tips on how to follow DASH when snacking or eating at home or at restaurants, as well as a guide to serving sizes of common foods. For example, stash a handful of dried fruits and nuts in your desk or glove box for a quick, satisfying snack. For more information on DASH, including menus, recipes, tips, and a goal-setting guide, visit [www.oregondairyCouncil.org/dash](http://www.oregondairyCouncil.org/dash).

Order *Savor DASH* and *Pyramid Plus* at [www.oregondairyCouncil.org](http://www.oregondairyCouncil.org) or call (503) 229-5033.

#### **About Nutrition Education Services/Oregon Dairy Council**

Since 1918, Oregon Dairy Council programs have encouraged healthy food choices for life. Nutrition Education Services/Oregon Dairy Council is staffed by registered dietitians and professional nutrition educators who work with educators and health professionals. For more information, contact Nutrition Education Services/Oregon Dairy Council at (503) 229-5033 or visit [www.oregondairyCouncil.org](http://www.oregondairyCouncil.org).

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