

These reproducible nutrition education fact sheets have been researched and written by the Registered Dietitians of the Nutrition Council and are provided as a benefit of Nutrition Council membership. Additional masters may be ordered for \$5.00 each.

### General Healthy Eating

- Breakfast Power
- Food Labels
- Healthy Eating on the Run
- MyPyramid: Steps to a Healthier You (Pyramid overview)
- MyPyramid: Fruit Group
- MyPyramid: Grain Group
- MyPyramid: Milk Group
- MyPyramid: Meat & Beans Group
- MyPyramid: Vegetable Group
- Pack a Healthy Lunch
- Rethink Your Drink
- Smart Snacking: Adults
- The DASH Eating Plan
- Whole Grains: 3 are Key

### Nutrition and the Life Span

- A Parent's Guide to Healthy Eating
- Nutrition Tips for Adults over 50
- Nutrition Tips for Men
- Nutrition Tips for Teens
- Nutrition Tips for Women
- Smart Snacking: Kids

### Nutrition Facts

- Calcium
- Carbohydrates
- Cholesterol
- Fats
- Fiber
- Iron
- Potassium
- Sodium
- Sugars
- Supplements

### Weight Management

- Aim for a Healthy Weight (BMI chart)
- Calorie Balance
- Eating Disorders Resource Guide
- Sizing Up Servings/Portion Distortion
- Tips to Gain Weight
- Weight Management Resource Guide

### Diet and Disease Prevention

- Diabetes and Your Diet
- Diabetes Resource Guide
- Eating for a Healthy Heart
- Eye Health and Your Diet
- High Blood Pressure and Your Diet
- Osteoporosis and Your Diet
- Triglycerides and Your Diet

### Healthy Cooking

- Adapting Recipes
- Cooking with Herbs and Spices
- Healthy Desserts
- Healthy Holidays
- Meals in Minutes

### Special Topics

- Fast Food: Healthier Choices
- Fast Food: Nutrition Information
- Food and Mood
- Healthy Eating on a Budget
- Sports Nutrition: Fluids
- Sports Nutrition: General
- Sports Nutrition: Teens
- Tips for Healthy Dining Out
- Vegetarian Nutrition

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