

2018 SPRING & SUMMER



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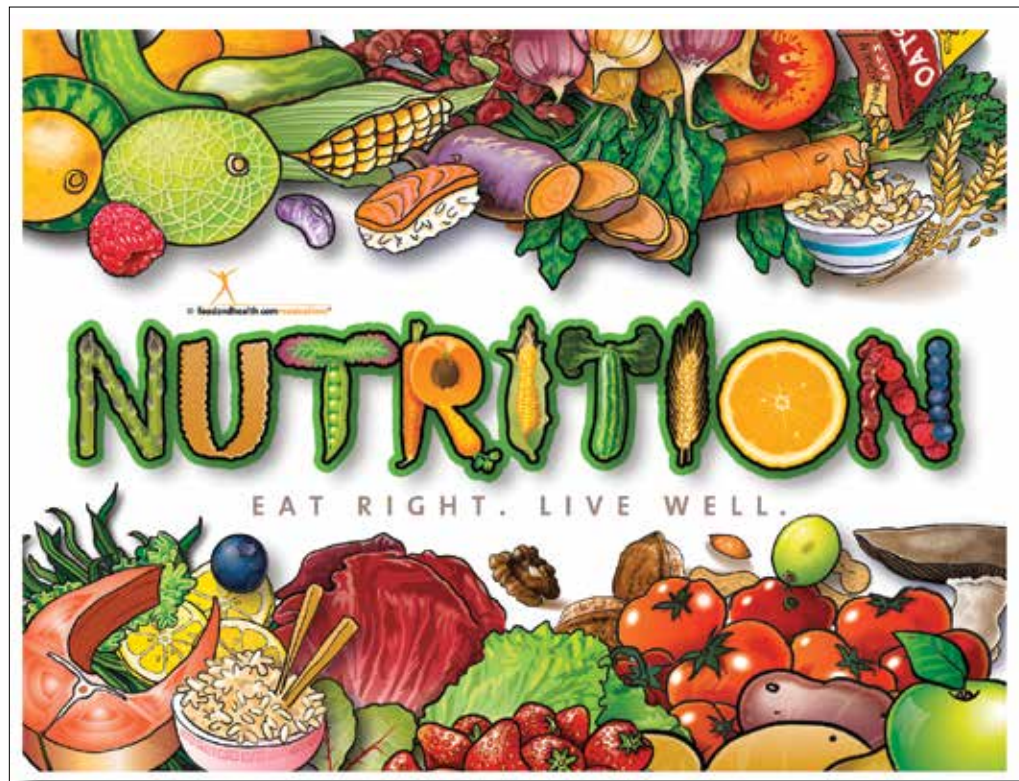
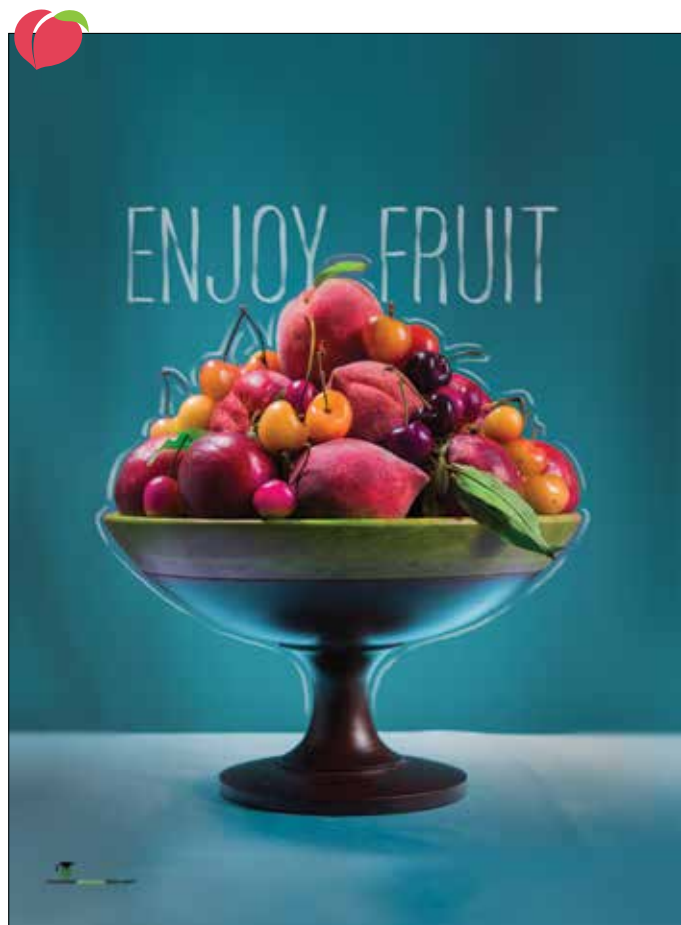
A MODERATE
10%
LOSS OF BODY WEIGHT



NUTRITION EDUCATION MATERIALS



FREE SHIPPING



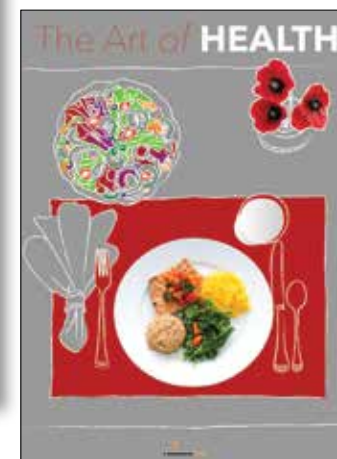
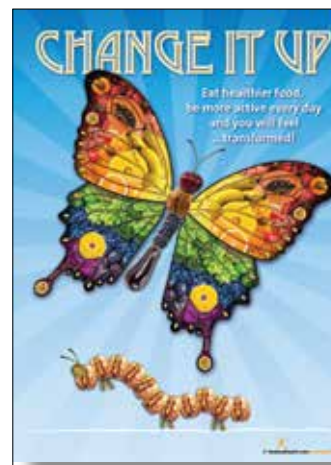
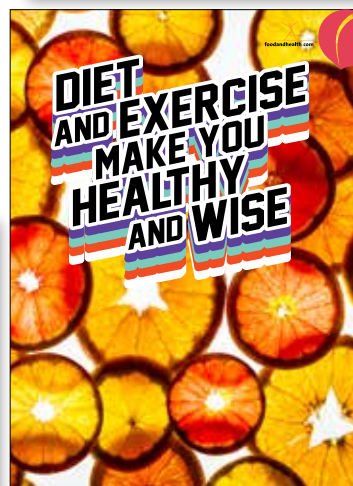
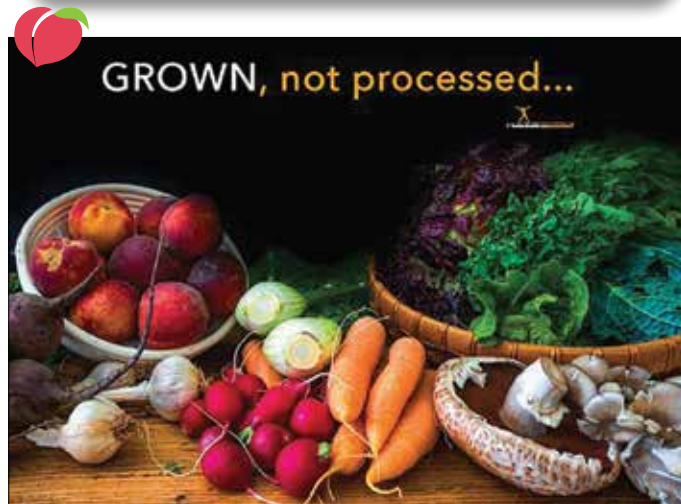
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Eye-Grabbing Posters:

- ♥ Free PDF handout
- ♥ Laminated
- ♥ 18"X24"
- ♥ \$19 each
- ♥ Bulk discounts up to 15%, mix and match

Use in:

- ♥ Classrooms
- ♥ Cafeterias
- ♥ Wellness Fairs
- ♥ Offices
- ♥ Gyms
- ♥ Bulletin Boards



- ♥ Peaches Poster
- ♥ Grown Not Processed Poster
- ♥ Farm to Table Poster
- ♥ Rainbow Chard Poster
- ♥ Orange Coins Poster

- ♥ Nutrition Word Poster
- ♥ Change It Up Poster
- ♥ Eat to Excel Poster
- ♥ The Art of Health Poster



Search more health posters online, including: DASH, Mediterranean, Food Allergy, Food Safety, Weight Control.....

EXERCISE TO LOSE AND CONTROL WEIGHT

EXERCISE TO LOSE AND CONTROL WEIGHT

Consistent exercise can help you lose weight, decrease your risk of heart disease, and improve your overall health. Plus, physical activity can help you reduce your risk of heart disease, stroke, high blood pressure, high cholesterol, and even type 2 diabetes.

Most people should exercise for 30-60 minutes at least 5 days a week to reap the substantial health benefits of regular physical activity.

According to the Physical Activity Guidelines for Americans, "Being physically active is one of the most important things that Americans of all ages can do to improve their health."

Moving burns more calories than sitting:

Sedentary:	1 hour	Medium Activity:	1 hour	Exercise:	1 hour
computer, TV	76	gym workout	400	gym workout	400
laundry	153	walking, quickly	425	cooking	425
cooking	157	ambling	421	reading dishes	423
reading dishes	163	hiking, easy	470	vacuuming, sweeping	470
vacuuming, sweeping	160	happily	470	grocery shopping	470
grocery shopping	230	walking the dog	310	refueling	300
walking the dog	310	tennis singles	300	drinking	340
drinking	340	swimming	340	gardening	340
gardening	340	tennis doubles	300	brushing	120

- ♥ Exercise To Control Weight Poster
- ♥ 10K Steps Poster
- ♥ Muscle Versus Fat Poster
- ♥ DASH Diet Poster
- ♥ Diabetes Risk Checklist Poster

Muscle V. Fat

Which do YOU choose?

MUSCLE

1 pound of muscle

FAT

1 pound of fat

1 pound of muscle burns more calories per day and takes up less space.

1 pound of fat stores more calories and takes up a lot of space and fat, making you fatter.

- ♥ Prediabetes Poster
- ♥ How to Carb with Diabetes Poster
- ♥ The Way to Eat With Diabetes Poster
- ♥ About Your Blood Pressure Poster
- ♥ BMI Poster
- ♥ Biometrics
- ♥ Cholesterol Numbers Poster

PREDIABETES

WHAT IS PREDIABETES? If your blood sugar (glucose) level is higher than normal but not high enough to be classified as diabetes, then you have prediabetes. Prediabetes is also referred to as impaired fasting glucose (IFG) or impaired glucose tolerance (IGT). It used to be called "borderline diabetes."

WHAT IMPACT does prediabetes have on my body? Prediabetes can lead to:

- STROKE
- EYES
- HEART DISEASE
- TYPE 2 DIABETES
- High blood sugar can damage your arteries, which can lead to heart disease, stroke, and kidney disease.
- High blood pressure can lead to heart disease, stroke, and kidney disease.
- High blood pressure can cause the kidneys to fail.

1 in 3 (33%) OF PEOPLE with prediabetes don't even know that they have the condition.

BUT I FEEL FINE... Some people with prediabetes have no symptoms. Others have some of the symptoms of diabetes. Regardless, you can have prediabetes and diabetes for years and not know it.

WHAT CAN I DO ABOUT IT? Having prediabetes and taking a preventive diabetes test can help you control your blood sugar. You can do this by eating a healthy diet and staying active. According to research, you can reduce your risk of developing type 2 diabetes, and keep up to 50% of your body weight. Also, have your blood sugar levels regularly checked by a doctor.

SYMPTOMS OF DIABETES: Frequent urination, Feeling very thirsty, Feeling very hungry, Unexplained weight loss, Blurred vision, Slow-healing sores, Itchy skin, Tingling, numbness, or pain in your hands and feet.

WHAT YOU CAN DO: EAT HEALTHY, LOSE WEIGHT, EXERCISE REGULARLY, CHECK BLOOD SUGAR REGULARLY.

About Your Blood Pressure

High Blood Pressure Damages:

- High blood pressure causes damage by causing a break in blood vessels and bleeding in the brain. It is called a stroke. A stroke causes a stroke.
- High blood pressure leads to congestive heart failure and a weakened heart. High blood pressure also leads to narrowed arteries.
- High blood pressure can cause the kidneys to fail.

How to Lower Your Blood Pressure:

- Lower your sodium: Consume less than 2,300 mg of sodium per day from processed foods and table salt.
- DASH diet: Eat a diet rich in fruits, vegetables, low-fat dairy products, nuts, seeds, and legumes with adequate lean protein.
- Exercise and control your weight.
- If you drink alcohol, drink it moderately: men, 2 drinks per week; women, 1 drink per week.
- Avoid smoking.

What is your blood pressure? (Blood Pressure Lower is Better)

Category	Systolic	Diastolic
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
Stage 1 Hypertension	140-159	90-99
Stage 2 Hypertension	160 or higher	100 or higher

People age 59 and younger should keep their blood pressure below **140/90**.

People age 60 and over should keep their blood pressure below **150/90**.

10,000 STEPS

Take 10,000 steps per day to improve health and reduce your risk of chronic disease! There's no time like the present!

DASH - Dietary Approaches to Stop Hypertension

Recommended Servings From The MyPlate Food Group (For a 2,000-Calorie Diet)

Food Group	Daily Servings
Vegetables	4-5
Fruits	2-4
Grains	4-6
Protein Foods	2-3
Dairy	3
Oils, Nuts, Seeds, and Soy	5-7
Sodium	Less than 2,300 mg
Total Fat	Less than 65 grams
Total Carbohydrate	48-64 grams
Total Protein	50-78 grams
Total Sugar	Less than 48 grams
Total Fat	Less than 65 grams
Total Sodium	Less than 2,300 mg

How to "CARB" with diabetes

It's as easy as 1-2-3

- 1. How to read a food label for diabetes:**
 - Look for "Total Carbohydrate" on the label.
 - Look for "Dietary Fiber" on the label.
 - Subtract dietary fiber from total carbohydrate to get net carbohydrate.
 - Look for "Sugars" on the label.
 - Look for "Total Sugar" on the label.
- 2. What is a "one carb" serving?**
 - 1 slice of bread
 - 1/2 cup of rice
 - 1/2 cup of pasta
 - 1/2 cup of cereal
 - 1/2 cup of beans
 - 1/2 cup of lentils
 - 1/2 cup of chickpeas
 - 1/2 cup of peas
 - 1/2 cup of corn
 - 1/2 cup of sweet potatoes
 - 1/2 cup of butternut squash
 - 1/2 cup of pumpkin
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 - 1/2

Practice-At-Home Gifts: MyPlate Plates



People-Pleasing Gifts: Wristbands and Temporary Tattoos

Wristbands \$25-\$19 per 20-pack with volume discounts on 3+ packs



MyPlate 9.5" Plates:

- Nutrition Education Store Design, Gold, 1, \$25 \$18.50
- Nutrition Education Store Design, Gold, 10-pack, \$95 \$75
- Nutrition Education Store Design, Gold, 50-pack, \$425 \$349



Perfect Portion Control 9.5" Plates:

- Nutrition Education Store Design, Blue, 1, \$25 \$18.50
- Nutrition Education Store Design, Blue, 10-pack, \$95 \$75
- Nutrition Education Store Design, Blue, 50-pack, \$425 \$349



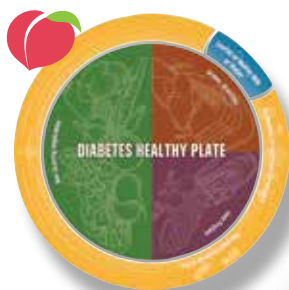
Kids MyPlate 9" Plates:

- Nutrition Education Store Design, Gold, 1, \$25 \$18.50
- Nutrition Education Store Design, Gold, 10-pack, \$95 \$88
- Nutrition Education Store Design, Gold, 50-pack, \$425 \$349



MyPlate 9" Compartment Plates:

- Nutrition Education Store Design, Gold, 1, \$25 \$18.50
- Nutrition Education Store Design, Gold, 10-pack, \$95 \$88
- Nutrition Education Store Design, Gold, 50-pack, \$425 \$349



Diabetes Healthy Plate 9.5" Plates:

- Nutrition Education Store Design, Gold, 1, \$25 \$18.50
- Nutrition Education Store Design, Gold, 10-pack, \$95 \$88
- Nutrition Education Store Design, Gold, 50-pack, \$425 \$349



MyPlate-Shaped Plates

- MyPlate-Shaped Plastic Plate, \$29
- Paper MyPlate Plates, Stack of 25, \$29



MyPlate 20-pack:

- Child English, 6"X1/2"
- Child Spanish, 6"X1/2"
- Big Kid English, 7"X1/2"
- Adult English, 8"X1/2"
- Adult Spanish, 8"X1/2"



10k Steps 20-pack:

- Adult English, 8"X1/2"

I Love Salad 20-pack:

- Child English, 6"X1/2"
- Big Kid English, 7"X1/2"
- Adult English, 8"X1/2"



Water 20-pack:

- Child English, 6"X1/2"
- Big Kid English, 7"X1/2"
- Adult English, 8"X1/2"

Make Every Bite Count 20-pack:

- Child English, 6"X1/2"
- Big Kid English, 7"X1/2"
- Adult English, 8"X1/2"

Eat From The Rainbow 20-pack:

- Child English, 6"X1/2"
- Big Kid English, 7"X1/2"
- Adult English, 8"X1/2"



Diet & Exercise Make You Healthy & Wise 20-pack:

- Big Kid English, 7"X1/2"
- Adult English, 8"X1/2"

Be Brighter Every Day With Good Nutrition 20-pack:

- Big Kid English, 7"X1/2"
- Adult English, 8"X1/2"



Go Farm To Table 20-pack:

- Big Kid English, 7"X1/2"
- Adult English, 8"X1/2"

Get A Groove to Move 20-pack:

- Big Kid English, 7"X1/2"
- Adult English, 8"X1/2"



Temporary Tattoos 2", Pack of 100: \$39

- MyPlate
- Salad
- Get A Groove to Move

Fan-Favorite Gifts: Fruity Masks, Pens, Pads, Erasers

Fruit and Vegetable Masks: 25 pack is \$25

- Over 20 kinds of fruits and vegetable photos featured. One size fits all.
- Makes a great prize or can be a fun group activity. Activity handout PDF included.



Fruit and Vegetable Pens

- Watermelon, strawberries, orange, banana, pineapple, bok choy, eggplant, peas, carrot, pepper
- 10-pack assorted \$19
- 100-pack assorted \$124



Fruit-Shaped Sticky Pads

- You will want to keep them for yourself because they are so fun to use. Each one looks realistic – like a real fruit – plus the sheets are so colorful! They make great prizes, gifts, giveaways, and incentives or rewards.
- Peach, orange, watermelon, red apple, green apple, strawberry, pear
- 10-pack assorted \$19
- 100-pack assorted \$124



Fruit-Shaped Erasers

- Bananas, strawberries, grapes, apples
- 10-pack assorted \$19
- 100-pack assorted \$99
- (Size varies but averages 1" in length)



Useful Reminder Gifts: Notepads, Stickers, Bookmarks

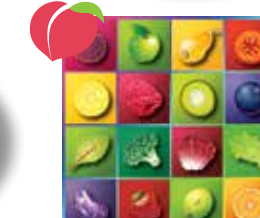
3" x 2" Big Oval Stickers, 100-Packs \$25 \$22 :

- Orange Coins Diet and Exercise Make You Healthy & Wise
- Get A Groove to Move
- Be Brighter Every Day With Good Nutrition
- Farm to Table



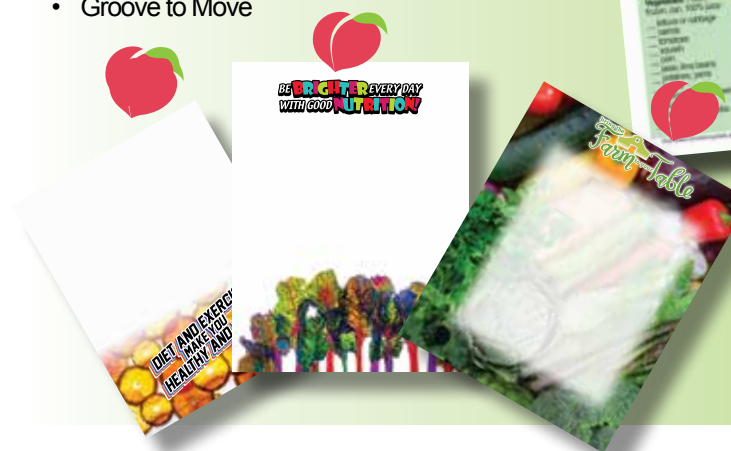
2" Square Stickers, 100-Packs - \$12.99:

- MyPlate
- Colors
- And many more online!



Notepads, 4.25" x 5.5", pack of 10, \$25 \$19:

- MyPlate Shopping List (with or without magnet)
- MyPlate
- Orange Coins
- Rainbow Kale
- Farm to Table
- Groove to Move



Groovy Bookmarks, 50-pack, \$16

NEW:

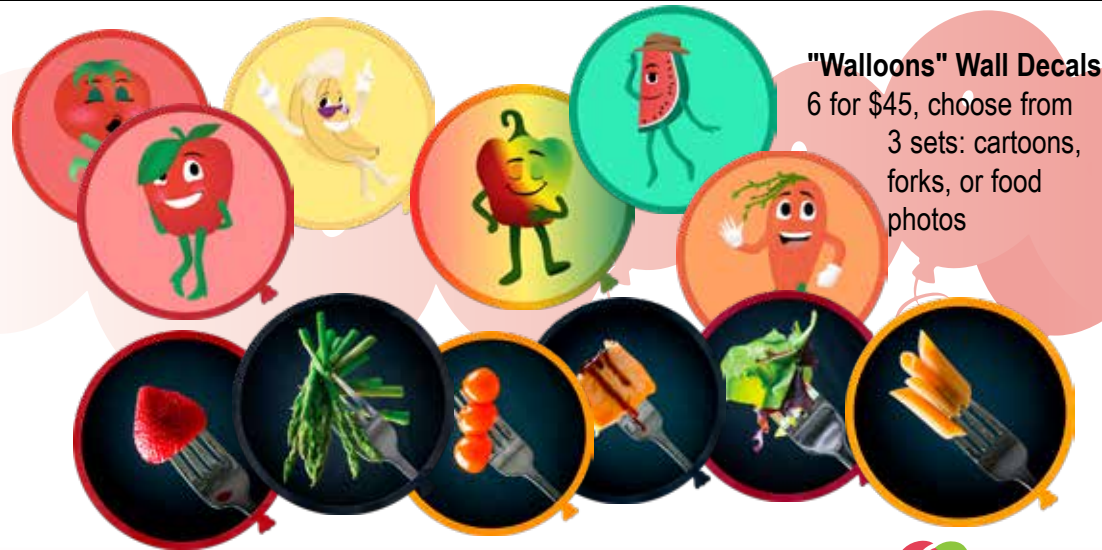
- Fruit/Veggies Photo Words
- Orange Coins: Diet and Exercise Make You Healthy and Wise
- Farm to Table
- Be Brighter With Good Nutrition
- Find A Groove and Move

Plus many more online:

- Food Safety
- Food Labels
- Drink Water
- MyPlate
- Rainbow Salad
- Real Food Grows



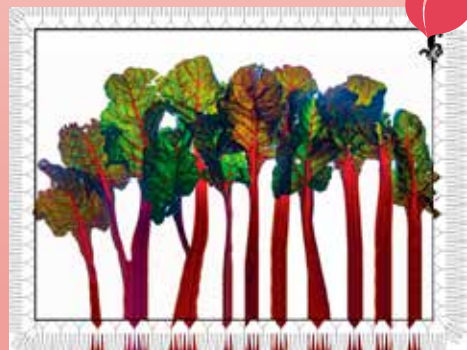
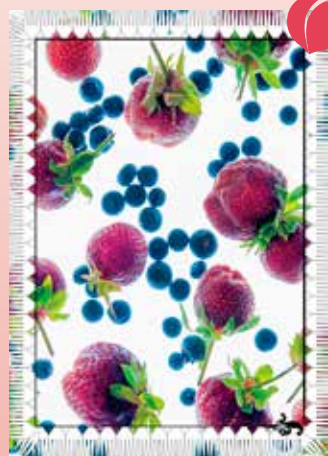
Award-Winning Wall Decals



"Walloons" Wall Decals
6 for \$45, choose from 3 sets: cartoons, forks, or food photos

Wall Decals

- ♥ 18" x 24" \$32
- ♥ 24" x 36" \$64
- Organicscape, Berries, Oranges, Peaches, Chard, Mixed Greens



Eye-Grabbing Balloons & Floor Decals



Mylar Balloon Sets

- ♥ Happy Fruit and Vegetable Balloons, 18" to 39", \$36 for 6 or \$39 for \$8
- ♥ Set of 4 Fruit Balloons 18": \$18

Dramatic Floor Decals

- Removable floor stickers/decals for smooth surface floors. Many more online!
- ♥ 18" X 24" (many topics), \$42
 - ♥ 18" X 54" Healthy Hopscotch, \$82
 - ♥ Set of 8 Steps of Health, 10" X 4.5", \$82



Helpful Handout Tear-Off Pads

Tearpads are 50 pages, \$30 each. View both sides online.



- ♥ Biometric Topics
- ♥ Biometric
- ♥ BMI
- ♥ Blood Pressure
- ♥ Cholesterol

- ♥ Eating for Diabetes
- ♥ Diabetes Risk
- ♥ How to Carb for Diabetes



- ♥ Sodium Math
- ♥ Food Label Math
- ♥ Sugar Math
- ♥ Math of Fiber
- ♥ Math of Movement
- ♥ Lose 10%



- ♥ MyPlate: Kids, Adult, Spanish
- ♥ MyPlate Shopping List
- ♥ More online!



Health-Enhancing Brochures

Brochures come in packs of 25 for \$22 each. View both sides online.

Heart Health Brochures:

- ♥ Lower Your Cholesterol
- ♥ Lower Your Blood Pressure
- ♥ Make the DASH
- ♥ Manage Your Weight
- ♥ Lower Your Heart Attack Risk
- ♥ Set of All 5, \$99

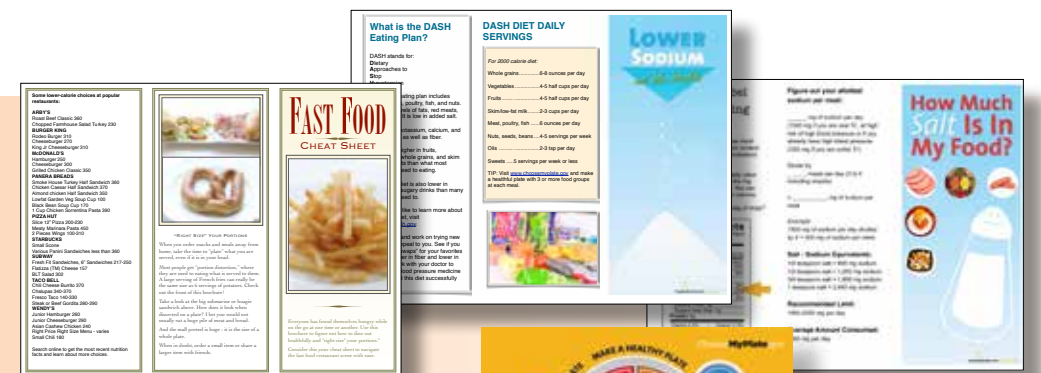


- ♥ MyPlate Brochure Cards, \$19
- ♥ MyPlate Kids Brochure Cards, \$19



- ♥ MyPlate Brochure, \$19
- ♥ Many more online

- ♥ Are You Drinking Candy?
- ♥ How Much Fat in Your Food?



- ♥ Fast Food Cheat Sheet
- ♥ Lower Sodium Foods
- ♥ How Much Salt Is In My Food?



MyPlate Placemat, 50, \$23



Memorable Banners & Matching Prizes

FREE SHIPPING

24"X62" Banner & Stand, \$425 \$105

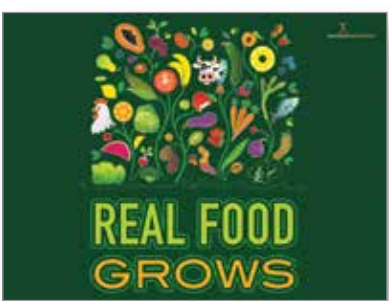
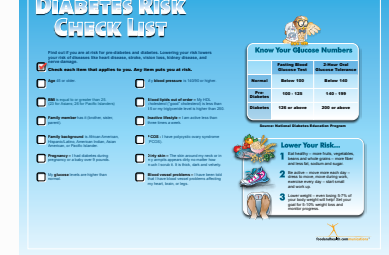
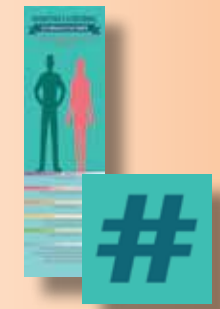
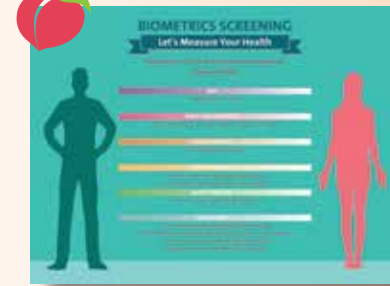
48"X36" Vinyl Banner, \$445 \$85

100 2" Stickers, \$12.99
50 Bookmarks, \$16

24"X62" Banner & Stand, \$425 \$105

48"X36" Vinyl Banner, \$445 \$85

100 Stickers, \$12.99
50 Bookmarks, \$16



- ♥ Healthy Choices 123
- ♥ MyPlate
- ♥ Food Label
- ♥ Real Food Grows

- ♥ Biometrics
- ♥ Diabetes Risk
- ♥ 10K Steps
- ♥ Get A Groove to Move

Many more themes online! Visit nutritioneducationstore.com and click themes at the top.



Memorable Banners & Matching Prizes



24"X62" Banner & Stand,
\$125 \$105



48"X36" Vinyl Banner,
\$145 \$85

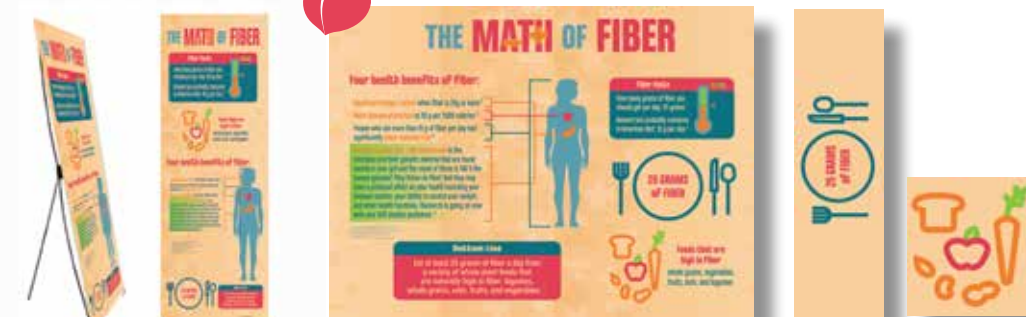


100 2" Stickers, \$12.99
50 Bookmarks, \$16



- ♥ Change It Up
- ♥ Fork
- ♥ Farmer's Market

- ♥ Brighter With Good Nutrition
- ♥ Eat to Excel
- ♥ Math of Fiber



Fiber Treasure Hunt
Floor Decal Set \$110



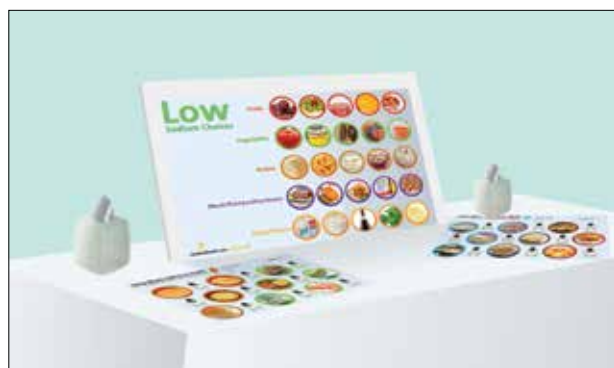
Salad Bar or Table Top Signs

12"x36" standing sign for a counter, table, or salad bar in four choices: Color Your World, Change It Up, Rainbow, MyPlate: \$89

Chef Ann Foundation and NES Rainbow Salad Materials

We donate 15% of every sale of these items to the Chef Ann Foundation (CAF). CAF is dedicated to helping schools create healthier food. Find clings, salad bar signs, and banners in this design -- plus bookmarks and stickers in our rainbow design.





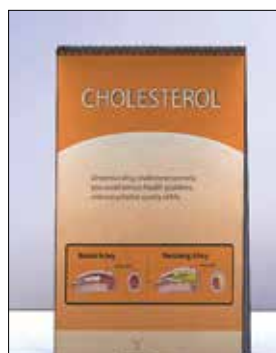
Sodium Display Kit \$80 or à la carte:
1 Easel, \$24.50; 3 Posters with PDF Guide, \$29; 24 Salt Shakers, \$26.50; Add on Item: 12 Salt Tubes, \$42



Diet and Exercise Display à la carte:
Muscle Fat Replica Set, \$69; Muscle Fat Poster 18"x24", \$19.99; Table Easel, Cardboard, 18"X24", \$24.95; My-Plate Kids/Teen Activity Bookmarks, \$16; Be Active Bookmarks, \$16; Ideal Body Weight Bookmarks, \$14.99



Sugar Display à la carte:
Poster, \$19; Easel, \$24.95; Sugar Test Tubes, \$42; 24"x62" Beverage Banner on Stand, \$105; 48"X36" Beverage Banner, \$85; Beverage Tearpad, \$32



Flip Charts for Tabletop Displays

Topic choices are MyPlate, Diabetes, and Cholesterol. Use these flip charts on a tabletop in waiting rooms, classrooms, health fairs, dining rooms, and private counseling. Individuals can educate themselves quickly by flipping through all of the pages. Each flip chart is 8 pages, 11" x 17", laminated, and has a spiral at the top with folding stand: \$74



- **Farmer's Market Banner 24"x36":** \$49
 - **Sauce Painting Tool Kit:** \$18.50
 - **MyPlate Apron:** \$27
 - **Nutrition Tree Apron:** \$27
 - **Kelly Green Rainbow Salad Apron:** \$29 for 1 or \$90 for a 6-pack
 - **7-Pack Rainbow Aprons for Kids:** \$23
 - **Cooler Tote** provides a way for you to carry food and tools to your next demo. The size is 13"X15"x9": \$14.99
 - **Safety Gloves** help keep your hands safe from knife cuts, size small: \$18.99
 - **Chef's Caps Paper**, pack of 100: \$35
 - **25-Piece Cooking Demo Kit:** 12 Home Run Cooking books, 1 apron, 10 tools, Healthy Food Photo poster, Home Run Cooking Program: \$279
 - **11-Piece Cooking Tool Kit:** 10 tools: 2 knives, 2 cutting boards, skillet, bowl, spoons, cups, spoonula, spootensil, thermometer, 100 soufflé tasting cups (2 oz): \$150
- Books**
- **Salad Secrets Book** and CD with PPT and PDF: \$49
 - **The Cooking Demo Book** and CD with PPT and PDF: \$59
 - **MyPlate Cooking Demo Book** and CD with PPT and PDF: \$49
 - **Home Run Cooking Demo Book** and CD with PPT and PDF: \$59
 - **Holiday Secrets Book** and CD: \$49



The **Mediterranean Diet PowerPoint and Handouts** on CD includes over 100 slides. It also features 100+ photos and 22 PDF handouts. \$69

The **MyPlate PowerPoint and Handout Lesson** features three shows in one: Express, Comprehensive, and Kids, with over 70 slides and 11 handouts. \$44



Nutrition Math Set Features two shows that explain the Dietary Guidelines recommendations and the math needed to calculate food labels and consumption: Sugar Math, Sodium Math. 60 slides and 4 handouts. \$69

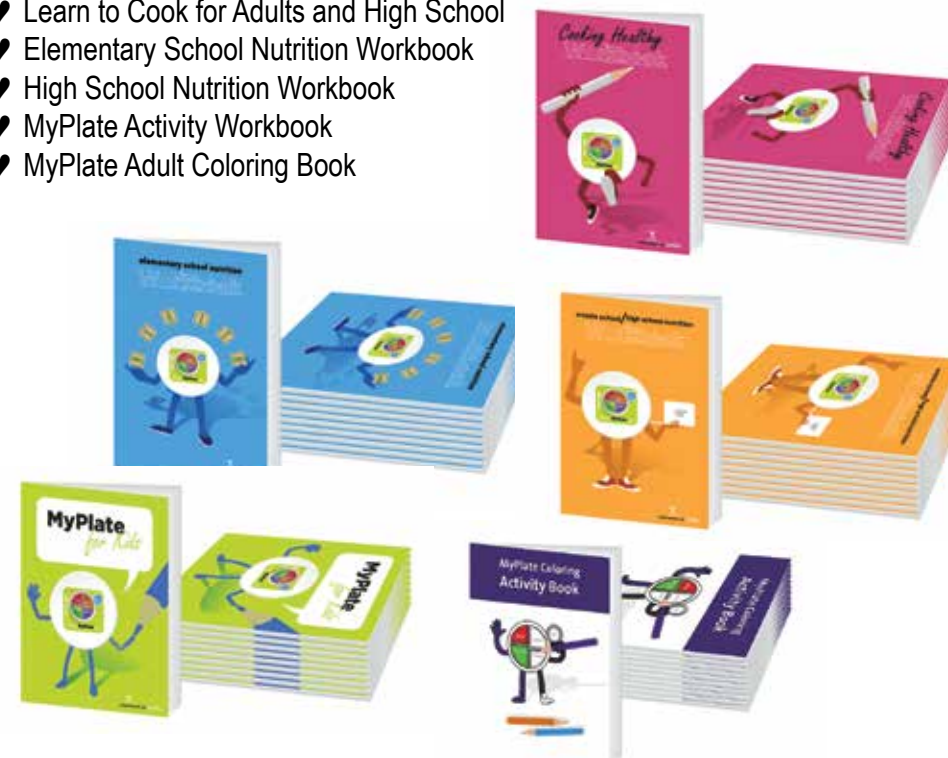


Each PowerPoint show comes with speaker's notes and a PDF file for handouts. These materials are delivered in instant digital files AND shipped CDs. Each show is engaging, professional, and easy to present. Here are a few popular shows:

- ♥ 0-5 Baby Toddler Nutrition: \$39
- ♥ 25 Ingredients, 15 Meals: \$49
- ♥ 6 Shopping Tours: \$99
- ♥ Brown Bag Lunch: \$49
- ♥ DASH Diet: \$49
- ♥ Diabetes and Cancer Link: \$49
- ♥ Diet and Breast Cancer: \$49
- ♥ Eating with Diabetes: \$49
- ♥ Food Label Game: \$49
- ♥ Food Safety: \$49
- ♥ Gluten Allergy: \$49
- ♥ Gut Health: \$49
- ♥ Healthful Eating on a Budget: \$49
- ♥ Heart-Healthy Cooking: \$49
- ♥ Heart Disease Risk: \$49
- ♥ Lose 10% Body Weight: \$49
- ♥ Mediterranean Diet: \$69
- ♥ Men's Bootcamp: \$69
- ♥ MyPlate: \$49
- ♥ Nutrition Bootcamp: \$69
- ♥ Phytochemical: \$49
- ♥ Seniors Nutrition: \$49
- ♥ Sodium Education: \$49
- ♥ Sugar and Sugar Substitutes: \$49
- ♥ Women's Bootcamp \$69
- ♥ Which Side Meal Comparison: \$49

Workbooks, 5.5"X8.5", Color, 10-pack, \$17

- ♥ Learn to Cook for Adults and High School
- ♥ Elementary School Nutrition Workbook
- ♥ High School Nutrition Workbook
- ♥ MyPlate Activity Workbook
- ♥ MyPlate Adult Coloring Book



12 Lessons of Wellness & Weight Loss



12 Lessons Programs are comprehensive wellness and weight loss programs, based on the Dietary Guidelines, that make health and nutrition education fun and easy. Each program provides 12 PowerPoint shows and handout sets, plus a leader guide. Best of all, you get them on a USB flash drive. \$399 each

Choose from:

- ♥ 12 Lessons
- ♥ 12 More Lessons
- ♥ 12 Lessons Kids and Teens
- ♥ 12 Lessons of Diabetes



12 Lessons 16-page Workbook, Pack of 10, \$29.00

Over 150 PowerPoint Shows and DVDs Online Now!





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- ♥ MyPlate Plates.....10
- ♥ Wristbands.....11
- ♥ Prizes12-13
- ♥ Floor Decals, Wall Decals, Balloons.....14-15
- ♥ Tearpads, Brochures.....16-17
- ♥ Banners, Themes, Displays18-21
- ♥ Displays, Cooking Demo22-23
- ♥ PowerPoint, Workbooks24-25
- ♥ **FREE HANDOUT, Order Form 26-27**