

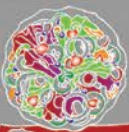
Hot SUMMER deals!



nutritioneducationstore.com®

NUTRITION EDUCATION MATERIALS

The Art of HEALTH



NUTRITION

SODIUM MATH



FABULOUS FRUITS & VEGGIES



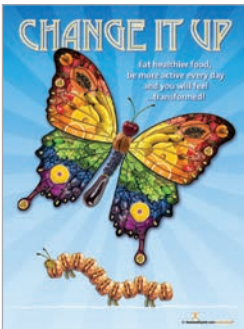
Motivational Posters

Dietary Guidelines: Sodium Math

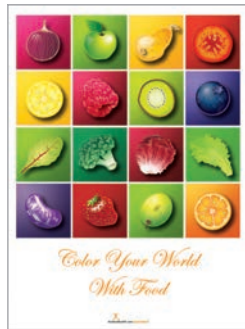


Dietary Guidelines: Sugar Math

Dietary Guidelines



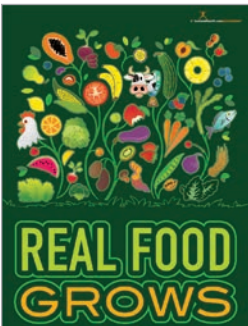
Change It Up



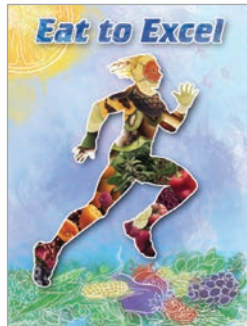
Color Your World With Food



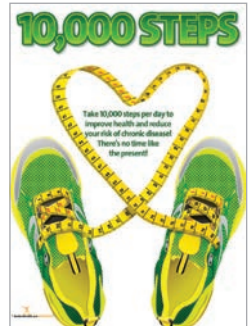
Nutrition Tree



Real Food Grows



Eat to Excel



10K Steps

Eye-Grabbing Posters:

- ✓ Free PDF handout
- ✓ Laminated
- ✓ 18"x24"
- ✓ \$19.99 each
- ✓ Bulk discounts on 3 or more, up to 15%

Use in:

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

SHIPPING IS FREE!

NEW!



Muscle Vs Fat



Control Portions



Work It Off



Beverage Better



7 Steps to Save 500,000 Calories



Whole Grain



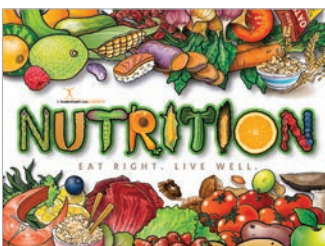
Nutrition Facts Label



Are You Drinking Candy?



How Much Fat Is in That?



Nutrition & Healthful Food



Vitamin & Mineral Chart

MyPlate Fan-Favorite Posters

MyPlate posters:

- 18"X24" English
- 18"X24" Spanish
- 24"X36" Jumbo
- 18"X24" Photo
- 18"X24" Spanish Photo
- 18"X24" Kids
- 18"X24" Breakfast Menu
- 18"X24" Lunch Menu
- 18"X24" Erasable Menu
- 18"X24" Holiday
- 18"X24" Game & Activity
- 18"X24" Pregnant Breastfeed
- 18"X24" Spanish Pregnant & Breastfeed
- 18"X24" Seniors



MyPlate



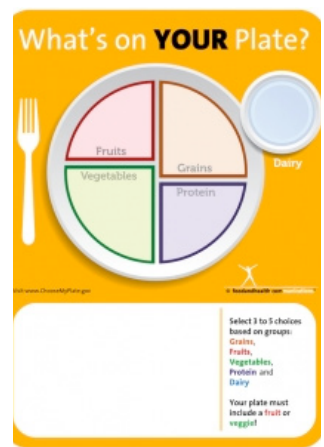
MyPlate Photo



MyPlate Kids



MyPlate Breakfast or
Lunch Erasable Menu



MyPlate Erasable Menu



Art of Health: MyPlate Meal

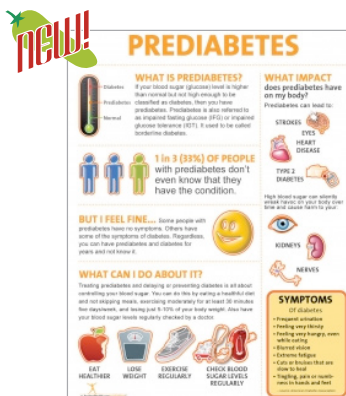


MyPlate Mom: Pregnancy
and Breastfeeding



MyPlate Seniors

Persuasive Health Posters



Prediabetes



Nutrition Alphabet



Diabetes How to Carb



Eating with Diabetes



Manage ABCs of Diabetes



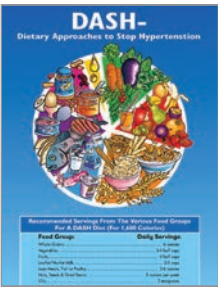
Diabetes Risk Checklist



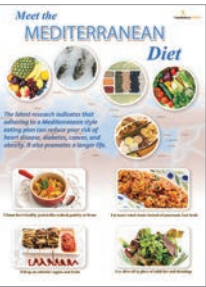
Cholesterol



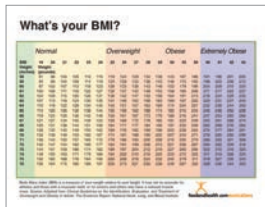
About Your Blood Pressure



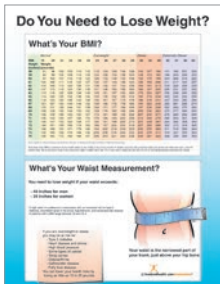
Make the DASH



Mediterranean Diet



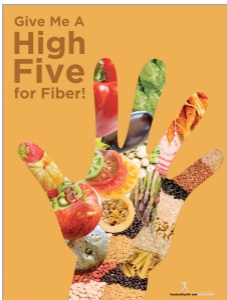
BMI



Waist BMI



Exercise



High Five Fiber

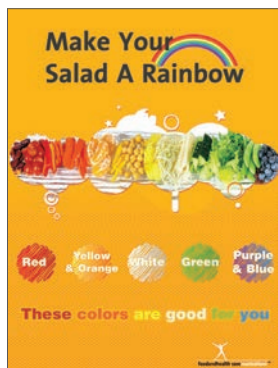
A+ For School Health Posters



MyPlate Kids Activity



MyPlate Kids



Rainbow Salad



School Breakfast
and Lunch Menu
Erasedable Set,
18"X24" \$24.50



School Nurse Set,
12"X18" \$19



Breakfast



Which Side Are You On?



100-Calorie Snacks



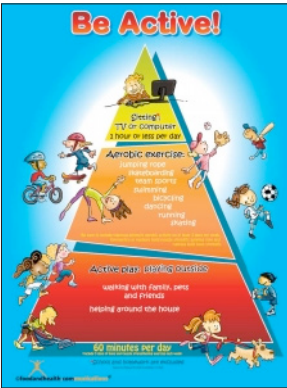
8 High School Nutrition Poster
Value Set: \$69



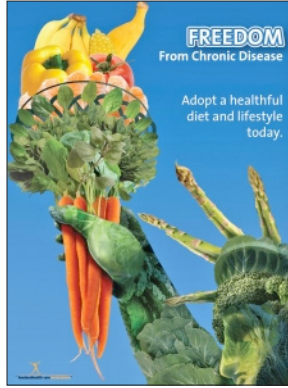
Reward Chart for Kids &
Families: 12"X18" \$16.99



7 Elementary School Nutrition
Poster Value Set: \$63



Kids' Activity Pyramid



Freedom



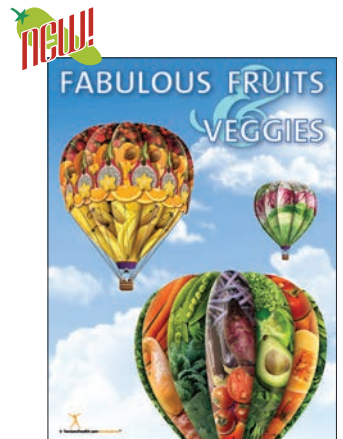
Healthy ABC



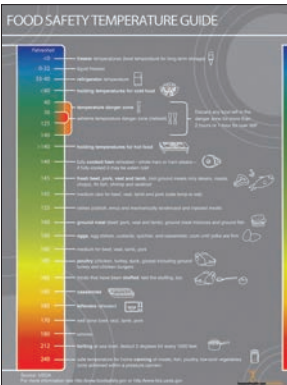
Healthy Forks



Make New Friends:
MyPlate Food Groups



Fabulous Fruits & Veggies



Food Safety
Temperatures



Handy Kitchen
Measurements



Food Safety

Accessorize your posters with frames or table-top easels for sale online. Digital handouts come with almost every poster.

SHIPPING IS FREE!

Eye-Grabbing Banners

24"X52" Banner & Stand \$110

48"X36" Vinyl Banner \$99

100 Stickers \$12.99

50 Bookmarks \$16



Color Your World with Food



Real Food Grows



Eat to Excel



Change It Up



With Matching Incentives

24"X52" Banner & Stand \$110

48"X36" Vinyl Banner \$99

100 Stickers \$12.99

50 Bookmarks \$16



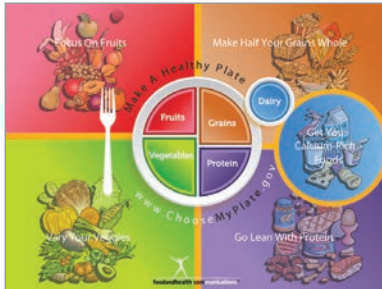
Healthier Choices 123



Portion Control is Easy



MyPlate



Rainbow Salad



36"X24" \$69 or 48"X36" \$99

Make Your Health Fair Booth Shine! Feature...

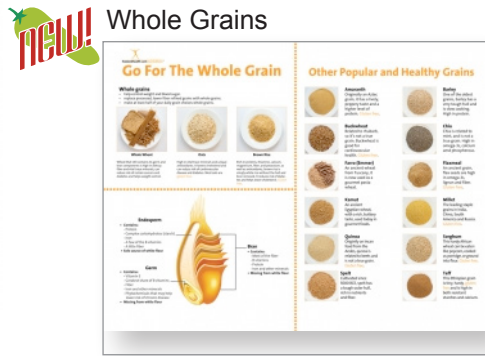
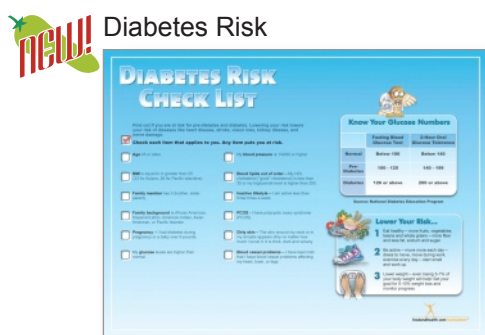
- ✓ Activities
- ✓ Banners
- ✓ Handouts
- ✓ Posters
- ✓ Prizes

Eye-Grabbing Banners

24"X52" Banner & Stand \$110

48"X36" Vinyl Banner \$99

100 Stickers \$12.99
50 Bookmarks \$16



With Matching Incentives

24"X52" Banner & Stand \$110

48"X36" Vinyl Banner \$99

100 Stickers \$12.99

50 Bookmarks \$16



Freedom From Disease



MyPlate Kids



Beverage Better



Nutrition Month

48"X36" Vinyl Banner \$89



Adult: 3 Steps to Health

48"X36" Vinyl Banner \$89



SHIPPING IS FREE!

800-462-2352

Convincing Displays



**Healthier Choices 123
Bulletin Board Set: \$29**



**MyHealth Interactive Bulletin Board
Set: Leader or Students Can Input
Favorites for: Breakfast, Lunch, Dinner,
Fruits, Vegetables, & Exercise: \$29**



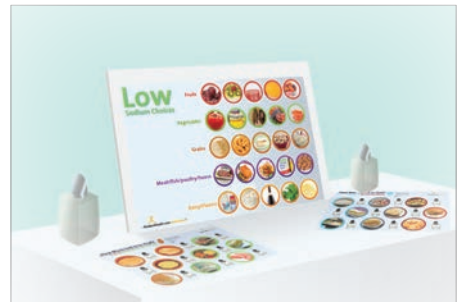
**Kids MyPlate Wellness Fair Kit: \$98
Adult MyPlate Wellness Fair Kit: \$98**

Diet and Exercise Display a la Carte:

- Muscle Fat Replica Set: \$69
- Muscle Fat Poster 18"x24": \$19.99
- Table Easel, Cardboard, 18"x24": \$24.95
- MyPlate 9" Plastic Plate: \$18.50
- MyPlate Kids/Teen Activity Bookmarks: \$16
- Be Active Bookmarks: \$16
- Ideal Body Weight Bookmarks \$14.99



**8 MyPlate Bulletin Board Set:
Veggies, Fruits, Calcium, Grains,
Protein, MyPlate, MyPlate Kids,
MyPlate Quiz: \$199 Set or \$29 Ea**



**Sodium Display Kit \$80 or a la Carte:
1 Easel \$24.50, 3 Posters with PDF
Guide \$29, 24 Salt Shakers \$26.50**



**Sugar Display a la Carte:
Poster, \$19, Easel, \$24.95, Sugar Test
Tubes, \$38, 24"x62" Beverage Banner
on Stand \$99, 48"x36" Beverage Banner,
\$89, Beverage Tearpad, \$29**



Dramatic Floor Stickers & Fruity Balloons



Set of 6 Happy Fruit and Vegetable Balloons

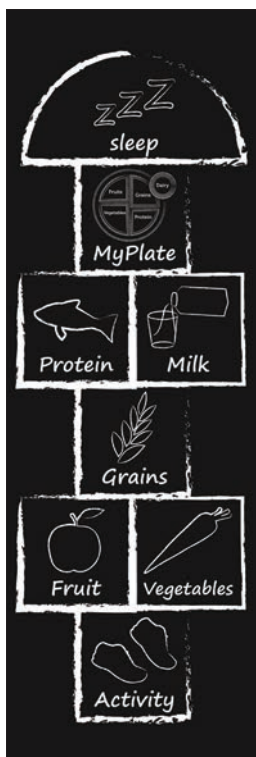
Made of mylar and shipped uninflated, these balloons will add visual interest to any cafeteria or display. They're great for adults and children alike, offering a positive and fun way to encourage people to eat more fruits and vegetables. Balloons measure 18" to 39": \$36

Dramatic Floor Stickers - Floor Decals:

Removable, reusable, non-skid floor stickers for smooth surface floors:

18" X 24": 10K Steps, MyPlate, Eat to Excel, Rainbow Salad \$42

Health Hopscotch 18" X 54" \$82



Practice-At-Home Gifts: MyPlate Plates



MyPlate Plates:

- MyPlate Plastic 9.5" Plate
Nutrition Education Store Exclusive Design, Gold, 1, \$18.50
- MyPlate Plastic 9.5" Plate
Nutrition Education Store Exclusive Design, Gold, 10-pack, \$88
- MyPlate Plastic 9.5" Plate
Nutrition Education Store Exclusive Design, Gold, 50-pack, \$399



Portion Control Plates:

- Portion Control Plastic 9.5" Plate
Nutrition Education Store Exclusive Design, Blue, 1, \$18.50
- Portion Control Plastic 9.5" Plate
Nutrition Education Store Exclusive Design, Blue, 10-pack, \$88
- Portion Control Plastic 9.5" Plate
Nutrition Education Store Exclusive Design, Blue, 50-pack, \$399

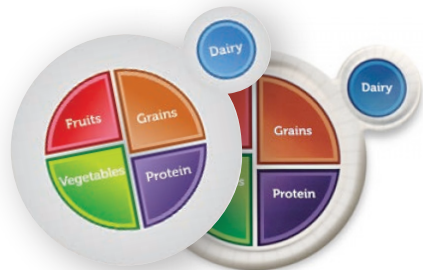


Kids MyPlate Plates:

- Kids MyPlate Plastic 9" Plate
Nutrition Education Store Exclusive Design, Gold, 1, \$18.50
- Kids MyPlate Plastic 9" Plate
Nutrition Education Store Exclusive Design, Gold, 10-pack, \$88
- Kids MyPlate Plastic 9" Plate
Nutrition Education Store Exclusive Design, Gold, 50-pack, \$399

Voila! Here's a tasty, balanced, and nutritious meal that takes minutes to put together and which matches MyPlate's key messages very well.

Chicken Breast: 165 calories
Brown Rice: 108 calories
Milk: 83 calories
Blueberries: 83 calories
Broccoli: 31 calories
Fresh Salsa: 22 calories

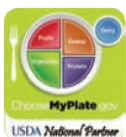


MyPlate-Shaped Plates

- MyPlate-Shaped Plastic Plate, \$26.50
- Paper MyPlate Plates, Stack of 25, \$29

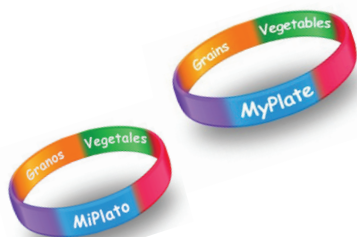
Use MyPlate Plates for:

- ♥ Cooking Demos
- ♥ Giveaways
- ♥ Awards
- ♥ Cafeterias
- ♥ Classrooms
- ♥ Private Counseling



Food and Health Communications, Inc. is a USDA National MyPlate Partner

People-Pleasing Gifts: Wristbands, Buttons, Magnets, Tattoos



MyPlate Wristbands \$20 per 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"

NEW!



I Love Salad Wristbands \$20 per 20-pack:

- Child English, 6"X1/2" \$20
- Big Kid English, 7"X1/2" \$20
- Adult English, 8"X1/2" \$20

NEW!



10k Steps Wristbands \$20 per 20-pack:

- Adult English, 8"X1/2" \$20

NEW!



Water Wristbands \$20 per 20-pack:

- Child English, 6"X1/2" \$20
- Big Kid English, 7"X1/2" \$20
- Adult English, 8"X1/2" \$20



Buttons and Magnets:

- MyPlate Buttons, 2.25" round, 10-pack, \$24.50
- MyPlate Magnets, 1" round, 10-pack, \$19.75
- Rainbow Salad Buttons, 3" round, 10-pack, \$24.50
- 10K Steps Buttons, 2.25" round, 10-pack, \$24.50



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

- MyPlate
- Salad

**SHIPPING
IS FREE!**

Fan-Favorite Gifts:

Fruity Pads, Fruity Pens, Fruity Erasers

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



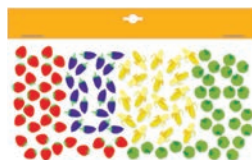
Fruit and Vegetable Pens

- Watermelon, strawberries, orange, banana, pineapple, bok choy, eggplant, peas, carrot, pepper
- 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)



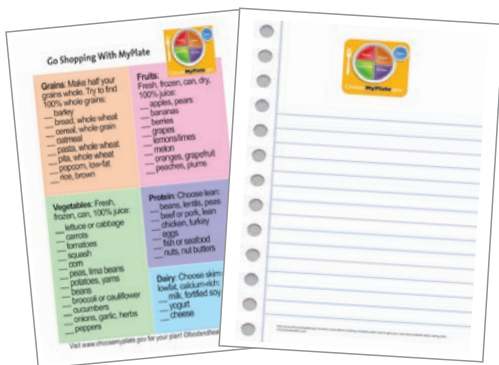
Useful Reminder Gifts: Notepads, Stickers, Bookmarks

**2" Stickers, 100 for
\$12.99:**

- Eat to Excel
- Color Your World
- Forks
- Fruit Butterfly
- Real Food Grows
- I Made a Rainbow
- MyPlate
- Water
- Diabetes Risk*
- Nutrition Month*

MyPlate Sticker Sheets,
90 stickers \$12.99

*Not pictured



Notepads:

- MyPlate Shopping List 4.25"x5.5" Notepad, 10, \$19
- MyPlate Shopping List 4.25"x5.5" Notepad with Magnet on the Back, 10, \$22
- MyPlate 4.25"x5.5" Notepad, 10, \$19

Bookmarks, 50-pack, \$16, 2"x7"

- Make Friends with MyPlate Food Groups
- Real Food Grows
- MyPlate
- Dancing Heart
- Change It Up (Butterfly)
- Choose Wisely
- Plant Powered
- Color Your World
- I Heart Fruits & Veggies
- Rainbow Salad
- Food Safety
- Cook's Measures
- Food Label
- Water
- Diabetes Risk*
- Nutrition Month*
- Ideal Body Weight: 3.6"x8.5", 25 pack, \$14.99



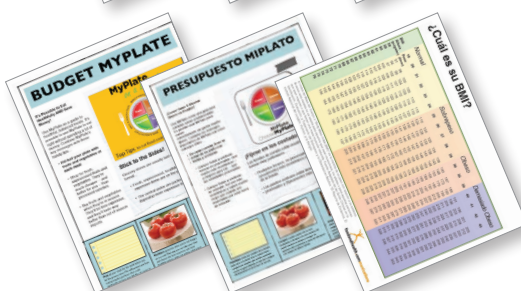
800-462-2352

Helpful Handout Tear-Off Pads



Tearpads 75 Pages, Color Front and Black & White Back \$32

- BMI
- Blood Pressure
- Cholesterol
- Eating with Diabetes
- Diabetes Risk Checklist
- How to Carb With Diabetes
- MyPlate
- MiPlato Spanish
- MyPlate Kids
- Nutrition Bingo (Self Scoring)



Tearpads 50 Pages, Color Front & Back \$32

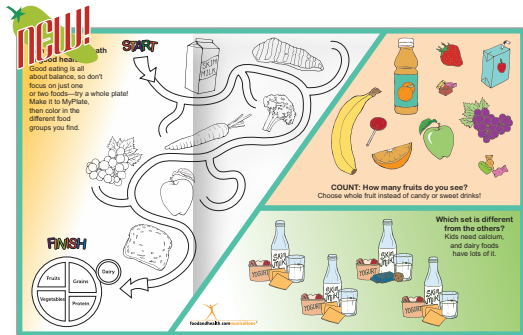
- Are You Drinking Candy?
- How Much Fat is in Fast Food?
- MyPlate Shopping List
- Whole Grain (not shown)
- Portion Control
- Portion Control Spanish
- Pregnancy MyPlate
- Pregnancy MyPlate Spanish
- Breastfeeding MyPlate
- Breastfeeding MyPlate Spanish
- MyPlate on a Budget
- MyPlate on a Budget Spanish
- Spanish BMI Handout Flyers - Stack of 50

SHIPPING IS FREE!

MyPlate Activity Placemats

MyPlate Activity Placemats for Kids, Color Front & Back, 50 Sheets, \$23

- 8.5"x14"
- Wrapped stack of 50
- Double sided
- MyPlate activities are on one side: maze, color, match, find
- MyPlate in yellow is on the other side
- Ages 2 to 5 or preschool
- Stay busy and learn while a meal is made
- Perfect for parents, grandparents, caregivers, WIC, EFNEP, SNAP-ED, and schools.



Tearpads 50 Pages, Color Front & Back \$32

- Snacking Guide
- Prediabetes
- Beverage Better
- Portion Control
- Reward Chart

Class-Engaging Workbooks



Cooking Healthy Workbook, Stack of 10, \$16.99

- 5.5"X8.5"
- Color booklet
- For middle school to adult
- Basic cooking and math education, recipes, quiz



Elementary School Nutrition Workbook, Stack of 10, \$16.99

- 5.5"X8.5"
- Color booklet
- For elementary school or low-income adult classes
- MyPlate, basic nutrition, and math activities



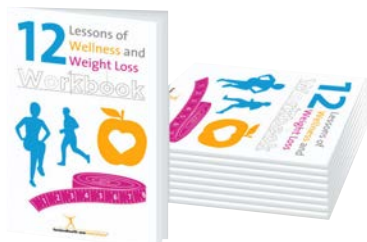
High School Nutrition Workbook, Stack of 10, \$16.99

- 5.5"X8.5"
- Color booklet
- For middle school to adult
- MyPlate, basic nutrition, and math activities

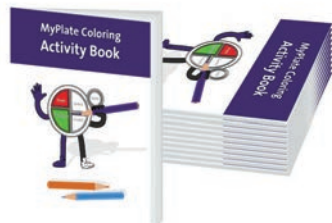


MyPlate Activity Workbook, Stack of 10, \$16.99

- 8.5"X11"
- Color booklet
- For elementary and middle school students
- The story of "Captain Health and the Missing Nutrients"
- Worksheet using a list of foods in food groups to create MyPlate snacks
- MyPlate impostors puzzle



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



MyPlate Adult Coloring Book, Stack of 10, \$16.99

- 5.5"X8.5"
- Coloring booklet
- For adults and older kids

Health-Inspiring Brochures



Brochures, Color Both Sides, Stack of 25, \$22

- How Much Salt is in My Food?
- Fast Food Cheat Sheets
- Lower Sodium Success
- MyPlate Kids & Activity
- MyPlate
- MiPlato Spanish
- MyPlate on a Budget

5 Sets of 25, 125 Brochures:

- **Heart Education Brochures** (Heart Attack Risk Score, Blood Pressure, BMI, Cholesterol, DASH) \$99
- **Weight Control Education Brochures** (Healthy Plate, Portion Control, Sugar and Fat Awareness, Feel Full on Fewer Calories, Need to Lose Weight?) \$99

Budget Brochure Cards, Stack of 25, 3.5"X8.5" \$19

- MyPlate Kids
- MyPlate Adult



These attractive cards are the same size as a tri-fold brochure. They are easy to read, fun to keep, and less expensive than regular, folded brochures. We can make any design, just ask!

Delicious Cookbooks & Food Photo Gifts

Books (also available without CD)

- **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

Books by the Case:

- *Home Run Cooking*, 12 books, \$114
- *Salad Secrets*, 9 books, \$81
- *Fruit Tooth*, 9 books, \$89



Food Photo Gifts

Recipe Cards, 4"x6", with Photo on the Front and Recipe on the Back:

- Salad 25-pack, \$12.99
- Fruit Dessert 25-pack, \$12.99
- Chicken Stew 25-pack, \$12.99
- Farmer's Market Oil Painting Prints 12"x18" (Not Laminated), 3 for \$20
- 6-pack Farmers Market Fruit and Vegetable Painting Prints 8"x10", \$36
- Fruit and Vegetable 8-Photo Montage on Metal 11"x14" with Hanger \$75

**SHIPPING
IS FREE!**

Eye-Catching Aprons & Cooking Demo Essentials



- **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**, \$21
- **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
- **25-Piece Cooking Demo Kit:** 12 Home Run Cooking books, 1 apron, 10 tools, Healthy Food Photo Poster, Home Run Cooking Program: \$279
- **10-Piece Cooking Tool Kit:** 10 tools: 2 knives, 2 cutting boards, skillet, bowl, spoons, cups, spoonula, spootensil, 100 souffle tasting cups (2 oz): \$150

Easy-to-Understand DVDs



Eat Less Video on DVD:

29 minutes long, this video explains that portions are growing, just like our waistlines. This program is based on USDA recommendations to eat less and avoid oversized portions. Recommended by School Library Journal and Video Librarian. \$99

Kitchen Math & Measuring Video on DVD:

22 minutes long, this video provides real-world kitchen math lessons using liquid and dry ingredients. It is a great way to learn your way around kitchen measurements plus put math lessons to use. \$99



Personalize MyPlate Video on DVD:

31 minutes long, this video helps everyone relate to using MyPlate. The actors explain that everyone can use MyPlate to benefit from the easy strategy to take your favorite foods and make a healthy plate. \$109



Pass On the Salt Video on DVD:

20 minutes long, this video explains that salt is not only in the salt shaker, it is hidden in many common foods. Strategies and key sodium terms are covered very well so individuals can walk away knowing how to lower their blood pressure. \$99



Added Sugars Video on DVD:

20 minutes long, this video explains that added sugars add up to extra body fat. It does a great job of instructing everyone on the difference between natural and added sugars. It shows where sugar hides too! \$79

Supermarket Shopping Video on DVD:

28 minutes long, this video explains how the aisles in the supermarket are really aisles of persuasion! Avoid tricky sales, be aware of large carts, and learn how the store layout can make the checkout bill go higher! \$109



Skinny on Solid Fats DVD

This 17-minute program explains the different types of fat and why solid fats are harmful to your health. Find out where fats hide in your diet and ways to reduce the amount you consume. \$79



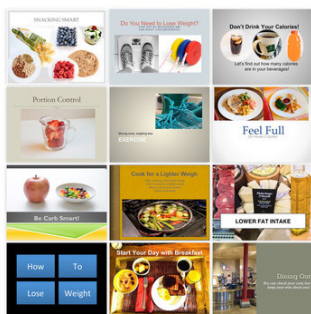
Nutrition and Dance Exercise DVD

\$29

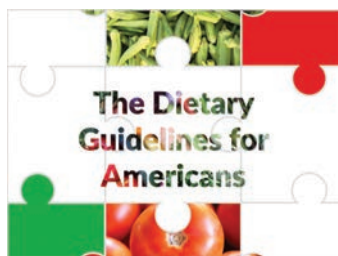
Information-Rich PowerPoint Shows



12 Lessons of
Wellness &
Weight Loss



12 Lessons Programs are comprehensive wellness and weight loss programs. Based on the Dietary Guidelines for Americans, these lessons make health education both fun and easy. Each program provides 12 PowerPoint shows and handout sets, plus a leader guide. Best of all, you get them all on a USB flash drive. Choose from: 12 Lessons, 12 More Lessons, 12 Lessons for Kids and Teens, or 12 Lessons of Diabetes. \$399 each.



The **2015 Dietary Guidelines for Americans** is the one show you need now to get individuals up-to-date on all of the latest research presented by the Dietary Guidelines for Americans 2015 Expert Panel! This comprehensive show comes with over 50 slides that are based on photographs that beautifully illustrate and sell key health messages to your audience. The presentation also comes with 5 PDF handouts that are ready to help everyone remember key messages. \$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

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

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Sugar 101

Did you know about the new sugar guidelines?

Lower Sugar Consumption to 10%

The latest edition of the Dietary Guidelines for Americans (DGA) advises people to “Limit calories from added sugars...” The DGA recommends that added sugars make up less than 10% of everyone’s daily calories. For people eating a 2,000 calorie diet, that’s 50 grams or approximately 12 teaspoons of sugar per day.



What is Added Sugar?

Basically, it’s a type of sugar that is added to food during processing rather than occurring naturally. Soda, for instance, is full of added sugars, while a piece of fruit contains naturally-occurring sugars.

It’s not always easy to figure out how much added sugar a food contains. If a food has some type of added sugar as one of its top three ingredients, then it’s safe to assume that that food is generally high in added sugars. In that case, people can rely a bit on the sugars section of the label to see how many grams of sugar are in a serving. The maximum guideline of 10% of calories can be filled very quickly.

Sweeter Without Sugar

To add sweetness to a food or drink without using added sugars, try a bit of spice. There are certain spices that add a warm and sweet flavor to any food or drink. For example, you can top your latte with freshly grated nutmeg or put a drop of vanilla extract in your mug of hot tea.

Of course, you could also use fresh fruit as a sweet treat. The easiest way to satisfy your sweet tooth with fruit is to slice up a bunch of fresh fruit and put it in the fridge. Chunks of watermelon or fresh berries are especially great, while frozen grapes or blueberries also make refreshing sweet treats. You can even add fruit or fruit juice to sweeten your drink, or stir some fruit into your unsweetened yogurt for a flavor treat.

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♥ Presentations	24-25
♥ Free Handout	26
♥ Order Form	27