

Material Description

Eating for 2 Pregnancy tear pad - This tear pad for moms-to-be offers helpful tips for meeting the increased nutritional demands of pregnancy. Explains the function of those nutrients essential to the development of a healthy baby during pregnancy and lactation.

MyPyramid for Kids poster/tear pad – A kid friendly-version of the updated USDA food pyramid guidelines.

Childhood Nutrition tear pad – This tear pad presents mom with basic information on the nutritional needs of children from birth to five years. Lists the nutrients most critical for child development and explains their functions. Suggests tips and strategies for encouraging healthy eating habits for all stages.

Nutrient-Rich Meals Pack a Punch for Children – This brochure focuses on the importance of the Dietary Guidelines for Americans and MyPyramid for Kids messages that children should get more nutrients from the foods they eat.

MyPyramid poster/tear pad – The 22"x34" poster depicts the MyPyramid and panels on the reverse side may be photocopied and used as handouts. The tear pad is a smaller representation of the MyPyramid.

On the Trail of Hidden Fat – Detective GoodHeart tracks hidden fat clues in the grocery store in this fun, educational brochure. Also includes information on label reading and on the Food Guide Pyramid as an outline of what to eat each day.

Skinny Beef recipe brochure – Six delicious lean ground beef recipes. Nutrition information for each recipe is included. Also contains facts on key nutrients, reducing fat and food safety.

Fight BAC brochure – Demonstrates the four simple steps to food safety including clean, separate, cook and chill. Also gives table showing correct internal temperatures for properly cooked proteins.

Everyday Solutions for Everyday Heroes tear pad – Everyday solutions to help you get the energy you need. The information sheet talks about food, activity and sleep – and how they all work together to give you maximum energy.

Relax, Recover, Renew tear pad - This tear pad emphasizes the need for good nutrition and physical activity, as well as the importance of prioritizing and simplifying all facets of life. An easy, convenient dinner recipe is included. This sheet has been "favorably reviewed" by the American Academy of Family Physicians Foundation.

Beef Nutrients That Work as Hard as You Do- This colorful tear pad highlights beef's nutrients (protein, iron, zinc, B-vitamins, CLA, selenium, choline), the leanest beef cuts, beef's role in a healthy lifestyle and the findings of recent research on beef's nutrients. An easy nutritious beef recipe is included.

The Tween Scene tear pad-This tear pad prepares parents and health advisors with information needed to convince tweens that the foods they choose to eat will affect how they look, feel and perform. Lists the nutrients important for tween development and offers tips for healthful snacking and keeping active. Includes an easy, delicious chili recipe.

Plating it Safe Brochure- A market to mealtime checklist to help keep food safe.

The Fitness Connection tear pad-This tear pad gives you ideas on how to improve your physical fitness and how to make the most out of what you already do. It also helps you determine how to fit physical activity into your busy life. It discusses the beef nutrients you need to fuel your life and includes a beef recipe on the back.

Choose Your Calories By the Company They Keep – A detail of the nutrients that a 3 ounce serving of lean beef contributes to a 2000 calorie diet.

When It Comes to Nutrition, Beef Has a Competitive Advantage – A nutritional comparison of a 3 ounce serving of beef vs. other nutrient sources.

29 Ways to Love Lean Beef – A graph that compares the 29 cuts of beef that meet the Government Labeling Guidelines for Lean or Extra Lean.

Live Well! Tool Kit – Developed by the Naturally Nutrient Rich Coalition, this toolkit brings the nutrient-density message of MyPyramid and the Dietary Guidelines to life. The toolkit includes a leader guide, reproducible handouts, and a MyPyramid poster and tearsheet.

Choose Well Tool Kit – Teach 4th and 5th grade students about healthy eating and fitness with eight activities, all aligned to the standard math curriculum.