



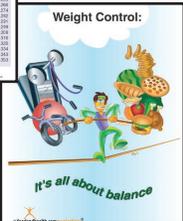
See Inside for
Brownie
Recipe

Weight Control Posters:

- **Calorie Poster/Handouts** – “Which one contains the most calories?” Potatoes, potato crisps, oranges and M&Ms are shown with the question. Answer: they are all the same – 240 calories – and clients quickly see they get to eat more potatoes and oranges. 14" by 20" color poster with 8 handouts: \$26.95

What's Your BMI?

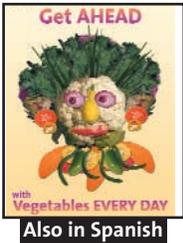
Height	Weight	Underweight	Normal	Overweight	Obese	Extremely Obese
5'0"	100	100	110	120	130	140
5'1"	105	115	125	135	145	155
5'2"	110	120	130	140	150	160
5'3"	115	125	135	145	155	165
5'4"	120	130	140	150	160	170
5'5"	125	135	145	155	165	175
5'6"	130	140	150	160	170	180
5'7"	135	145	155	165	175	185
5'8"	140	150	160	170	180	190
5'9"	145	155	165	175	185	195
5'10"	150	160	170	180	190	200
5'11"	155	165	175	185	195	210
6'0"	160	170	180	190	200	220
6'1"	165	175	185	195	205	230
6'2"	170	180	190	200	210	240
6'3"	175	185	195	205	215	250
6'4"	180	190	200	210	220	260
6'5"	185	195	205	215	225	270
6'6"	190	200	210	220	230	280
6'7"	195	205	215	225	235	290
6'8"	200	210	220	230	240	300
6'9"	205	215	225	235	245	310
6'10"	210	220	230	240	250	320
6'11"	215	225	235	245	255	330
7'0"	220	230	240	250	260	340



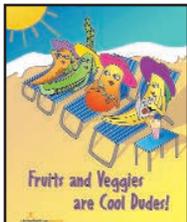
- **BMI** – Help clients determine their body mass index (BMI). 14" by 20": \$18
- **Weight Control: It's All About Balance** – Get across the message of diet and exercise for weight control. 14" by 20": \$18

Fruit and Vegetable Posters:

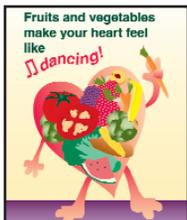
- **Get Ahead with Vegetables Every Day Poster/Handouts** – Find 20 different vegetables used in this poster. The English-only version comes with 7 copier-ready handouts plus a leader/activity guide. 14" by 20": \$26.96 (English or Spanish)



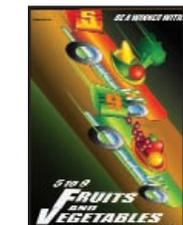
- **Fruits and Veggies Are Cool Dudes Poster/Handouts** – Comes with 7 copier-ready handouts plus a leader/activity guide to teach your audience about the benefits of fruits and vegetables. Use this poster-and-handout set for children or adults. 14" by 20": \$26.95



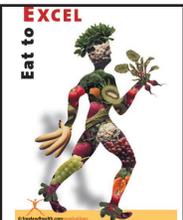
- **Be a Winner with 5-9 Fruits and Vegetables Every Day** – Fruits and vegetables are fast food and take you to the finish line. This message is a reflection of the new 5 A Day message that recommends 5 to 9 servings of fruits and vegetables every day. 14" by 20": \$18



- **Fruits and Vegetables Make Your Heart Feel Like Dancing Poster/Handouts** – The message for eating more fruits and vegetables is positive, upbeat and fun. Includes 4 pages of handouts with leader guide. 14" by 20": \$26.95 (English or Spanish)



- **Eat to Excel (Phyteman) Poster/Handouts** – Comes with 10 pages of copier-ready puzzles, handouts and recipes to give your audience fun facts and ideas for incorporating more fruits and vegetables into their diets. 14" by 20": \$26.95

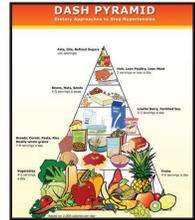
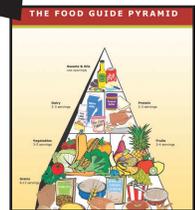


- **When It Comes to Fruits 'n' Veggies, Don't Eat Like a Bird!! Color Poster** – 14" by 20": \$18



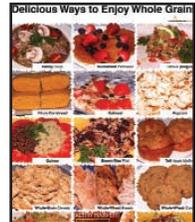
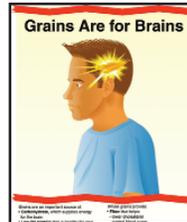
Pyramid Posters:

- **Healthful Food Guide Pyramid Poster** – The most dynamite color poster of the Food Guide Pyramid you will ever find!! 14" by 20": \$18
- **Make the DASH Pyramid Poster** – Shows the importance of whole grains, fruits, vegetables, nuts, seeds and dairy – a great visual to teach individuals about the DASH diet for lower blood pressure and better health. 14" by 20": \$18
- **Be Active Kids' Activity Pyramid Poster** – Colorful, fun and informative. It will help kids see that active is the way to be!! 14" by 20": \$18



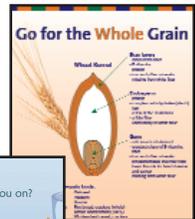
Nutrition Education Posters:

- **Grains Are for Brains** – 2 14"-by-20" color posters with handouts and leader guide: \$29 for for both

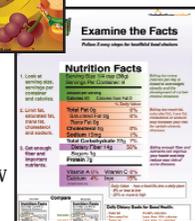


1. Grains Are for Brains: Emphasizes the nutrition advantages for eating more whole grains.
2. Delicious Ways to Enjoy Whole Grains: Shows 15 beautiful whole-grain dishes. Recipes and a cooking tip sheet are provided.

- **Go for the Whole Grain Poster/Handouts** – Comes with 7 copier-ready handouts plus a leader/activity guide to teach about the benefits of whole grains. 14" by 20": \$26.95

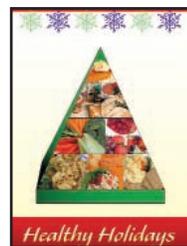


- **Which Side Are You On?** – Get across the message of choosing healthful, whole foods versus processed, fast foods. 14" by 20": \$18
- **Nutrition Facts Label Poster/Handouts** – Poster, handouts (2 pages) and leader guide (3 pages) show how easy it is to read a nutrition facts label. 14" by 20": \$26.95



Holiday Posters:

- **Holiday Pyramid Poster/Handout Set** – With 10 side dish recipes: \$26.95
- **Holiday Exercise Poster/Handouts** – Exercise is important during holiday season. 14" by 20": \$26.95



Save on bulk poster orders!
Buy 5 or more posters for \$10 each

Inside:		
Clip Art/Photo CDs . . .	3	Food and Cooking
Brownie Recipe	2	Heart
Coupons	4	Order form
Diabetes	2	Weight Loss

Weight Control

Low-Carb Fad Diet Kit

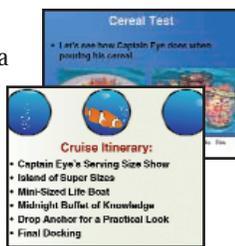
Are your clients asking you about the latest high-protein, low-carb fad diets? We have the perfect kit to help you explain why these are detrimental to health and don't work in the long run.

- **LCFD CPE** – 16-hour CPE course: \$168
- **LCFD Bundle** – LCFD CD plus printed version of handouts and color overheads in binder: \$189 (save \$164!!)
- **LCFD CD** – Files for 20 pages of handouts, overheads and 3 PowerPoint Shows: *The Truth About Ketogenic Fad Diets* – 36 slides, *Good Carbs* – 42 slides, *Cutting Fat Is Key* – 51 slides: \$139
- **LCFD Handouts** – 20 copier-ready handouts, leader guide: \$43



Portion and Calorie Control Cruise

This presentation will take your audience on a fun cruise where they will stop at ports of call to learn lessons about portion control, serving sizes, energy density, nutrient density and more! They will see how measuring by eye (with Captain Eye) can get them in trouble with portion control.



- **Portion and Calorie Control Cruise Bundle** 20 printed handouts, 24 color overheads binder, CD with 70+-slide PowerPoint show plus files for handouts and overheads: \$109
- **Portion and Calorie Control Cruise CD** – Files for PowerPoint show, handouts and overheads with leader guide: \$84

Shopping Smart for Weight Loss

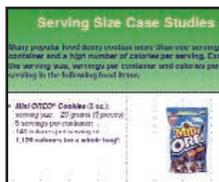
This kit, by Victoria Shanta, RD, and Food and Health Communications, Inc., provides the tools necessary to teach individuals how to be "Smart Shoppers" for weight management. Tips for simple, healthful cooking methods, aisle-by-aisle product recommendations, and health-promoting lifestyle steps are given. The PowerPoint show contains excellent visuals and many case studies to help individuals select lower-calorie foods.



- **Shopping Smart for Weight Loss Bundle** – Binder, 40 pages handouts, 75-slide PowerPoint show on CD, PDF file for handouts on CD, 22 Color Overheads: \$139 – BEST VALUE!
- **Shopping Smart for Weight Loss CD** – Files for handouts, overheads and PowerPoint shows on CD-ROM: \$109

Food Label Lab: Dissecting the Truth About Food Labels

This kit will show your clients how to make better food choices using the Nutrition Facts Label. They will see case studies on servings per package. They will learn to evaluate foods based on fat, fiber, sodium and nutrient contents instead of being misled by package claims – all with a fun laboratory format! It is also updated with info on new FDA trans fat rule and low-carb foods!



- **Food Label Bundle** – Handouts and color overheads PLUS files for PPT show and color handouts: only \$95 – save \$59!!
- **Food Label CD** – PowerPoint show, color overhead PPT file, PLUS PDF file for handouts: \$69
- **Food Label Color Overheads** – With speaker's notes (20 overheads) PLUS free handout: \$59
- **Food Label Handouts** – And leader guide (12 pages): \$36

Light Brownies

- 3/4 cup cocoa
- 1/2 tsp baking soda
- 5.5 Tbsp margarine
- 1/2 cup boiling water
- 1 cup sugar
- 1 cup Splenda
- 5.5 Tbsp melted margarine
- 1/2 cup egg whites
- 1-1/3 cups all-purpose flour*
- 1 tsp vanilla extract
- 1 cup chocolate chips



Preheat oven to 350 °F. Grease two 8"-by-8" baking pans. Stir together the cocoa, baking soda and margarine. Add the boiling water, and stir until smooth. Add the light sugar then the melted margarine and egg whites. Add the flour and vanilla. Add the chips last. Divide batter between pans and bake for 20-25 minutes or until firm in center. Freeze one pan for later. Cut each pan in 12. Serves 24. Each brownie: 133 calories, 7 g fat, 1.7 g saturated fat, 0 mg cholesterol, 109 mg sodium, 17 g carbohydrate, 2 g protein, 1 g fiber. *Spoon flour into cup to measure.

Diabetes Management

Shopping Smart for Persons with Diabetes

This kit will teach your clients savvy shopping tips for better management of their diabetes. Leader guide includes aisle-by-aisle product recommendations, simple cooking ideas, activities and tips.



- **Shopping Smart for Diabetes Bundle** – 65 pages of copier-ready handouts/leader guide in a binder with a 56-slide PowerPoint show with speaker's notes: \$89
- **Shopping Smart for Diabetes CD** – 56 PowerPoint slides with speaker's notes; PDF file for 65 handouts/leader guide: \$69
- **Shopping Smart for Diabetes Handouts** – \$49

Diabetes 101: English and Spanish

Diabetes is made more simple to understand and manage in this new English and Spanish kit. The simple-to-read handouts provide basic information: What Is Diabetes, ABCs of Diabetes Management, Meal Planning, Serving Sizes, Carbohydrate Counting, Fiber, Counting Fat Grams, Blood Sugar Control, Get Moving.



- **Diabetes 101 BUNDLE** - Handouts/Leader Guide (32 pages), CD with handouts and PPT show with 40 slides: \$65

Diet & Type 2 Diabetes Kit

Teach clients the importance of diet for type 2 diabetes.

- **Diet and Type 2 Diabetes Bundle** (all items below): only \$225 –
- **DT2 Diabetes 15-hour CPE Course** (105 pages) by J. Kenney, PhD, RD, FACN – \$157
- **DT2 Diabetes Handouts and Leader Guide** 30+ pages: \$55
- **DT2 Diabetes PowerPoint Shows (3):** \$69
 - "Type 2 Diabetes: An Overview" (33 slides)
 - "Common Sense Guide to Eating" (40 slides)
 - "Lower Your Weight" (31 slides)
- **DT2 Diabetes BW Overhead Shows (3)** – 60+ overheads with speaker's notes: \$65

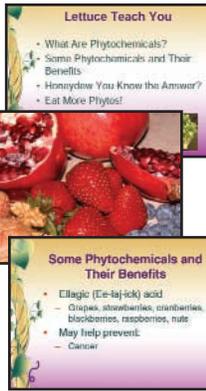


Phytochemicals – Give Me Hi-Phy!

This kit emphasizes the good news about food. It will help teach consumers what we know now regarding phytochemicals and their benefits. It provides an exciting way to motivate individuals to eat a more healthful plant-based diet.

- 50-slide PowerPoint show – Wow them with color pictures and graphics – complete with speaker’s notes.
- 13 color overheads with speaker’s notes.
- 20 pages of handouts/leader guide & recipes
- PDF file for color handouts on CD-ROM.

Phytochemicals Bundle – all items above: \$69



Best Quick Meals 2

Best Quick Meals 2 is ready to help your clients make more healthful meals in a snap. All items have a nutritional analysis and are copier-ready.

- Handouts/leader guide (55 pages) – Best Quick Meals, Breakfast, Lunch & Dinner Recipes, Menu Planning, Frozen & Make Ahead Meals, Shopping List, and Food Log.
- PowerPoint show (46 slides) and color handouts on CD – *Cooking Fast and Healthful*: 10 easy ideas with pictures of ingredients and final product. Great for all audiences because meals are inexpensive and easy to make. It will encourage everyone to cook!

Best Quick Meals 2 English: \$65 (for one site)

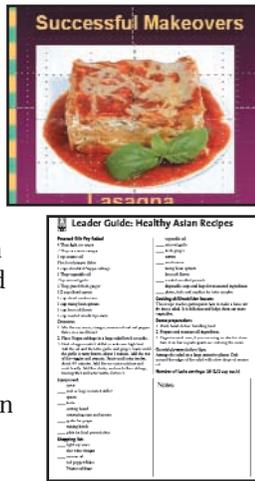


Cooking Demo II

Give great food demonstrations with this super, easy-to-follow kit. 30 classes complete with handouts, recipes, leader/activity guide, equipment list, shopping list and success tips for each class. Emphasize the use of fruit, vegetables, whole grains and beans with recipes that are low in fat, saturated fat, sodium and cholesterol and high in fiber and flavor. Ingredients are common and inexpensive; most recipes are perfect for limited-income clients. Topics include ethnic classes, budget cooking, wellness and more!

- PPT show/overheads for recipe modification
- Menu planning and shopping overheads
- Cooking demo success tips
- Food safety handout

Cooking Demo II – 267 pages handouts/leader guide plus CD: \$99



“I’m the Cook” Kitchen Savvy for Kids

This kit cooks up recipes and lessons for basic healthful food preparation. It teaches important kitchen skills and physical activities for children from ages 8 to 16.

- **Kids’ Kitchen Savvy Bundle** – All items below for one site use PLUS a FREE binder and diskette with lessons in Word files: \$89
- **Kids’ Kitchen Savvy Handouts** – 64 pp handouts/leader guide: \$49
- **Be a Winner with 5-9 Fruits and Vegetables Color Poster:** \$18
- **Kids’ Kitchen Savvy Color Overheads (4):** \$40



FoodPhotoCD – NEW!

More than 200 high-quality images of foods are ready for all of your general food and nutrition needs. Receive royalty-free, nonexclusive rights to use the images on the FoodPhotoCD for Word files, PowerPoint, Web and print. Images are in universal jpeg files – easy to use for PC and Mac:

- Grains – 80+ images including whole grains AND common grain foods.
- Protein – 35+ images of steak, chicken, turkey, deli meats, soybeans, tuna and more!
- Vegetables and vegetable juice – 35+ images
- Fruit and fruit juice – 20+ images
- Sweets, sugars, fats and oils – 30+ images of everyone’s favorites from caramels to olive oil
- Dairy – 10 images of cheese to yogurt

FoodPhotoCD: \$149 (for one site) (\$50 each additional CD)



FruitVeg Photo CD – NEW!

More than 350 quality images of fruits, vegetables and phytochemicals all on one CD for food and nutrition professionals:

- Arrangements of produce by color and by phytochemical category
- Photos of prepared dishes using produce
- Common images of individual fruits & vegetables
- Pictures of farmer’s markets and produce stands
- Photos of fruits and vegetables growing on farms
- Culinary herbs
- Exotic and ethnic fruits and vegetables

All images are in jpg format for use on Mac or PC. Use the small versions on Web sites, Word documents and PowerPoint shows. Convert the large versions to other formats for printed materials.

FruitVeg Photo CD: \$199 (for one site) (\$50 each additional CD)



HealthClips2 – Color Clip Art

Food and nutrition professionals, rejoice!!

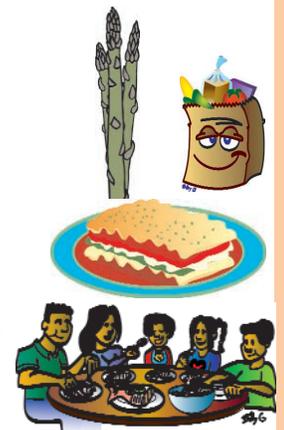
Our second volume of clip art is now ready with more than 600 images for healthful food and nutrition in 26 categories. High-quality, color clip art is ready for use in handouts, Word files, PowerPoint shows and Web sites in jpg and gif formats for PC and Mac. PLUS...

- 10 PowerPoint Show Templates – Knock their socks off with these beautiful backgrounds for food and nutrition themes. Coordinating font colors and bullets provide you with turnkey shows.
- More than 200 high-resolution color food images for use in printed brochures, flyers, etc. (tif format)

HealthClips2: \$129 (for one site) (\$20 each additional CD)

HealthClips1 (black and white): \$89 (for one site) (\$20 each additional CD)

HealthClips1/2 Set: \$199 (\$40 each additional CD set)



Clip Art Hot Tips

- Hold shift key down when resizing so artwork is not skewed.
- Keep art lined up and centered with text and other art on the page.

Cardiac Trivia

This fun game will teach individuals how to keep their hearts healthy.

Questions, worth 100-500 points, are based in these four subjects: *Show me the fiber*, *Beware of sodium*, *Look at labels* and *Follow the DASH diet*. Use this game as a lively way to teach individuals about healthful eating for the heart.



- **Cardiac Trivia Bundle** – All three options below: just \$95 – save \$77!!
- **Cardiac Trivia CD** – PowerPoint show in a fun game show format (40+ slides) and PDF file for handout: \$59
- **Cardiac Trivia Color Overheads** – Game show theme. (15 overheads and 1 copier-ready handout): \$59
- **Cardiac Trivia Handouts** – Play without powerpoint or overheads: \$59

Shopping Smart for the Heart

This kit will help you teach your clients savvy shopping tips for heart disease prevention and treatment. Leader guides include product recommendations, cooking ideas, activities and health-promoting tips.

Catchy handouts reinforce your message, and a copier-ready brochure is designed to go shopping with your clients. Use this kit for shopping tours or classroom education. 10 aisles of lessons:

- **Shop Smart Heart Bundle** – 82 handouts/leader guide and 60-slide PowerPoint show: \$108
- **Shop Smart Heart CD** – 60-slide PowerPoint show and PDF file for 82 handouts: \$89
- **Shop Smart Heart Handouts and Leader Guide** (82 pages): \$69



Download and save time and money

It's easy – you can now choose to purchase and download PowerPoint shows, overheads and handouts from www.foodandhealth.com.

- You receive the file right away.
- No shipping or handling fee.
- Print items yourself, save 10%.
- Have “all the time” access.
- Take CPE Courses online, too!

Your Satisfaction is **Guaranteed**

• **Integrity**
We are a private company that doesn't accept advertising or funding from outside companies. All materials are peer-reviewed and based on current scientific evidence. Our mission is to supply nutrition educators with quality information and resources to make their jobs easier and more effective.

• **100% Satisfaction Guaranteed with Easy Exchanges and Returns**
Food and Health Communications guarantees all merchandise. All materials come with a 100% satisfaction guarantee. If for any reason you are not satisfied, return the material in new condition within 45 days for a refund of the purchase price.

• **Prompt Turnaround**
Orders received by phone, e-mail or fax before 12 noon EST M-F are shipped the same day. Continental U.S. orders are sent via UPS ground. International and Alaska/Hawaii orders are sent via USPS. You may also choose UPS 3-Day Select, 2-Day Air and Overnight delivery for an extra fee.

ORDER FORM



Order by fax: 800-433-7435

Order by phone: 800-462-2352

Order by mail: FHC, P.O. Box 266498, Weston, FL 33326

SHIP TO:

Company _____
 Name/Title _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Fax _____
 E-mail _____

Check enclosed
 Charge Visa MCard AMEX
 Card # _____
 Exp date _____
 Name on card _____
 Billing address _____

ITEM	QTY	UNIT PRICE	TOTAL PRICE

Shipping (please circle):

- \$6 for orders < \$50
- \$9 for orders > \$50
- \$15 for orders > \$95
- \$20 3-day select (continental U.S.)
- \$25 2-day air
- \$30 RUSH Overnight Service (foreign & heavy cost extra)

All items are backed by our 100% satisfaction guarantee!

Subtotal _____
6% tax FL _____
Shipping _____
Total _____

- Purchase orders accepted by fax or mail for orders greater than \$50 from institutions.
- Your order is shipped UPS ground in the continental U.S. All others are shipped via USPS.
- EIN # 86-0905781

FREE Color Handout

10 Commandments of Weight Loss, a free color handout, comes with every PAID order from this flyer.



Free Shipping

PAID orders of \$100 or more from this flyer receive free shipping. Not valid with any other offer. One coupon per order. If ordering online use the code FLYFREESHIP.