

# Nutrition Resources

# NUTRITION SEMINAR PROGRAM SUPPORT MATERIALS

## Resource Packages

Every nutrition professional who attends a Beef Checkoff-sponsored session will receive free reference and patient education materials. In addition, each attending nutrition professional will also receive an offer for an additional free nutrition resource package.

Participants will be able to select from several options simply for attending the session. This will allow participants to choose the package best suited to meet their needs. The order form for the nutrition resource packages can be handed out to each participant. A beef industry representative will present this information at the end of the session and some of the options are described below.

### **NUTRITION RESOURCES CD**

This year, a limited supply of custom imprinted CDs are available for distribution to participants of checkoff-sponsored Nutrition Seminar Program events. These CDs contain current, downloadable, reproducible fact sheets and a variety of lean beef recipes including nutritional information for each. These CDs will not be reproduced after the quantity runs out and they are available on a first-come, first-served basis.

### **MYPYRAMID TEAR PAD AND POSTER BUNDLES (FOR ADULTS OR KIDS)**

#### **MOMS AND PRESCHOOLERS POSTERS ALSO AVAILABLE**

USDA's *MyPyramid* symbolizes a personalized approach to healthy eating and physical activity, reminding consumers to make nutrient-rich food choices and to be active every day. This bundle includes a 100-sheet tear pad of *MyPyramid* and a 22" x 34" full-color poster with eight black and white masters on the backside. The eight panels include a reduced version of the poster, the Anatomy of *MyPyramid*, information and tips on choosing nutrient-rich foods, *MyPyramid's* summarized Key Concepts for Educators, It's All About You tips, Calorie Levels by Age/Activity, and Daily Amount of Food Suggested from Each Group per Day and by Calorie Level.

*MyPyramid For Kids* Tear Pad and Poster Bundles are also available and are designed for 6- to 11-year olds. *MyPyramid for Kids* teaches children the importance of healthy food choices and daily physical activity. This bundle includes a 100 sheet tear pad of the graphic and a 22" x 34" full-color poster with eight blackline masters on the backside.

*MyPyramid for Preschoolers* and *MyPyramid for Moms* posters are also available. Resources included on the poster for preschoolers address eating behaviors and information about childhood nutrition. *MyPyramid for Moms* offers details about the nutrition needs of pregnant and breastfeeding women. Fact sheets for Moms include easy-to-read eating plans and answers to questions about weight gain and weight loss.

## ***NUTRITION TEAR PADS***

Tear Pads can be a wonderful way to provide educational handouts to your patients or clients which they can take home and use as a reference. The information provided in each tear pad includes well known nutrition messages that emphasize healthy eating, variety in your diet, and the importance of exercise. Each tear pad addresses a specific nutrition topic ranging from eating during pregnancy to the importance of exercise. Tear pads include 100 sheets and there is also an easel available to use for a display. Participants may choose which tear pads fit their needs and their options include:

- The Fitness Connection
- Eating for 2?
- Relax, Recover, Renew
- Beef Nutrients that Work as Hard as You Do
- Childhood Nutrition
- The Tween Scene
- Everyday Solutions for Everyday Heroes

## ***SPANISH TRANSLATIONS OF TEAR PADS***

Four of our tear pads have been translated into Spanish and are now available in packages of 100 sheets. Each is colorfully designed and provides the same detailed nutrition information as its English counterpart. Translated tear pads include:

- Eating for 2?
- Childhood Nutrition
- The Tween Scene
- Beef Nutrients that Work as Hard as You Do