



Order these selected materials for FREE!

# OREGON HEALTH PROFESSIONALS

## NUTRITION FOR WELLNESS



**Activity and Eating** *booklet*  
Self-guided program to improve food and activity choices. (Spanish: Actividad Física y Alimentación)



**DASH - Savor Choices** *tear pad*  
Healthy eating and chronic disease prevention tips, menu ideas and daily food recommendations. Also visit [www.dashdietoregon.org](http://www.dashdietoregon.org).



**Live It!** *food chart*  
Guide to nutrient-rich food choices for good health.



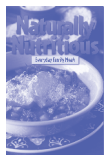
**Live It!** *mini-poster*  
Real-life nutrition advice for balancing calories and eating more nutrient-rich foods. Post in your exam rooms.



**Mealtime** *brochure*  
Step-by-step plan of action for making meals a priority, plus four quick recipes. (Spanish: La Hora De Comer)



**MyPlate** *wheel*  
Shows MyPlate food group goals based on gender, age and activity. Use with Live It! Food Chart to record personalized goals for patients.



**Naturally Nutritious** *booklet*  
21 tasty, healthy recipes for salads, soups, light meals, brunches, hearty snacks, dinners and desserts.



**"What is Normal?"** *poster*  
Body shape acceptance, physical activity and smart food choices for teens. Three reproducible lessons printed on the back.

## OBSTETRICS



**Pregnancy: A Special Time for Nutrition** *workbook*  
Help expectant and new moms optimize nutrition. (Spanish: El Embarazo: El tiempo especial para la buena nutrición)

## CALCIUM NUTRITION



**NEW!**  
**Calcium: Are You Getting Enough?** *brochure*  
Patients compute calcium intake, set goals for improvement and learn the latest about calcium and health. (Spanish: Calcio: ¿Toma Lo Suficiente?)



**Calcium and Kids** *tip sheet*  
Helps kids learn why calcium is so important and offers tips for getting enough. (Spanish: El calcio y los niños)



**The Lowdown On Lactose Intolerance** *brochure*  
Answers to questions about lactose intolerance and help for enjoying nutrient-rich dairy foods without symptoms.

## PEDIATRICS



**How to Feed Your Baby Step-by-Step** *reproducibile master*  
When, what and how much to feed little ones, from birth to 2 years. (Spanish: Cómo Alimentar A Su Bebé Paso A Paso)



**Making Meals Matter** *workbook*  
Tips for happy mealtimes, snacks, shopping and healthy weight. For age groups 2 - 6 and 6 -12. (Spanish: Cómo Hacer Que Las Comidas Sean Valiosas)



**Milk and Cheese Storybooks of Recipes and Tips** *brochure*  
Whimsical storybooks with recipes and tips for families to enjoy nutrient-rich milk and cheese.



**Plan-It Snack** *brochure*  
Feeding guidelines give parents and caregivers positive ideas to tame the "hungries." (Spanish: Una Guía para Meriendas Saludables)



**Think Your Drink** *poster*  
Learn healthy drink choices by comparing labels and the sugar, calorie and nutrient values of eight different beverages.

# FREE Nutrition Education Materials for Your Patients

## ORDER TODAY!

### WAYS TO ORDER

- \* Fax Order: (503) 245-7916
- \* Scan and e-mail order: info@oregondairycouncil.org
- \* Phone Order: Call (503) 229-5033  
Monday through Friday 8:00am-5:00pm, PST.  
Please mention you are using the Health Professionals order form.
- \* Mail Order: Nutrition Education Services/Oregon Dairy Council, 10505 SW Barbur Blvd., Portland, OR 97219

Call to request single copy samples.

Product availability subject to change.

Please allow 2 – 4 weeks from the date we receive your order for standard shipping delivery.

### ✓ BOXES OF DESIRED MATERIALS

		Quantity
<b>NUTRITION FOR WELLNESS</b>		
Activity and Eating	English, A123.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
	Spanish, A123S.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
Dash Tear Pad - Savor Choices	50-sheets each, A124.....	<input type="checkbox"/> 2
Live It! Chart	A63 .....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
Live It! Mini-poster	A60 .....	<input type="checkbox"/> 1 <input type="checkbox"/> 5
Mealtime	English, A71R.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
	Spanish, A87RS.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
MyPlate Wheel	A172 .....	<input type="checkbox"/> 1 <input type="checkbox"/> 5
Naturally Nutritious	A148OR.....	<input type="checkbox"/> 25
"What is Normal?"	A149P.....	<input type="checkbox"/> 1
<b>OBSTETRICS</b>		
Pregnancy: A Special Time for Nutrition	English, A56.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
	Spanish, A56S.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
<b>CALCIUM NUTRITION</b>		
Calcium: Are You Getting Enough?	English, A13.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
	Spanish, A13S.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
Calcium and Kids	English, A99.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
	Spanish, A99S.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
The Lowdown On Lactose Intolerance	0157N.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
<b>PEDIATRICS</b>		
How to Feed Your Baby Step-by-Step	English, A127.....	<input type="checkbox"/> 1
	Spanish, A127S.....	<input type="checkbox"/> 1
Making Meals Matter	English, Young Child 2-6 years, A74 .....	<input type="checkbox"/> 50
	Spanish, Young Child 2-6 years, A74S.....	<input type="checkbox"/> 50
	English, School Aged Child 6-12 years, A21 .....	<input type="checkbox"/> 50
Milk & Cheese Storybooks Recipes & Tips	Spanish, School Aged Child 6-12 years, A21S .....	<input type="checkbox"/> 50
	Milk, English, A83 .....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
	Milk, Spanish, A83S .....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
Cheese, English, A84 .....		<input type="checkbox"/> 50 <input type="checkbox"/> 100
	Cheese, Spanish, A84S.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
Plan-It Snack	English, A139.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
	Spanish, A139S.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
Think Your Drink	A165 .....	<input type="checkbox"/> 1

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May we contact you at this e-mail in the future?  Yes  No

#### CHECK CATEGORY THAT DESCRIBES YOU:

- Nurse  NP  Physician  PA  RD  Other

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