



FREE* Nutrition Education Materials for your Patients

NUTRITION EDUCATION SERVICES/OREGON DAIRY COUNCIL



NUTRITION FOR WELLNESS



DASH - Savor Choices *tear pad*
Healthy eating and chronic disease prevention tips, menu ideas and daily food recommendations. Also visit www.dashdietoregon.org.



Pyramid Plus *brochure*
Guide to nutrient-rich food choices for good health.



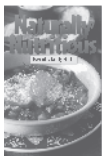
Activity and Eating *booklet*
Self-guided program to improve food and activity choices. (Spanish: Actividad Física y Alimentación)



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



MyPyramid *poster*
Larger than life and ready to inspire, MyPyramid poster for your office wall, cafeteria, or classroom.



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

TEEN BODY IMAGE



"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



National Health Information Award Winner

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?)



Banking on Beautiful Bones *brochure*

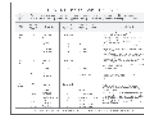
Self-assessment, food and activity tips to help patients choose a "bone healthy" lifestyle.



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 *reproducible 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.



MyPyramid for Kids *poster*

Two-sided poster from USDA with simple messages for young kids on one side and upper elementary children on the other. (Grades 1-5)



Plan-It Snack *brochure*

Feeding guidelines give parents and caregivers positive ideas to tame the "hungries." (Spanish: Una Guía para Meriendas Saludables)

FREE* Nutrition Education Materials for Your Patients!

ORDER TODAY!

3 WAYS TO ORDER*

1 Fax Order: (503) 245-7916

– OR –

2 Mail Order: Send this form with payment information to: Nutrition Education Services/Oregon Dairy Council 10505 SW Barbur Blvd., Portland, OR 97219

– OR –

3 Phone Order: Call (503) 229-5033 Monday through Friday 8:00am-5:00pm, PST. Please mention you are using the Health Professionals order form.

* Please only use ONE of the above ordering methods to avoid duplication.

• Please indicate VISA, MasterCard, American Express or P.O. numbers for shipping and handling fee.

• 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
NUTRITION FOR WELLNESS		
Dash Tear Pad - Savor Choices	A124, 50-sheets each.....	<input type="checkbox"/> 2
Pyramid Plus Chart	A63	<input type="checkbox"/> 50 <input type="checkbox"/> 100
Activity and Eating	English A123.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
	Spanish A123S.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
Mealtime	English A71R.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
	Spanish A87RS.....	<input type="checkbox"/> 25 <input type="checkbox"/> 50
MyPyramid Poster	A66P.....	<input type="checkbox"/> 1
Naturally Nutritious	A148OR.....	<input type="checkbox"/> 25
TEEN BODY IMAGE		
"What is Normal?" poster	A149P.....	<input type="checkbox"/> 1
OBSTETRICS		
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
CALCIUM NUTRITION		
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
Banking on Beautiful Bones	0153N.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
The Lowdown On Lactose Intolerance	0157N.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
PEDIATRICS		
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
	Spanish School Aged Child 6-12 years A21S	<input type="checkbox"/> 50
MyPyramid for Kids poster	A150	<input type="checkbox"/> 1
Plan-It Snack	English A139.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
	Spanish A139S.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
Milk & Cheese Storybooks Recipes & Tips	A83 Brochure, Milk, English	<input type="checkbox"/> 50 <input type="checkbox"/> 100
	A83S Brochure, Milk, Spanish	<input type="checkbox"/> 50 <input type="checkbox"/> 100
	A84 Brochure, Cheese, English.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100
	A84S Brochure, Cheese, Spanish.....	<input type="checkbox"/> 50 <input type="checkbox"/> 100

OREGON HEALTH PROFESSIONAL CUSTOMER INFORMATION

Name _____
 Business _____
 Address (no P.O. Box) _____
 City _____
 State Oregon (this offer only available in Oregon) _____
 Zip _____
 Phone _____
 E-mail _____
 May we contact you at this address and e-mail in the future? Yes No

*** SHIPPING AND HANDLING IS \$8.00**

PAYMENT METHOD (check one)

- Check (payable to Oregon Dairy Council) Purchase Order #
 MasterCard Visa
 American Express

Card # _____

Expiration Date _____

Zip code of Cardholder _____

Signature of Authorized Buyer _____

(If paying by credit card, billing address must match credit card billing address.)

CHECK CATEGORY THAT DESCRIBES YOU:

- Nurse NP Physician PA RD Other

SHIP TO (If different than customer info)

Name _____
 Business _____
 Address (no P.O. Box) _____
 City _____
 State _____
 Zip _____
 Phone _____

Order additional quantities, view our complete catalog and download this order form at www.oregondairycouncil.org



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