

# COMMUNICATING *Food for Health*<sup>®</sup>

DELICIOUS IDEAS AND

RESOURCES FOR NUTRITION EDUCATION

## Hypertension: Drugs Not the Cure

*Diet and exercise is by far the most preferable route to take with regard to treating and reversing hypertension.*



High blood pressure, or hypertension (HTN), is the most commonly diagnosed form of cardiovascular disease (CVD). More than half of all Americans have developed HTN before they qualify for Medicare.

Ten years later another 70% of those fortunate enough to make it to their 65th birthday without developing HTN will be diagnosed with HTN.

By age 85, more than 90% of all Americans will have developed HTN.<sup>1</sup> The risk of dying from CVD (i.e., heart attacks, strokes and heart failure) has been shown to double for each 20 mmHg rise in systolic blood pressure (SBP) and/or 10 mmHg rise in the diastolic blood pressure (DBP) starting at healthy BP of about 110/70 mmHg.

The increased risk of

CVD with higher SBP and/or DBP was shown to be for people between ages 40 and 90. By the time someone's BP hits 140/90 (the minimum for a diagnosis of HTN) the risk of dying from CVD has already increased at least three- to fourfold.

Most physicians prescribe drugs such as diuretics, beta blockers, calcium-channel blockers and ACE-inhibitors or ARBs to lower high BP. While these drugs do usually lower BP, there is real concern about their adverse side effects such as a dry, hacking cough; increased blood sugar levels; adverse changes in blood lipids; nausea; electrolyte imbalances; dizziness; heart arrhythmias; impotence and many others.

*Continued on page 18*

### INSIDE

#### Consumer Education:

*Food News You Can Use*  
19

*Recipes: Meals for Every Day*  
20

*Handout: Trans Fat and Fast Food*  
21

*Handout: Margarine Facts*  
22

#### For Professionals:

*Educators' Idea File*  
23

*Dr. Jay's Review: Vinegar and Type 2 Diabetes*  
24

#### Supplement:

*Online Password Back Issue Highlights*



MARCH 2005

Continued from front page

## Do the Benefits of BP Drugs Outweigh Their Harm?

Back in the 1980s a very large study of men found that a more aggressive treatment of HTN with drugs actually increased the risk of dying of a heart attack. The December 15, 2004, issue of the *Journal of the American Medical Association* carried an article showing that taking one class of anti-HTN drugs (calcium-channel blockers) actually doubled the risk of dying from CVD in older women compared with cheaper diuretics. Dr. Wassertheil-Smoller's study showed that diuretics were more effective than ACE inhibitors and beta blockers at lowering BP. However, thanks largely to drug company promotional efforts to get MDs to prescribe their

newer and more profitable drugs, the use of diuretics is falling, and those of more expensive – and in many cases less effective – drugs is increasing.

### Are Diuretics the Best Treatment for HTN?

The January 2005 issue of the *American Journal of Cardiology* carried an article showing that people given diuretics to lower their BP had nearly a 15% reduction in their risk of dying from CVD. Even so this same study showed that the diuretics had a lot of adverse effects. The most troubling was about a 40% increased risk of developing type 2 diabetes. Beta blockers also promote weight gain and increase the risk of developing type 2 diabetes. This study was widely reported as proof that taking drugs to treat

HTN was medically justified because the overall benefits outweighed the risks. However, keep in mind that HTN increases the risk of dying from CVD by at least 300%. A treatment that can reduce the risk of dying from CVD only by less than 15% has hardly solved the problem. It appears that someone who takes the safest and most effective drugs to lower their high BP is still going to be at least 2-3 times as likely to die from CVD as someone whose BP is 110/70 mmHg or less.

### Bottom Line

A diet low in salt and high in fruits, vegetables, whole grains, nonfat dairy and modest amounts of seafood and lean meats has been shown to reduce BP more than any drug. Such a diet can also low-

er serum cholesterol and other CVD risk factors and reverse atherosclerosis and insulin resistance. Such a diet does not promote diabetes and has been shown to lower blood sugar levels to normal while patients are taken off their diabetes medications. It would appear that a healthful diet and exercise program is far more effective for reducing BP and preventing CVD and type 2 diabetes than most doctors believe. It is certainly preferable to treat HTN with diet and exercise than to use drugs that may promote diabetes, have many other adverse side effects and do little to reduce the risk of dying from CVD.

By James J. Kenney,  
PhD, RD/LN, FACN.

### References:

1. *JAMA* 2002;287:1004

## 3 Steps to Lower Your Blood Pressure

1. **Eat less salt/sodium.** This means giving up most processed convenience-type foods such as those found in the freezer and packaged goods aisles of the grocery store. It also means most of the foods available in restaurants, particularly soups, sauces, salad dressings and breads. High-sodium foods include deli meats, cheese, most cold cereals, chips, snacks, frozen dinners, boxed dinners, canned goods, condiments and imitation seafood. Look for items that have 5% or less of the daily value for sodium on the Nutrition Facts label.
2. **Adopt the DASH eating plan.** This means eating a lot more fruits and vegetables, along with whole grains and some nonfat/low-fat dairy products for most Americans. You can find out more about this eating plan at: <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>. The same link will also teach you more about low-sodium eating.
3. **Adopt more healthful lifestyle habits** such as losing weight, limiting alcohol consumption and exercising on a regular basis.



The trend of low-carb foods is being silently and steadfastly replaced by a trend for lower calories, better consumer awareness and more sensible eating.



**Coca-Cola North America announced that it will introduce Diet Coke Sweetened with Splenda.** This new version will be sweetened with Splenda and acesulfame potassium (ace-k). Regular Diet Coke will remain the same. FMI see [www.coca-cola.com](http://www.coca-cola.com).



**Kraft's Sensible Solution Flag for "better for you" choices** will contain specific information about a product's key nutritional

benefits. Among the products that will carry the flag are:

- Kraft 2% Milk Shredded Reduced-Fat cheese
- Post Shredded Wheat
- Minute Rice Instant whole-grain brown rice
- Triscuit Original baked whole-grain wheat crackers
- Crystal Light beverages

A product can qualify in one of two ways for the Sensible Solution flag:

- By providing beneficial nutrients such as protein, calcium, fiber or whole grains or by delivering a functional benefit such as heart health or hydration while staying within limits on calories, fat (including saturated and trans fats), sodium and sugar.

- By meeting specifications for "reduced," "low" or "free" in calories, fat, saturated fat, sugar or sodium.

*Not all of these items are low in fat or sodium. We applaud the Shredded Wheat Cereal for being whole-grain*

*cereal with no added salt or sugar and the instant brown rice as being easy to prepare. But the Kraft cheese is high in sodium (250 mg per slice) and many of the Triscuits contain 30% calories from fat (0 trans fat) and are as calorie dense as many cookies (120 calories per ounce). FMI see the Kraft site at [www.kraft.com](http://www.kraft.com).*

**Kraft has improved the nutrition labels for small packages of foods that look like one serving but contain 2 to 4 servings, such as the Ritz Crackers shown above.** The new labels will provide nutrition information for the contents of the entire package. In addition, the total number of servings will be stated on the front of the package.

**Wendy's International Inc. said it will allow customers to forgo French fries** included in its combo meals in favor of chili,

### Nutrition Facts

Serving Size 13 Chips (29g)  
Servings Per Container About 2

Amount Per Serving	13 chips	Entire Pkg
<b>Calories</b>	130	290
Calories from Fat	40	90
	<b>% Daily Value**</b>	
<b>Total Fat</b> 5g, 10g*	<b>7%</b>	<b>15%</b>
Saturated Fat 0.5g, 1.5g	<b>3%</b>	<b>8%</b>
<b>Cholesterol</b> 0mg, 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 320mg, 700mg	<b>13%</b>	<b>29%</b>
<b>Total Carbohydrate</b> 21g, 46g	<b>7%</b>	<b>15%</b>
Dietary Fiber Less than 1g, 1g	<b>2%</b>	<b>4%</b>
Sugars 3g, 6g		
<b>Protein</b> 2g, 4g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	6%	10%
Iron	6%	10%

\* Amount in 13 chips and Entire Package.  
\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

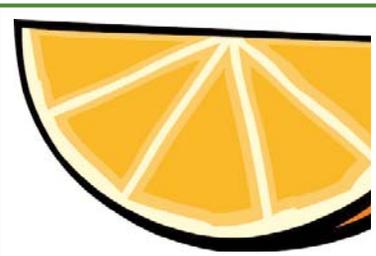
a baked potato or a salad at no extra charge. For more information on Wendy's products, visit [www.wendys.com](http://www.wendys.com).

**A new study by Jean Welsh** of the Centers for Disease Control and Prevention, published in the February issue of *Pediatrics*, found that for 3- and 4-year-olds already on the heavy side, drinking something sweet once or twice a day doubled their risk of becoming seriously overweight a year later. *The 2005 U.S. dietary guidelines urge consumers away from juice, suggesting whole fruit instead.*

*The new Dietary Guidelines for Americans can be found at [www.health.gov](http://www.health.gov) under Special Initiatives.*



## Meals for Every Day



### Test Kitchen

**Question:** How can you extract the most juice from a lemon or lime, without working too hard?

**Answer?:** Heat the lemon or lime in the microwave for about 30 seconds on high power. The intense heat ruptures the cells of the citrus, so an average squeeze quickly yields most of the juice. *From: Linda S. Gossett, MPA, CFCS*

A squeeze of fresh lemon or lime is a great low-fat, low-sodium topper for salads, rice, fish, chicken, most vegetables and water. Citrus can boost the flavor of many dishes.

Scientists are now researching the healing properties of phytochemicals found in citrus called *limonoids*. These have been shown to help fight cancers of the mouth, skin, lung, breast, stomach and colon. And now researchers believe they may have a beneficial effect on cholesterol.

### Chicken Rice Skillet

#### Ingredients:

- 1 tsp vegetable oil
- 1 cup chopped onion
- 1 clove minced garlic
- 1 cup cooked chicken breast, diced
- 15 oz can pinto beans, drained
- 2 cups cooked brown rice<sup>1</sup>
- 1 tsp dried rosemary leaves
- 1/2 tsp dried thyme leaves
- Pinch cayenne pepper
- 1 cup chicken broth<sup>2</sup>

#### Directions:

1. Heat oil in large nonstick skillet over medium heat.
2. Add the onion and garlic; saute 2-3 minutes.
3. Add chicken, beans, rice, herbs and broth; cover pan and cook on low heat until liquid is evaporated, about 5 minutes. Serve hot. This dish goes great with a large tossed salad.

Serves 4. Each 1-1/2 cup serving: 288 calories, 4.5 g fat, <1 g saturated fat, 299 mg sodium, 45 mg cholesterol, 38 g carbohydrate, 5 g fiber, 22 g protein.

#### Notes:

1. To make 2 cups, use 2/3 cup rice and 1-1/3 cup water; follow directions on rice package.
2. It is preferable to use low sodium broth (less than 200 mg sodium per serving).
3. Make sure pasta sauce is very low in sodium (less than 200 mg per serving).

### Chicken Pasta Bowl

#### Ingredients:

- 12 oz bowtie pasta, cooked
- 1 tsp olive oil
- 1 cup chopped onion
- 2 cloves garlic, chopped
- 1 cup diced carrots
- 1 cup chicken broth<sup>2</sup>
- 1 jar (26 oz) pasta sauce<sup>3</sup>
- 1 cup cooked chicken breast, diced
- dried oregano
- sprinkle of parmesan cheese

#### Directions:

1. Place olive oil in large nonstick skillet and heat over medium high.
2. Saute onion, garlic and carrots until golden, about 3 minutes.
3. Add broth, pasta sauce, chicken and oregano. Cook until sauce thickens, about 4 minutes.
4. Serve hot. This dish goes great with a large tossed salad.

Serves 6. Each 1-1/2-cup serving: 353 calories, 3 g fat, 0.5 g saturated fat, 28 mg cholesterol, 406 mg sodium, 59 g carbohydrate, 5.5 g fiber, 19 mg protein.

#### Speed tip:

The recipes on this page call for cooked chicken breast. Roast extra chicken breast halves and serve for dinner with potatoes and salad. Then use the leftovers for these recipes.

# Trans Fat and Fast Food

**Nutrition Facts for Your McMeal**



Recalculate Add Item More Details

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)
<input type="checkbox"/> <input checked="" type="checkbox"/> <a href="#">Hamburger</a>	260	9	3.5	0.5	30	530	33	1	13
<input type="checkbox"/> <input checked="" type="checkbox"/> <a href="#">Medium French Fries</a>	350	16	3	4	0	220	47	5	4
<b>Total:</b>	<b>610</b>	<b>25</b>	<b>7</b>	<b>4.5</b>	<b>30</b>	<b>750</b>	<b>80</b>	<b>6</b>	<b>16</b>
% Daily Value**:	-	39	33	-	9	31	27	25	-

Recalculate Add Item More Details

## What is trans fat?

Trans fat is made when manufacturers add hydrogen to vegetable oil – a process called hydrogenation.

## Why is trans fat bad?

Trans fat raises LDL cholesterol, which increases your risk for coronary heart disease. It has also been shown to lower HDL, which helps remove LDL from arteries.

## Where is trans fat found?

Trans fat can be found in vegetable shortenings and foods made with them. These include some margarines, crackers, cookies, snack foods, and many fried foods such as French fries and fried chicken. A small amount of trans fat is found naturally, primarily in dairy products, some meat and other animal-based foods.

## Trans fat is online.

Now you can really see how fried fast food is bad for your heart. The trans fat information is now given for foods at both McDonald's and Burger King. Here is the amount of trans fat found in popular items:

### Burger King:

- Medium French fries – 4.5 g
- 8 chicken tenders – 3.5 g
- Medium onion rings – 3.5 g
- Tender Crisp garden salad – 3.5 g

### McDonald's:

- Medium French fries – 4 g
- Dbl Qtr Pounder w/ cheese – 3 g
- 10 pc McNuggets – 2.5 g
- Calif Cobb salad with Crispy Chicken Sandwich – 1.5 g
- Filet-O-Fish Sandwich – 1 g

### Wendy's:

- Medium French fries – 5 g
- Biggie French fries – 6 g
- 5 piece chicken nugget – 1.5 g

## What should I order?

It is best to go online and re-search menu items and choose before you go. Best bets include low-fat salads, plain baked potatoes, small plain hamburgers and grilled chicken sandwiches with lettuce and tomato. Skip the fried foods and fatty sandwiches. Keep in mind that while these products are low in saturated fat and trans fat, they are usually very high in sodium. It is always best to cook at home!

### FMI

Visit many fast food companies online. Here are the ones we found that have trans fat information as of publication date (02/05):

[www.mcdonalds.com](http://www.mcdonalds.com)

[www.bk.com](http://www.bk.com)

[www.wendys.com](http://www.wendys.com)

# Margarine Update

	Calories	Fat	Saturated Fat	Trans Fat
Olive oil	119	13.5	1.8	0
Crisco ZTF Shortening	110	12	3	0
Butter	107	12	6	0.3
Stick Margarine*	90	10	2	0
Smart Balance nonhydrogenated	80	9	2.5	0
Soft Tub Margarine*	80	9	2	0
Light Tub Margarine*	50	5	1	0
Smart Balance nonhydrogenated light	45	5	1.5	0
Spray Margarine*	0	0	0	0

\*The figures represented here are for *I Can't Believe It's Not Butter!* brand margarines. Individual brands may vary, and if there is less than 0.5 g trans fat per serving, the label may read zero.

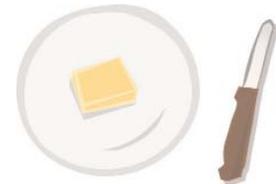
- **Baking:** Use soft tub margarine or Smart Balance nonhydrogenated for most applications.
- **Table spread:** Use light tub margarine or spray margarine; use these sparingly.
- **Note:** Whenever you use margarine in place of butter, you should omit the salt in a recipe.

Many margarines are now touting “0 g trans fat” and even Crisco Zero Trans Fat Shortening is a new option. Our adviser, Margaret Pfeiffer, MS, RD, asked us to look into this matter because her patients have been asking which fat is best.

As you can see by our chart above, olive oil is lower in saturated fat and trans fat than butter but it is the most calorie-dense choice. It should be used sparingly for cooking and salads. The extra virgin variety contains the most flavor.

We asked James Kenney, PhD, RD, LD, FACN, about the safety of the fats used in the

new zero-trans-fat Crisco and margarines. He advises, “We really have no good data I’m aware of to say whether or not this man-made fat would be safe long term. It may increase blood clotting. At the very least it would be very calorie dense and virtually devoid of nutrients. The last thing Americans need is something with a high energy density and low nutrient density. At least it would not be much worse in this regard than other solid fats like tropical oils, lard, beef tallow and partially hydrogenated oils. Even so, eating foods with this artificial fat would almost certainly promote weight gain and re-



duce the nutrient density of the diet. Weight gain and low nutrient and phytochemical content we know promotes insulin resistance and has adverse effects on blood lipids and immunity. Type 2 DM, CVD and cancer would all likely increase with the increased consumption of these man-made fats.”

So the bottom line on all of these fats is choose low-cal soft tub margarine for your heart. And use it sparingly for your waist!



## Get Them Cooking

For this year's theme, as part of Diet.com's Spring 2005 Weight Loss Challenge, Shauna Schultz, RD, is calling for their members to challenge their tastebuds and creativity as well!

From now until the end of May, with special focus on National Nutrition Month in March, she is asking members to submit their own healthful recipes. They can be old family favorites made over, accidental wonders or new creative ideas. The goal is to get everyone cooking fresh and healthful foods to help meet their weight loss goals.

Shauna will be analyzing all recipes and putting them together in a special guide for all challenge finishers so they will walk away with lots of great, healthful recipe ideas. All recipe categories are welcome. Shauna will also highlight healthful features of recipes and present nutrition information in a food label format.

## Fast & Healthful One-Dish Dinners Class

To help hurried people eat more healthfully, Alice Henneman,

MS, RD, developed a presentation that focused on preparation strategies for nutritious one-dish meals. When a meal is prepared at home, it is easier to include the recommended variety and servings of fruits, vegetables and whole grains. Healthful types and portions of fats may be used. Calories can be kept at reasonable levels. The one-dish meal concept was popular, as there was only one thing to fix and included veggies-packed sandwiches and pitas, hearty stews, stir-fries, wraps, super salads and piled-high (with veggies!) pastas. Here is one of her favorites:

### Rosemary Bean Pasta

- 8 oz fettuccine
- 1 tsp olive oil
- 1 tsp chopped garlic
- 1-1/2 cups cooked white beans, drained
- 1/2 cup chopped tomato
- 2 cups tomato sauce
- 1 tsp dried rosemary

Cook the pasta according to the package directions. Heat the oil in a large nonstick skillet over medium-high heat. Sauté the garlic until golden brown. Add the beans and tomatoes. Cook briefly; then add the tomato sauce and the rosemary; cook and stir until heated. Add the pasta, mix well and serve hot.

Serves 4. Each serving (1 cup): 337 calories, 2.5 g fat, 0 g saturated fat, 0 mg cholesterol, 23 mg sodium, 64 g carbohydrate, 7 g fiber, 15 g protein.

## Employee Benefits

In order to explain nutrient and functional needs of the body, Johanna Clift gets people to think about the cells in each organ and how they are like "employees in a business." For example, the cells in the kidneys are filters. They need minerals obtained from the foods we eat to do a good job. This is just like employees of an office who need paper, toner and other office supplies to do their jobs. Johanna encourages people to think about giving your cells "benefits" like "vacations in the sun with plenty of water, nourishing food and calm thoughts." These are the keys to a healthy body and "sound business"!

## Class for Chronic Disease

Since eating can become very restrictive with a chronic disease, Victoria Shanta-Retelny, RD, LD, puts some fun in it. The focus should be on taking it one day at a time. For National Nutrition Month, encourage the group to keep food and activity logs daily. Have the participants do an inventory of the new vegetables, fruits, grains and/or activities they tried that week. They can rank how they liked that food/activity (Scale 1 - 10). The following week they have to incorporate the top rankers twice into their eating or exercise regimen. By the end of the month, they will be eating more healthfully and exercising more.

## COMMUNICATING Food for Health

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## Vinegar Reduces Blood Sugar

Refined grains and sugars are rapidly absorbed in the blood stream. Growing evidence suggests that the greater rise in blood sugar levels that result from foods with a high glycemic index (GI) may contribute to the loss of beta cells in the pancreas that make insulin. Switching to a diet with fewer processed foods and more fiber-rich foods reduces blood sugar levels. Indeed those who eat whole grains have been shown to have a reduced risk of developing type 2 diabetes, while those who eat refined grains have an increased risk.

A new study by Arizona State researcher Carol Johnston, PhD, RD, showed that vinegar is quite effective at blunting the rise in blood sugar after consuming a high-carbohydrate meal. She fed people with normal and elevated blood sugar levels a high-carbohydrate meal. Before the test meal, the subjects consumed either a placebo drink or one to which 2 tablespoons of vinegar were added. In those who had impaired glucose tolerance (IGT) or prediabetes, she found the rise in blood sugar was cut by 34% by the vinegar com-

pared to the placebo. The vinegar also reduced blood sugar by 20% in those with type 2 diabetes and in those with normal blood sugar.<sup>1</sup> The acetic acid in the vinegar appears to inhibit the starch-digesting enzyme and slows the digestion of starch. When starch is broken down quickly, it is absorbed more rapidly and elevates blood sugar levels. Of course, the best way to reduce insulin resistance and lower blood sugar levels (both fasting and after meals) in those with diabetes or IGT is regular exercise and weight loss.

**Bottom Line:** Starting lunch and dinner with a big salad should aid weight loss by reducing the calorie density of the meal. In addition, the vinegar on the salad will slow the digestion of starch from high-GI foods such as potatoes. This should keep blood sugar levels lower in those with diabetes and may also remove some of the nutritional stress on the beta cells that causes them to wear out.

*By James J. Kenney, PhD, RD, FACN.*

1. *Diabetes Care*. 2004;27:281-2

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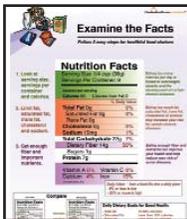
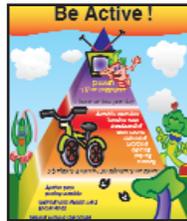
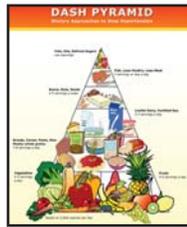
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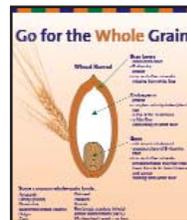
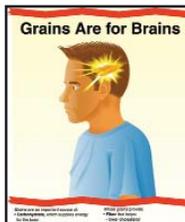
### Nutrition Education Posters:

- **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
- **Which Side Are You On? Poster** – 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



### Whole Grain Posters:

- **NEW! Grains Are for Brains Posters** – 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

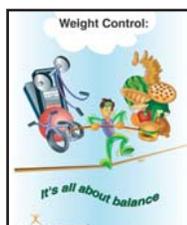
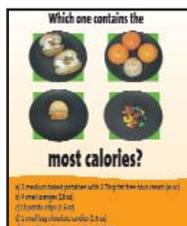


### Weight Control Posters:

- **Calorie Poster/Handouts** – Potatoes, potato crisps, oranges and M&Ms are shown. "Which one contains the most calories?" Answer: they are all the same! 14" by 20" color poster with 8 handouts: \$26.95
- **BMI Poster**– Help clients determine their body mass index (BMI). 14" by 20": \$18
  - **BMI color handouts** (2 sides) 100:\$34.95
- **Weight Control: It's All About Balance Poster** – Get across the message of diet and exercise for weight control. 14" by 20": \$18

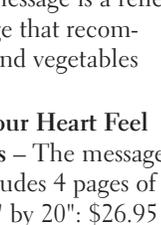
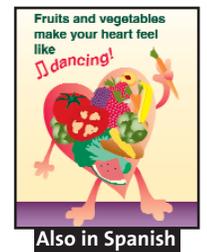
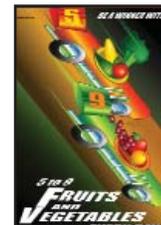
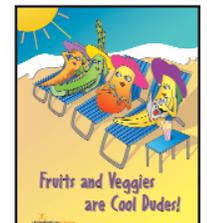
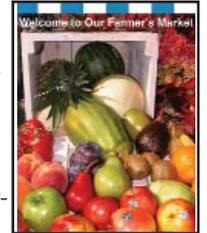
What's Your BMI?

Weight (lb)	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"
100	18.5	18.7	18.9	19.1	19.3	19.5	19.7	19.9	20.1	20.3	20.5	20.7	20.9
110	20.0	20.2	20.4	20.6	20.8	21.0	21.2	21.4	21.6	21.8	22.0	22.2	22.4
120	21.5	21.7	21.9	22.1	22.3	22.5	22.7	22.9	23.1	23.3	23.5	23.7	23.9
130	23.0	23.2	23.4	23.6	23.8	24.0	24.2	24.4	24.6	24.8	25.0	25.2	25.4
140	24.5	24.7	24.9	25.1	25.3	25.5	25.7	25.9	26.1	26.3	26.5	26.7	26.9
150	26.0	26.2	26.4	26.6	26.8	27.0	27.2	27.4	27.6	27.8	28.0	28.2	28.4
160	27.5	27.7	27.9	28.1	28.3	28.5	28.7	28.9	29.1	29.3	29.5	29.7	29.9
170	29.0	29.2	29.4	29.6	29.8	30.0	30.2	30.4	30.6	30.8	31.0	31.2	31.4
180	30.5	30.7	30.9	31.1	31.3	31.5	31.7	31.9	32.1	32.3	32.5	32.7	32.9
190	32.0	32.2	32.4	32.6	32.8	33.0	33.2	33.4	33.6	33.8	34.0	34.2	34.4
200	33.5	33.7	33.9	34.1	34.3	34.5	34.7	34.9	35.1	35.3	35.5	35.7	35.9



### Fruit and Vegetable Posters:

- **NEW! Welcome to Our Farmer's Market Poster** – Handouts and leader guide provide ideas and activities for health fairs, wellness programs and classes to promote consumption of fruits and vegetables. If you don't want to use the Farmer's Market message, just fold the top part of the poster down and you have a beautiful fruit and vegetable poster. 14" by 20": \$18
- **NEW! Salad Poster/Handouts** – handouts and leader guide include 4 weeks of activity ideas for weight loss and wellness programs instructions and activity ideas - children, adults, entertaining, low income, ethnic, seniors. 14" by 20": \$35
- **Get Ahead with Vegetables Every Day Poster/Handouts** – Find 20 different vegetables 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** – with 7 copier-ready handouts plus a leader/activity guide to teach your audience(children or adults) about the benefits of fruits and vegetables.14" by 20": \$26.95
- **Be a Winner with 5-9 Fruits and Vegetables Every Day Poster** – This poster has a fun format for audiences of all ages. 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 is positive, upbeat and fun. Includes 4 pages of handouts with leader guide. 14" by 20": \$26.95 (English or Spanish)
- **Eat to Excel (Phytoman) Poster/Handouts** – 10 pages of copier-ready puzzles, handouts and recipes with fun facts and ideas for incorporating more fruits and vegetables. 14" by 20": \$26.95
- **When It Comes to Fruits and Vegetables, Don't Eat Like a Bird!! Poster** – Great icebreaker for any presentation. 14" by 20": \$18



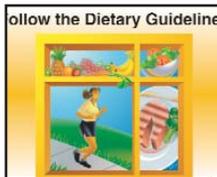
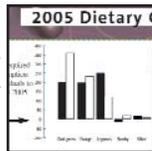
Save – Buy 5 or more posters for \$10 each

### NEW!! Follow THE Guidelines!

Food and Health Communications, Inc. has created the following materials to help individuals of all ages and socio-economic levels benefit from the 2005 Dietary Guidelines for Americans.

**Bundle of all education items below - \$139**

- Follow THE Guidelines PPT Show (65+ slides) - \$65
- 60 Minutes of Exercise PPT Show (40+ slides) - \$45
- THE Guidelines 35 p Handouts, Leader/Activity Guide - \$55



### Updated 2005 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. Updated for 2005 DGA.



- 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 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.

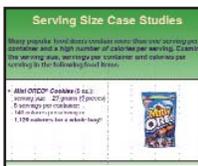


- Shopping Smart for Weight Loss Bundle – Binder, 40 pages handouts, 75-slide PowerPoint show on CD, PDF file for handouts on CD, 22 Color Overheads: \$139 – BEST VALUE!

- 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 and 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

# ORDER FORM

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ITEM	QTY	TOTAL PRICE

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 Charge \_\_\_ Visa \_\_\_ MCard \_\_\_ AMEX  
 Card # \_\_\_\_\_  
 Exp date \_\_\_\_\_  
 Name on card \_\_\_\_\_  
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**6% tax (FL)** \_\_\_\_\_  
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### UPS Shipping (continental US\*):

- \$6 for orders < \$50      \$15 3-day select
  - \$9 for orders > \$50      \$25 2-day air
  - FREE for orders > \$100      \$30 Overnight
- (\*foreign & heavy cost extra)

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### 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)**



### SALAD POSTER

Salads are simple to prepare and are available in many restaurants and cafeterias. They can help individuals get to 5 a day. Use this poster, and accompanying 12 pages of salad handouts in your office, classroom, wellness fair or bulletin board.

- Salad recipes and tips for "keeping it healthy"
- Salad demo instructions and activity ideas
- 4 weeks of activity ideas to encourage the consumption of more vegetables and salads.

**Salad Poster Bundle - Poster & Handouts with LG - \$35.00**

