



The following items are available for purchase by contacting the St. Louis Dairy Council main office at (314) 961-3100.

**Food Models**

Life-size cardboard photographs of 200 commonly-eaten foods. They are an ideal tool for teaching nutrition and complement the 2005 Dietary Guidelines and the MyPyramid.gov food guidance system.

**0012N**  
Food Models  
200 models on 54 cards

**GUÍA PARA LA BUENA ALIMENTACIÓN**  
**(Spanish version of the Guide To Good Eating®)**

Features photographs of foods commonly eaten by the Hispanic population. Inviting photos showcase the abundance of foods available in each food group. This bilingual **GUIDE** also has a pictorial serving size chart on the back.

**001NS**  
Handout  
2-sided, 8½" x 11"

**Guide To Good Eating®**

Features attractive photographs of foods in each of the Five Food Groups. The reverse side provides a handy pictorial chart showing suggested serving sizes. The **GUIDE** addresses 5 key nutrition concepts:

- Five Food Groups
- Balance
- Variety
- Serving Sizes
- "Others" category

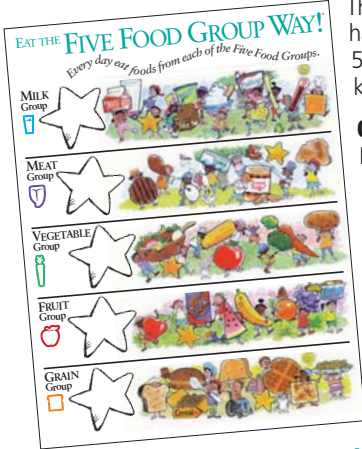
The **GUIDE TO GOOD EATING®** is a must for anyone involved in nutrition education.

**0001N**  
Handout  
2-sided, 8½" x 11"



These materials support the Dietary Guidelines for Americans 2005 and MyPyramid food guidance system.

## Eat The Five Food Group Way®



This colorful interactive handout helps 1st- through 5th-grade students learn key nutrition concepts.

**0005N**  
Interactive handout  
2-sided, 8½" x 11"

Also available on  
[www.NutritionExplorations.org](http://www.NutritionExplorations.org)

## Breakfast Boosts Brain Power

Explains how breakfast contributes to a child's success in school. Also stresses why it is important for children to eat a healthy breakfast every day at home or at school. Suggests easy-to-make breakfasts that are simple enough for young children to prepare.

**0815N**  
Brochure  
8 pages, 4" x 9"



## Airplane, Choo-Choo,

### & Other Games Parents Play



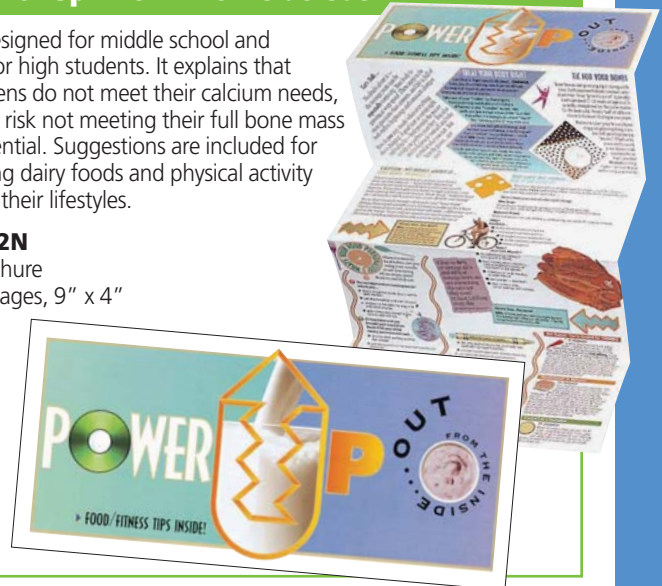
Is as reassuring as a lullaby. This 16-page brochure guides parents through the sometimes difficult process of feeding infants and toddlers, providing tips on introducing cereal, fruits and vegetables, meat, and milk.

**0023N**  
Brochure  
16 pages, 4" x 9"

## Power Up: From The Inside Out

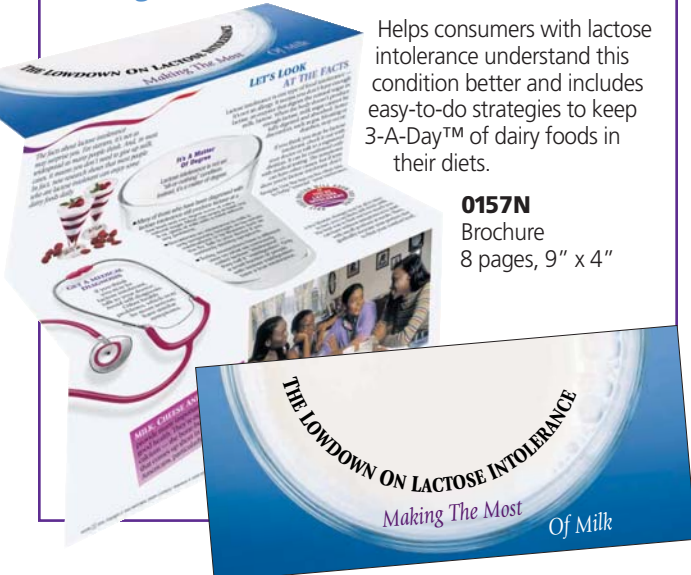
Is designed for middle school and junior high students. It explains that if teens do not meet their calcium needs, they risk not meeting their full bone mass potential. Suggestions are included for fitting dairy foods and physical activity into their lifestyles.

**0152N**  
Brochure  
10 pages, 9" x 4"



## The Lowdown On Lactose Intolerance:

### Making The Most Of Milk



Helps consumers with lactose intolerance understand this condition better and includes easy-to-do strategies to keep 3-A-Day™ of dairy foods in their diets.

**0157N**  
Brochure  
8 pages, 9" x 4"

## Banking On Beautiful Bones

Targets young women. It provides the latest facts on osteoporosis, offers practical strategies for prevention using diet and exercise, and shows easy ways to include 3-A-Day™ of dairy for stronger bones.

**0153N**  
Brochure  
10 pages, 9" x 4"

