

Nutrition Council members may check out these nutrition education displays and visual aides for a one week period by calling 513-621-3262. Be sure to call early to make your reservations during our busy times of the year that includes March, April, May, September and October.

Title	Description
Aim for a Healthy Weight	Includes Body Mass Index (BMI) Chart and scale for people to evaluate their own weight. Mounted on foam core display board.
Building a Healthy Temple: Healthy Eating	Delivers the message that healthy eating can taste good with information on recipe modification. Designed for a church-based audience utilizing scripture. Comes with large blue display board.
Calcium Facts	Provides an overview of calcium requirements and calcium sources on 3 panels. Comes with small gray display board.
Calorie Balance	3 panel display that delivers information about calorie balance. Includes tips for cutting back on calorie intake or increasing calorie output. Comes with small gray display board.
DASH Eating Plan (Dietary Approaches to Stop Hypertension)	Four panel display that delivers an overview of the DASH Eating plan – one of the two eating plans recommended by the 2005 Dietary Guidelines. Includes information on high blood pressure and the sodium content of foods. Comes with small gray display board.
Death of an Artery	Small table top display that shows arteries clogged with plaque.
Fast Foods	Fat and sodium content of popular fast foods are displayed using test tubes of fat, sugar and salt. Comes with large gray display board.
Fast Food-Healthier Choices	Displays 4 tips to make healthier choices, shows meal comparisons, and highlights 4 healthier meal options.
Five-a-Day Plinko	A Plinko carnival game that delivers the “Eat Your Way to 5-a-Day” message. Chips fall into one of five fruit or vegetable slots.
Fruits and Veggies: More Matters	A display that encourages consumers to eat more fruits and vegetables. Shows amounts needed each, easy ways to eat more, and how all forms count.
Food Models	Realistic rubber food models. Case contains models in standard serving sizes from each food group.
Hidden Fat, Salt and Sugar	Three small acrylic box displays. Each display depicts the fat, sugar or sodium content of 18 different foods.
MyPyramid	Four panel display on the new food guide – MyPyramid. Panels include information about each food group and serving sizes. Comes with small gray display board.
Pounds of Fat and Muscle	Realistic rubber models of fat and muscle – come in one pound and five pound sizes.
Read It Before You Eat It	Fat and sugar content of popular snacks and beverages are displayed using test tubes along with the food’s label information. Displays includes a large poster of the food label and comes on a large gray display board.
Wheel of Fruits and Vegetables	Colorful carnival spinning wheel game. Each wheel panel represents a different color of fruit and vegetable. Comes with fruit and vegetable trivia questions.
Whole Grains	A four panel display that delivers information on whole grains including recommended intake, whole grain samples, tips on reading food labels and how to increase whole grain intake. Comes with small gray display board.
Whole Grain Game	A carnival game that delivers the message that 3 are Key – 3 servings of whole grains. Viewers toss bean bags at whole grain foods to win!