



MyPyramid Resources

University Cooperative Extension Resources:

University of Florida, Family Youth and Consumer Sciences has created supplemental MyPyramid materials including *What is Your Calorie Level?*, *Anatomy of MyPyramid*, *MyPyramid Worksheet*, *MyPyramid Steps to a Healthier You Worksheet*, and *My Activity Plan*.

<http://fyics.ifas.ufl.edu/pyramid/index.htm>

University of Nebraska, Cooperative Extension has created free educational Power Point presentations, handouts, displays and other materials.

<http://lancaster.unl.edu/food/resources.shtml>

University of Missouri Extension has several programs and handouts available for grades Pre-K through 8.

<http://www.extension.missouri.edu/fnep/pubs.htm> <http://extension.missouri.edu/fnep/training.htm>

Iowa State University has several MyPyramid materials including posters, stickers, magnets, and table tents. To view a listing of all available products, go to:

www.extension.iastate.edu/Publications/N3482.pdf

You can order the new USDA MyPyramid materials from **Purdue Extension**. These authorized materials are exactly the same as those sold by the U.S. government.

<http://www.ces.purdue.edu/mypyramid/>

Purdue also has a high quality DVD that's engaging and informative. *MyPyramid: Eating Better Makes Sense* provides viewers with a comprehensive, yet easy to understand explanation of MyPyramid and the healthy lifestyle lessons that it encourages.

<http://www.ces.purdue.edu/cfs/topics/FNP/mypyramidvideo.htm>

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service. On this site you will find consumer resources, video, slide show and fact sheets that reinforce messages given in MyPyramid and Dietary Guidelines for Americans.

<http://www.oznet.ksu.edu/humannutrition/dietaryguide.htm#Resources%20for%20consumers>

Oregon State University Extension offers the *Eat Well for Less* web-based learning modules that provide general nutrition information presented in an attractive and user-friendly format suitable for Food Stamp Program participants and eligibles.

http://extension.oregonstate.edu/fcd/nutrition/ewfl/module_01/

Federal Government Resources:

Updated in 2005, **MyPyramid** is the USDA food guidance system. Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day. Look for the new Power Point presentation on the Professional Resources page.

www.MyPyramid.gov

The **Food & Nutrition Information Center** (FNIC) provides a directory to credible, accurate and practical information. Their web site provides direct links to a variety of resources such as those listed on this resource sheet. FNIC's nutrition information specialists review all site content to ensure top quality resources.

www.nal.usda.gov

Nutrition.gov provides easy access to food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity and food safety.

www.nutrition.gov

Team Nutrition includes educational materials developed at the elementary school level to help children learn the *MyPyramid* food guidance system.

<http://teamnnutrition.usda.gov/kids-pyramid.html>

Other Resources:

The Egg Nutrition Center has created “A Checklist to Good Health and Nutrition” - a colorful and practical poster available on their website.

www.enc-online.org

General Mills Bell Institute of Health and Nutrition provides updated consumer education brochures, handouts, presentations and other useful resources.

www.Bellinstitute.com

National Cattlemen’s Beef Association has a variety nutrition resources including:

- School Wellness Toolkit about Local Wellness Policies
- PowerPoint Presentations and handouts for parents, teachers and school foodservice
- Resources on child nutrition and health and classroom activities

www.BeefNutrition.com

The Groovy Pyramid is a wellness program featuring diet and nutrition information. There are songs about each of the food groups which are a great way to introduce physical activity while teaching nutrition.

www.GroovyPyramid.com

Mission Nutrition™ by Mello Smello has a variety of fun resources for school nutrition professionals such as lunch bags, posters and stickers to promote MyPyramid.

www.mission-nutrition.com/mypyramid.htm

NutritionExplorations.org contains information on MyPyramid for kids, parents, educators, and school food service professionals. It has ideas for classroom lessons, teacher idea exchange, and online games for kids.

www.NutritionExplorations.org



Published and distributed in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, by the University of Maine and the U.S. Department of Agriculture cooperating. Cooperative Extension and other agencies of the USDA provide equal opportunities in programs and employment.
3/07