Các Tài Liệu Bổ Túc

Những Thực Phẩm Trong Kim Tự Tháp Hướng Dẫn Thực Phẩm

Sao chụp bảng dưới đây. Cắt mỗi ô dọc theo đường kẻ. Bọc giấy trong (plastic) nếu có thể. Mỗi ô ghi một nón thực phẩm. Đưa một ô ra. Hỏi thân chủ nhận xem món thực phẩm đó thuộc khu nào của Kim Tự Tháp Hướng Dẫn Thực Phẩm. Dùng Bảng Trả Lời dưới đây xem xét câu thân chủ trả lời.

CƠM	KASHA	HOÀNH THÁNH
TOMATILOS	TRÁI VẢI	ĐU ĐỦ
TRÁI CHUỐI LÁ	CHORIZO	YOGURT
COLLARD GREENS	SOÀI	PASTA
ĐẬU ĐEN	QUESO BLANO	TORTILLA
BẮP CẢI	TRÁI QUẤT	THỊT HEO
THỊT BÒ	SỮA	TRỨNG

Những Thực Phẩm Trong Kim Tự Tháp Hướng Dẫn Thực Phẩm

Bản trả lời

CƠM **Nhóm Bánh mì, Ngũ cốc, và Pasta**	KASHA **Nhóm Bánh mì, Ngũ cốc, và Pasta**	HOÀNH THÁNH **Nhóm Bánh mì, Ngũ cốc, và Pasta**
TOMATILOS **Nhóm trái cây**	TRÁI VẢI **Nhóm trái cây**	ĐU ĐỦ **Nhóm trái cây**
TRÁI CHUỐI LÁ **Nhóm trái cây**	CHORIZO **Nhóm Thịt, Gia cầm, Cá, Đậu khô, Trứng &Hạt**	YOGURT **Nhóm Sữa, Yogurt & Phó Mát**
COLLARD GREENS **Nhóm Rau**	SOÀI **Nhóm trái cây**	PASTA **Nhóm Bánh mì, Ngũ cốc, và Pasta**
ĐẬU ĐEN **Nhóm Thịt, Gia cầm, Cá, Đậu khô, Trứng &Hạt**	QUESO BLANO **Nhóm Sữa, Yogurt & Phó Mát**	TORTILLA **Nhóm Bánh mì, Ngũ cốc, và Pasta**
BẮP CẢI **Nhóm Rau**	TRÁI QUẤT **Nhóm trái cây**	THỊT HEO **Nhóm Thịt, Gia cầm, Cá, Đậu khô, Trứng &Hạt**
THỊT BÒ **Nhóm Thịt, Gia cầm, Cá, Đậu khô, Trứng &Hạt**	SỮA **Nhóm Sữa, Yogurt & Phó Mát**	TRỨNG **Nhóm Thịt, Gia cầm, Cá, Đậu khô, Trứng &Hạt**

Các Địa Chỉ Nối Qua Mạng Lưới, Tài Liệu LiÊn Hệ Và Các Cơ Quan Chuyên Môn Liên Hệ

Sách

Burgard, D. L., Lyons, P. (2000) Great Shape: The First Fitness Guide for Large Women.

Dillman, Erika. (2001) The Little Soy Book. New York: Warner Books

Duffy, Roberta Larson (1998). The American Dietetic Associations's Food & Nutrition Guide. Minnesota: Chronimed Publishing.

Egan, Jeanete Parson. (1999). Soy! Soy! Soy!.

Pivonka, E., Berry, B. (2002) 5 a Day: the Better Health Cookbook. New Jersey: Rodale.

Urdaneta, Maria Luisa & Kanter, Daryl F. (1996) Healthy Mexican American Cooking, Deleites de la Cocina Mexicana: A Bilingual Cookbook.

Địa Chỉ Dinh Dưỡng Nối Qua Mạng Lưới

5 A Day
http://www.5aday.com

A Primer on Fats and Oils
http://www.eartright.com/nfs/nfs0301b.html

Background on Adult Nutrition, Health and Physical Activity (6 trang)
http://ific.org/proactive/newsroom/release.vtml?id=17500

Caffeine and Women's Health (7 trang)
http://ific.org/proactive/newsroom/release.vtml?id=17689

Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators
www.nal.usda.gov/fnic/pubs/bibs/gen/ethnic.html

Native American Food Guide Pyramid (3 trang)
www.aaip.com/tradmed/tradmedfoodguide.html

Nutrition Education for New Americans Project—various culturally-adapted Food Guide Pyramids (11 trang)
http://monarch.gsu.edu/nutrition/download.htm

Nutrition and Your Health: Dietary Guidelines for Americans, 2000 (44 trang)
www.health.gov/dietaryguidelines/dga2000/DIETGD.PDF

Recipes and Tips for Healthy Thrfty Meals (78 trang)
www.usda.gov/cnpp/Pubs/Cookbook/thriftym.pdf

Preparing Nutritious Meals at Minimal Cost (35 trang)
http://www.usda.gov/cnpp/FoodPlans/TFP99/foods$pdf.PDF

Thrifty Food Plan, 1999 (138 trang)
http://www.usda.gov/cnpp/FoodPlans/TFP99/TFP99Report.pdf

Using the Dietary Guidelines for Americans
http://www.usda.gov/cnpp

Địa Chỉ Cho Các Hoạt Động Thể Chất Nối Qua Mạng Lưới

Chair Dancing
http://www.chairdancing.com

Commuter Aerobics
http://www.commuteraerobics.com

Weigth-Control information network
http://www.niddk.nih.gov/health/nutrit/nutrit.htm

Địa Chỉ Cai Nghiện Nối Qua Mạng Lưới

You Can Control Your Weight As You Quit Smoking (8 trang)
http://www.niddk.nih.gov/health/nutrit/pubs/quitsmok/index.htm

Alcohol and Tobacco (61 trang)
http://www.niaaa.nih.gov/publications/arh24-4/toc24-4.htm

Alcohol and Stress (74 trang)
http://www.niaaa.nih.gov/publications/arh23-4/toc23-4.htm

Alcohol and Women (7 trang)
http://www.niaaa.nih.gov/publications/aa10.htm

Are Women More Vulnerable To Alcohol's Effects? (5 trang)
http://www.niaaa.nih.gov/publications/aa46.htm

Alcohol And Nutrition (4 trang)
http://www.niaaa.nih.gov/publications/aa22.htm

Aging And Alcohol Abuse (2 trang)
http://www.niaaa.nih.gov/publications/agepage.htm

What Is Moderate Drinking? (62 trang)
http://www.niaaa.nih.gov/publications/arh23-1/toc23-1.htm

Gender Differences in Moderate Drinking
http://www.niaaa.nih.gov/publications/arh23-1/toc23-1.htm

Alcoholism (6 trang)
http://www.niaaa.nih.gov/publications/booklet.htm

Como Disminuir Su Habito de Ingerir Alcohol (4 trang)
http://www.niaaa.nih.gov/publications/spancut.htm

Alcohol Use Among Special Populations (61 trang)
http://www.niaaa.nih.gov/publications/arh22-4/toc22-4.htm

Alcohol, Hormones and Postmenopausal Women (5 Trang)
http://www.niaaa.nih.gov/publications/arh22-3/185.pdf

Consequences of Alcohol Use (9 Trang)
http://www.niaaa.nih.gov/publications/arh22-3/211.pdf

Alcohol-Medication Interactions (5 trang)
http://www.niaaa.nih.gov/publications/aa27.htm

Địa Chỉ Kết Nối Qua Mạng Lưới Về Việc Hít Thở Khói Thuốc Lá Do Người Hút Thuốc Thở Ra

Children and Second Hand Smoke-English (2 trang)
http://www.epa.gov/iaq/pubs/graphics/etsbroch.pdf

Children and Second Hand Smoke-Spanish (2 trang)
http://www.epa.gov/iaq/pubs/graphics/etsbrosp.pdf

Các Mạng Lưới

American Dietetic Association
http://www.eatright.org

- Calcium for Strong Bones and Teeth (English And Spanish)
- Culturally Adapted Food Guide Pyramid tear sheets
- 7 Steps to Healthful Eating (English and Spanish)
- 7 Steps to a Healthful Weight (English and Spanish)
- 7 Steps to Home Food Safety (English and Spanish)
- 7 Steps to Being More Active (English and Spanish)
- Nutrition Fact Sheets
- Healthful Eating for Your Young Child (English and Spanish)

California Smokers' Helpline
http://www.CaliforniaSmokersHelpline.org

Cancer Information Service
1-800-4-CANCER
1-800-332-8615 (TYY)
Center for Nutrition Policy and Promotion
http://www.usda.giv/cnpp

- *The Dietary Guidelines for Americans, 2000*
- The Interactive Healthy Eating Index (IHEI), an online dietary assessment tool that includes nutrition messages. After providing a day's worth of dietary information, you wil receive a "score" on the overall quality of your diet for that day
- *Food Portions and Servings: How Do They Differ*
- *Recipes and Tips for Healthy, Thrifty Meals*
- *Are All food Guide Pyramids Created Equal*

Culturally Adapted Food Guide Pyramids
http://www.nal.usda.gov/fnic/etext/000023.html#xtocid2381818

National Cancer Institute
http://cancer.gov

National Institutes of Health
Osteoporosis and Related Bone Disease National Resource Center
http://www.osteo.org/

Nationa Osteoporosis Foundation
http://www.nof.org

The Society for Nutrition Education
http://www.sne.org
Nhấn vào Resources rồi nhấn vào Weight Realities division để xem danh sách các cuốn sách mỏng, chương trình, tạp chí và các nguồn cung cấp chuyên môn.

Using the Dietary Guidelines for Americans
http://www.usda.gov/cnpp
Gọi số miễn phí 1-888-878-3256 để mua từ 1-50 cuốn sách mỏng này từ Trung Tâm Tin Tức Cho Người Tiêu Thụ Của Liên Bang. Cần mua trên 50 bản, xin gọi Nhà in của Chính Quyền ở số (202) 521-1800.

WebMD
http://www.webmd.com

Quà Khuyến Khích

5 A Day Catalog
Produce For Better Health
1-800-391-2100
http://www.5aday.com

Healthy Traditions Cooking Series: The Flavors of Mexico, Asia and African America
Community Wellness and Prevention Program
Healthy Traditions Cooking Videos
597 Center Ave., Suite 115
Martinez, CA 94553

Commuter Aerobics audiocassette
Cinder Ernst
PMB 198
1459 18th Street
San Francisco, CA 94107
650-738-1221
http://www.commuteraerobics.com

Các cơ quan chuyên môn liên hệ

Ask A Dietitian
1-800-366-1655

American Cancer Society
1599 Clifton Road NE
Atlanta, GA 30329
1-800-227-2345

American Dietetic Association
216 West Jackson Boulevard
Chicago, IL 60606
http://www.eatright.org

American Institute for Cancer Research
1759 R. Street, NW
Washington, DC 20009
202-328-7744
http://www.aicr.org

California Smokers' Helpline
University of California, Davis Family and Preventive Medicine
9500 Gliman Drive 0905
La Jolla, CA 92093
858-713-1599
1-800-No-BUTS (English)
1-800 45-NO FUME (Spanish)
1-800-400-0866 (Chinese)
1-800-778-8440 (Vietnamese)
1-800-556-5564 (Japanese)
1-800-933-4TDD (Hearing Impaired)
1-800-844-CHEW (Tobacco Chewers' Helpline)
http://www.CaliforniaSmokersHelpline.org

Center for Nutrition Policy and Promotion
1120 20th Street, NW
Suite 200, North Lobby
Washington, DC 20036
202-418-2312
http://www.usda.gov/cnpp

Consumer Nutrition Hotline
1-900-225-5267
Food and Nutrition Information Center
National Agriculture Library
US Department of Agriculture
10301 Baltimore Avenue
Room 304
Beltsville, MD 20705
301-504-5719
http://www.usda.gov/fnic

International Food Information Council
1100 Connecticut Avenu, NW
Suite 430
Washington, DC 20036
202-296-6540
http://ifnicinfo.health.org

Minority Health Resources Center
PO Box 37337
Washington, DC 20013
1-800-444-6472

NASCO Nutrition Teaching Aids
4825 Stoddard Road
Modisto, CA 95356
209-545-1600
http://www.enasco.com

National Institutes of Health
31 Center Drive, Building 31
Room 10A07
Bethesda, MD 20892
1-800-422-6237
http://www.cancernet.nci.nih.gov

Nationak Health Information Center
PO Box 1133
Washington, DC 20013
1-800-336-4797

NCES® Books and Resources
1904 East 123rd Street
Olathe, KS 66061
1-877-NCES-BOOKS

- NCES® Food Foundation for Fitness, for the "Seasoned Citizen" slide presentation
- NCES® Food Foundation for Physical Fitness, for the "Seasoned Citizen" slide presentation
- NCES® Food Foundation for Food safety, for a Healthier You slide presentation
- NCES® Food Model Kits, Life formâ Food Replicas

Partnership for Prevention
1233 20th Street, NW
Suite 200
Washington, DC 20036
202-833-0009
http://www.prevent.org

Society for Nutrition Education
7107 Wisconsin Avenue, NW
Suite 901
Bethesda, MD 20814
301-656-4938

Weight-Control Information Network (Win)
1 WIN Way
Bethesda, MD 20892
1-877-946-4627
http://www.niddk.nih.gov/health/nutrit/nutrit.htm

Tài liệu tham khảo

American Cancer Society. (2002). Cancer prevention and early detection: Facts and figures 2002. Available: www.cancer.org/eprise/main/docroot/STT/stt 0.

American Cancer Society. (1999). Living Smart: The American Cancer Society's Guide to Healthy Eating and Being Active. (Item # 99-100M-NO. 2042-CC)

American Cancer Society. (1999). American Cancer Society Guidelines for Nutrition and Cancer Prevention. (Item # 99-75M-NO-2021-CC)

Andreasen, A.R. (1995). Marketing Social Change: Changing Behavior to Promote Health, Social Development, and the Environment. California: Jossey-Bass Publushers.

Benson, H. "Relaxation Response". (1975). William Morrow and Company, Inc.

Boulden, J., & Boulden J. (1998). From Mad To Worse. California: Boulden Publishing.

Buhler, P. Stress Management. Trade and Industry, Vol. 54, No. 5, p. 17.

California Department of Health Services, California Department of Aging, California Department of Education. (1990). The California Daily Food Guide: Dietary Guiidance For Californians.

De-Vellis, R.F. (1991). Scale Development: Theory and Applications. Applied Social Research Methods Series (volume 26). California: Sage Publications, Inc.

Duyff, R.L. (1998). The American Dietetic Association's Complete Food and Nutrituion Guide. Minnesota: Chronimed Publishing.

Goodloe, A., Bensahel, J., & Kelly, J. (1984). Managing Yourself-How to Control Emotion, Stress and Time. New York: Franklin Watts.

Harvard Center for Cancer Prevention. (1996) Harvard report on cancer prevention volume 1: causes of human cancer. . Cancer Causes Control, 7:S55.

Jamner, M.S. & Stokols, D. (Eds.) (200). Promoting Human Wellness: New Frontiers for Research, Practice, and Policy. Berkeley: University of California Press.

Maibach, E. & Parrott, R.L. (Eds.) (1995). Designing Health Messages: Approaches from Communication Theory and Public Health Practice. California: Sage Publications.

Powell, D, Singer, C, & Brownson-Booth, J. (1989). Systematic Stress Management Instructor Manual. Michigan: American Institure for Preventive Medicine.

Sarafino, Edward P. (1998). Health Psychology: Biopsychological Interactions, third ed. New York: John Wiley & Sons, Inc.

Simmons-Morton, B.G., Greene, W.H., Gottlieb, N.H. (1995). Introduction to Health Education and Health Promotion, second edition. Illinois: Waveland Press.

Thordike, Robert M. (1997). Measurement and Evaluation in Psychology Education, sixth ed. New Jersey: Prentice Hall.