



**U.S. FOOD & DRUG
ADMINISTRATION**

Health Educator's Nutrition Toolkit

Setting the Table for Healthy Eating



Introduction

Nutrition is a key component of good health and disease prevention. This Toolkit is intended to be a nutrition education resource for health educators, dietitians, physicians, other health care and nutrition professionals, social workers, youth counselors, and program directors serving a broad range of communities. The Toolkit includes practical nutrition education tools and health promotion messages to provide your audience with the knowledge they need to make healthier food choices.

The resources you'll find here are intended to help educate consumers about the Nutrition Facts label and how to use the information it provides to make healthier food choices. These materials also provide realistic tips on how to shop, prepare, and order food when eating out to build a healthy diet.

Key Toolkit Messages and Takeaways

The Toolkit provides several key health promotion messages. These messages are intended to help your audience: 1) understand and use the new Nutrition Facts label, and 2) take an active role in making healthier nutrition choices at home and while eating out.



The key messages are as follows:

Small Changes Add Up. Focusing on small, manageable shifts to healthier food and beverage choices can lead to healthy, lifelong changes.



Know Your Options When Eating Out. Americans eat and drink about one-third of their calories away from home. Help people figure out their calorie needs and make healthier choices by referring to posted calorie information (on menus and menu boards, restaurant websites, and phone apps, etc.) and following simple tips while eating out.

| Nutrition Facts | |
|---------------------------|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| <hr/> | |
| Amount per serving | |
| Calories | 230 |

Healthy Eating Starts at the Grocery Store. Using the Nutrition Facts label can help your audience make healthy food purchases at the grocery store.

The Toolkit: Your Nutrition Education Resource

The Toolkit includes the following components:

- A **PowerPoint** presentation with nutrition information and health promotion messaging that can be tailored to your specific audience. The PowerPoint will enable you to deliver key concepts and messages about the Nutrition Facts label. The PowerPoint also highlights the role and importance of healthy eating, including how cooking and purchasing can make an impact. It can be used as a stand-alone tool (timeframe: approximately 60 minutes), or you can select from the following 25-minute sections to incorporate into your existing program:

Understanding the Nutrition Facts label (slides 5-20, and 41)

Bringing Nutrition Into Your Daily Life (slides 21-40, and 42-44)

Optional learning activities are included throughout the PowerPoint. These activities can be included or excluded to increase or decrease the length of the presentation.

- Downloadable **handouts** for you to distribute at community events, nutrition education workshops, and nutrition counseling sessions. The handouts are designed to introduce the Nutrition Facts label and share information and tips from USDA's *MyPlate*.

The handouts include:

- **Tip Sheet #1: Tips for Making Healthy Choices While Food Shopping**
Nutrition tips for food shopping.
- **Tip Sheet #2: Tips for Bringing Nutrition into Your Home**
Practical information for cooking healthy, balanced meals.
- **Tip Sheet #3: Tips for Making Healthy Choices When Eating Out**
Tips to make informed choices while eating out.
- **Tip Card: Quick Tips for Reading the Nutrition Facts Label**
At-a-glance information to make healthful choices while shopping at the grocery store or other food venue. Tip Cards are formatted as pocket-sized cards and include simple instructions to download, print, fold, and cut to size.
- An **infographic** with tips on using the Nutrition Facts label and *MyPlate* when planning, shopping, cooking, and eating.
- Sample **social media messages** to post on websites and social media sites used by local, health-related, and community-based organizations.

Evaluation Tools: The Toolkit contains a pre-/post test (10-15 questions) for you to distribute and collect from program participants. You can download and customize the evaluation tools to gather other feedback about their experiences with the PowerPoint presentation.

Note to Instructors:

Your audience may not have easy access to a computer or the Internet, so we suggest that you print copies of all downloadable Toolkit documents to distribute.



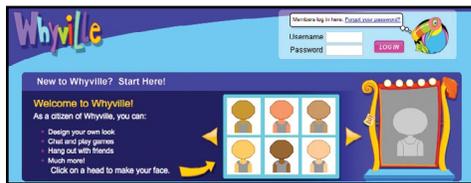
Additional Resources



FDA's [Nutrition Facts Label Online](#), shows you how to read and understand the Nutrition Facts label on food and beverage packaging.



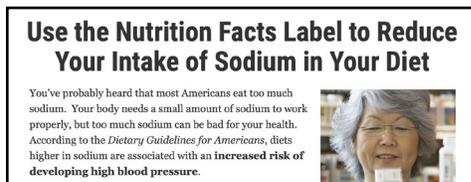
FDA's [Read the Label](#), an outreach campaign with materials for kids, parents, and community outreach leaders that teach how to read the Nutrition Facts label, compare food products, and make healthy choices.



FDA's [Whyville Snack Shack](#), a virtual website featuring fun, nutrition education games for children ages 8 to 15.



FDA's [Calories on the Menu: Information for Consumers](#), a comprehensive guide that teaches where to find calorie information when eating out and how to make informed decisions about meals and snacks.



FDA's [Use the Nutrition Facts Label to Reduce Your Intake of Sodium in Your Diet](#), contains specific information about reading the Nutrition Facts label for individuals looking to reduce or limit their sodium intake.



Dietary Guidelines for Americans' [Consumer Resources page](#), provides links to helpful resources that simplify principles in the Dietary Guidelines for Americans 2020-2025.



U.S. Department of Agriculture's [MyPlate](#), offers practical nutrition tips, ideas, and information for all ages.