

Healthy Foods Index

Scientific research shows that regularly eating some foods is associated with lower mortality. The greater the *number* of healthy foods a person ate, the lower that person's mortality rate was. The *more often* people chose healthy foods, the longer they lived. Those who lived the longest ate the 23 foods frequently. The foods are high in nutrients and protective elements.

Healthy Foods Index features the 23 foods shown to be associated with long life. The resource includes 100 self-scoring paper-and-pencil assessment forms, a PowerPoint® presentation highlighting the foods, and promotional materials. The pencil-and-paper assessment is self-scored. At a cooking school, use the questionnaire and follow with sample-tasting or your recipes that will surely include some or all of the foods. The approach to choosing healthy foods is positive. *Healthy Foods Index* can be used in one-on-one counseling sessions, in homes or other small-group settings, and with large audiences.

Healthy Foods Presentation

- Introduction and Assessment Scoring
- Section 1 - Fruits and Vegetables
- Section 2 - Whole Grain Breads and Cereals
- Section 3 - Legumes (Peas and Beans)
- Section 4 - Proteins Low in Saturated Fat & Cholesterol
- Section 5 - Watch out for Refined Foods

Instructor's Manual Includes:

- ♦ Guide to program, complete Speaker's Notes for presentation
- ♦ 100 assessment questionnaires with recommendations
- ♦ CD-ROM with PowerPoint presentation - *no other software needed*

System requirements for PowerPoint® presentations:

Microsoft Windows 95 or higher - no additional software needed

To print slides: viewer included. LCD projector needed for large groups

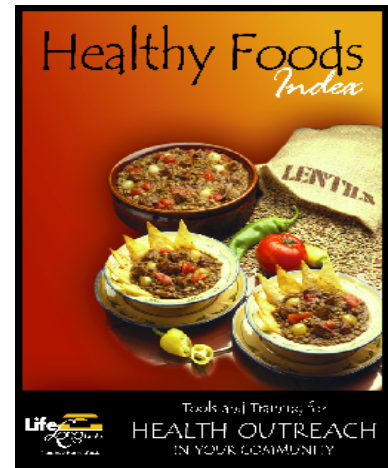
Titles in the Community Health Assessment Series:

- ♦ Your Health Age (La edad de su salud)
- ♦ Healthy Foods Index
- ♦ Your Stress Profile (Su perfil de estrés)
- ♦ How Healthy is Your Lifestyle?
- ♦ Your Coronary Risk (Su riesgo de cardiopatía)
- ♦ ¿Qué tan saludable es su modo de vida?

About LifeLong Health

LifeLong Health is a registered product line of health resources for community health outreach. It is offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. The product line includes ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

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Assessment Kit: AS1020-I
Instructor's Manual & CD
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