These top choices for weight management education materials were obtained from focus groups conducted at four Children’s Hospital regional sites across Washington State with health care providers, parents (English and Spanish speaking) and teens. The results are listed below with information on how to obtain these materials on the back.

Best All Around Flyer:
The Kid’s Activity Pyramid (English and Spanish)

Top Picks:
- CANfit Dance Video
- What’s Normal Supposed to Look Like Anyway? Poster
- Exercise Your Options Booklet
- Fast Food Survival Guide
- Kids Get Cookin’ / Chicos...¡A Cocinar! Cookbook

Teens:
- Think Your Drink
- 101 Ways to Get Fit
- Sports Nutrition Pyramid
- Healthy Habits for Life
- Eat to Win

Parents:
- Kid’s Food Pyramid
- Eat to Compete Recipes
- How’d You Do Your 5 Today?
- Parent’s Guide to Physical Play
- Sports Nutrition Pyramid
- Bright Futures
- Wellness Trek

Spanish Materials:
- Pirámide Poderosa (Power Pyramid)
- Coma para Competir (Eat to Compete)
- Guía para la Buena Alimentación (Guide to Good Eating)
- Grizzly Gourmets
- Lista de Alimentos con Bajas en Grasa (Lowfat Food List)
- Comidas Fáciles y Rápidas para gente ocupada (Easy and Fast Foods for Busy People)
- Rápido, Divertidos y Sanos… Alimentos para la Familia (Fast, Fun and Healthy…Foods for the Family)
- Gana Energía con 5 al Día (With 5 a Day Gain Energy)

Materials Specific to African-American Population:
- Soul Food Pyramid
- Nutrition & Kids Handout

Health Care Providers:
In addition to some of the titles listed, health care providers recommended the following nutrition self-assessment and education piece for kids:
- Your One and Only Body

Supported by a Vitamins Supplement Settlement Fund obtained from the Washington State Attorney General, 2002.
<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
<th>How to get this Resource</th>
</tr>
</thead>
<tbody>
<tr>
<td>101 Ways to Get Fit</td>
<td>Pamphlet–Ways teens can keep fit and have fun, created by teens. (Eng)</td>
<td>ETR Associates 1-800-321-4407</td>
</tr>
<tr>
<td>Bright Futures Activity Coloring Book</td>
<td>Coloring Book–teaches young children about health and safety. (Eng/Span)</td>
<td>202-784-9770 <a href="mailto:brightfutures@ncemch.org">brightfutures@ncemch.org</a></td>
</tr>
<tr>
<td>Easy and Fast Foods for Busy People (Comidas Fáciles y Rápidas para gente ocupada)</td>
<td>Brochure–Advice for the cook, saving time, portion size description for fruits and vegetables and menu ideas. Emphasizes maintaining a healthy life. (Eng)</td>
<td>Latino California 5 a Day Program / CA Prevention and Nutrition Services 1-916-449-5371</td>
</tr>
<tr>
<td>Eat to Compete (Come para Competir)</td>
<td>Booklet–Recipes with pictures and cooking instructions for kids. (Eng/Span)</td>
<td>San Bernardino Co. Dept. of Public Health 1-909-387-0181</td>
</tr>
<tr>
<td>Eat to Win</td>
<td>Handout–Focus on dairy intake. (Eng)</td>
<td>National Dairy Council <a href="http://www.whymilk.com">www.whymilk.com</a></td>
</tr>
<tr>
<td>Fast Food Survival Guide</td>
<td>Booklet–A pocket size review of fast food. (Eng)</td>
<td>Co. of San Bernardino Human Services System, Dept. of Public Health Contact: <a href="mailto:mwhitaker-saucedo@dph.sbcounty.gov">mwhitaker-saucedo@dph.sbcounty.gov</a></td>
</tr>
<tr>
<td>Fast, Fun and Healthy…Foods for the Family (Rápidos, Divertido y Sanos…Alimentos para la Familia)</td>
<td>Brochure–Reviews ways to include fruit and vegetables every day. Recipes included. (Span)</td>
<td>Latino California 5 a Day Program / CA Prevention and Nutrition Services 1-916-449-5371</td>
</tr>
<tr>
<td>Guide to Good Eating (Guía para la Buena Alimentacion)</td>
<td>Flier–Gives examples of daily portion recommendations for food groups. (Span/Eng)</td>
<td>WA Dairy Council <a href="http://www.eatsmart.org/catalog/search.asp">www.eatsmart.org/catalog/search.asp</a></td>
</tr>
<tr>
<td>How’d You Do Your 5 Today?</td>
<td>Magnet–Sticker chart for families to track daily fruits/vegetables servings. (Eng)</td>
<td><a href="http://www.dole5aday.com/Grownups/Fun/G_5adayFamilyFUN.jsp">www.dole5aday.com/Grownups/Fun/G_5adayFamilyFUN.jsp</a></td>
</tr>
</tbody>
</table>
| **Kids Activity Pyramid**  
*(Pirámide de Actividades para Niños)* | Handout–Pictorial description of activities that kids should be doing daily/weekly.  
(Span/Eng) | Park Nicollet Healthsource  
1-800-372-7776 |
| **Kids Food Pyramid** | Handout–Food pyramid for kids, tips for parents. (Eng) | Park Nicollet Healthsource  
1-800-372-7776 |
| **Kids…Get Cookin’**  
*(Chicos…¡A Cocinar! Cookbook)* | Booklet–Cookbook for kids. (Eng/_span) | California Children’s 5 a Day Campaign  
1-888-328-3483  
[www.shop5adaycatalog.com/acatalog](http://www.shop5adaycatalog.com/acatalog) |
| **Lowfat Food List–**  
*(Lista de Alimentos Bajos en Grasa)* | Handout–Lists of foods to eat more often and less often. (Span) | Children’s Hospital & Regional Medical Center  
1-866-987-2500, option 4 |
| **Nutrition and Kids Handout** | Handout–Describes a balanced weight control program for kids with recommendations for exercise, diet, habits and a chart for goals. (Eng) | Clinical Nutrition Services at Children’s  
206-987-4758 |
| **Parents Guide to Physical Play** | Booklet–Describes physical activity by age with examples. (Eng) | Children’s Hospital & Regional Medical Center  
1-866-987-2500, option 4 |
| **Power Pyramid**  
*(Pirámide Poderosa)* | Handout–A food pyramid emphasizing fruits, vegetables and whole grains.  
(Eng/Span) | San Bernardino Co. Dept. of Public Health Nutrition Program  
1-909-387-0181 |
| **Soul Food Pyramid** | Handout–A food pyramid emphasizing foods of the African American Culture.  
(Eng) | South East Michigan Dietetic Association  
| **Sports Nutrition Pyramid** | Handout–Describes recommended servings and food choices for active kids and adults.  
(Eng) | Washington Dairy Council  
[www.eatsmart.org/catalog/search.asp](http://www.eatsmart.org/catalog/search.asp) |
| **Think your Drink** | Handout–Describes nutrient content of various drinks. (Eng) | Washington Dairy Council  
[www.eatsmart.org](http://www.eatsmart.org) |
| **Wellness Trek** | Map–Self-scoring game where kids keep track of nutrition/exercise activities. (Eng) | Washington Dairy Council  
[www.eatsmart.org](http://www.eatsmart.org) |
| **What’s Normal Supposed to Look Like Anyway?** | Poster–Depicts teens of different weight, height and ethnicity (gender specific). (Eng) | [www.oregdairycouncil.org/resources/](http://www.oregdairycouncil.org/resources/) |
| **With 5 a Day Gain Energy**  
*(Gana Energía con 5 al Día)* | Brochure–For parents of preteens to help their children eat more fruits and vegetables. (Span) | Latino California 5 a Day Program / CA Prevention and Nutrition Services  
1-916-449-5371 |
| **Your One and Only Body…Feed it Right!** | Handout–Person survey to help kids evaluate their diet in the last 24 hours. (Eng) | Washington Dairy Council  
nutrition@eatsmart.org |

Disclaimer: The inclusion of any web site link (or resource accessed through a link) does not imply endorsement by Children’s Hospital and Regional Medical Center. Seek the advice of your child’s health care provider before you act or rely upon any information from these resources.