

## Free Patient Education Materials

### “Facts About Healthy Weight”

- Publisher: DHHS -- National Institutes of Health
- Free download:
  - [http://www.nhlbi.nih.gov/health/prof/heart/obesity/aim\\_kit/aim\\_facts.htm](http://www.nhlbi.nih.gov/health/prof/heart/obesity/aim_kit/aim_facts.htm)
- Price to order copies:

Single Copy	\$1.25
25 Copies	\$15.00
100 Copies	\$50.00

### “Be Active Your Way”

- Publisher: US DHHS
- Free download:
  - <http://www.health.gov/paguidelines/>
- Price to order copies:
  - \$22 for a package of 10

### “Portion Size Guide”

- Publisher: WebMD
- Free download:
  - <http://www.webmd.com/diet/printable/portion-control-size-guide>
- No ordering available

### “My Pyramid Menu Planner”

- Publisher: USDA
- Free download (menu planners designed for diets ranging from 1000 to 3200 daily calories may be downloaded here):
  - [http://www.mypyramid.gov/professionals/food\\_tracking\\_wksht.html](http://www.mypyramid.gov/professionals/food_tracking_wksht.html)
- No ordering available

### “Tips for Cutting Down on Drinking”

- Publisher: DHHS – National Institutes of Health
- Free download:
  - <http://pubs.niaaa.nih.gov/publications/Tips/tips.pdf>
- Copies can be ordered generally free of charge:
  - <http://pubs.niaaa.nih.gov/publications/english-order.htm>

### “Rethinking Drinking”

- Publisher: DHHS – National Institutes of Health
- Free download:

- [http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking\\_Drinking.pdf](http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking_Drinking.pdf)
- Copies can be ordered generally free of charge:
  - <http://pubs.niaaa.nih.gov/publications/english-order.htm>

“Clearing the Air”

- Publisher: Smokefree.gov (sponsored by CDC, NIH, DHHS)
- Free download:
  - <http://www.smokefree.gov/resources.aspx>
- Copies of related resources can be ordered free of charge:
  - <http://www.smokefree.gov/resources.aspx>

“5 Day Countdown to Quitting”

- Publisher: American Heart Association
- Free download:
  - <http://www.americanheart.org/presenter.jhtml?identifier=3036802>
- No ordering available