



Alaska Health Fair, Inc.

501 (c) (3) Non-Profit
Main Office: 720 W. 58th Ave. Unit J
Anchorage, AK 99518
www.alaskahealthfair.net
Tel 907.278.0234, Fax 907.258.1848

Health Fair Materials Examples

Subject: Nutrition

5 lbs of Muscle & 5 lbs of Fat



SUBJECT: NUTRITION & EXERCISE

Target: Children, Youth and Adults

Description: These realistic, weighted soft models duplicate the look, texture, and density of 5 lb of muscle and fat. Helps people understand how every extra pound of fat requires an additional mile of blood vessels and increases the risk of high blood pressure. Use muscle replica to teach how exercise can replace fat with muscle.

Size: The muscle model is 9" x 3".

25 Ways to Cut 100 Calories

25 Ways TO CUT AT LEAST 100 Calories

SWAP these foods and beverages For these LOWER-CALORIE choices And SAVE this many CALORIES

2 tbsp of butter on toast	2 tbsp of jam on toast	100
Biscuit	Dinner roll	130
2 oz of regular potato chips	2 oz of fat-free potato chips	100
12-oz can of regular cola	12-oz can of diet cola	140
1 cup of regular vanilla ice cream	1 cup of fat-free frozen yogurt with no sugar added	110
Slice of regular-crust pepperoni pizza	Slice of thin-crust cheese pizza	110
1/2 cup of guacamole	1/2 cup of salsa	145
1/2 cup of Alfredo sauce	1/2 cup of marinara sauce	105
6-oz can of tuna packed in oil	6-oz can of tuna packed in water	150
2 tbsp of regular mayonnaise	2 tbsp of low-fat mayonnaise	120
Package of peanut butter candy	Peanut butter granola bar	110
1 cup of sweetened applesauce	1 cup of unsweetened applesauce	100
1/2 cup of regular shredded cheese	1/2 cup of low-fat shredded cheese	130
1 cup of peaches in heavy syrup	1 cup of peaches in water	130
7 pieces of chewy caramel	7 pieces of dried pineapple	130
Fast-food double cheeseburger	Fast-food regular cheeseburger	150
4-oz hamburger patty made of 70% lean meat	4-oz hamburger patty made of 95% lean meat	120
12-oz glass of orange juice	Orange	110
Two whole eggs	Three egg whites	100
Chicken breast half with skin	Chicken breast half without skin	120
3 1/2-inch bagel	Piece of whole-wheat toast	110
Beef hot dog	White turkey hot dog	135
1 cup of canned corn	Ear of corn on the cob	120
Small order of french fries	Small baked potato	120
1 tbsp of butter	Cooking spray	100

Use the Nutrition Facts labels to guide you in making calorie cuts. You can select foods with fewer calories that taste good and satisfy your hunger.

HEALTH EDUC

SUBJECT: NUTRITION

Target: Adults

Description: Low calorie options for many types of foods, including snacks & sweets.

Size: 36" x 24"

Nutrition & Bone Health



SUBJECT: NUTRITION & BONE HEALTH

Target: Youth and Adults

Description: The 3-D display in this teaching kit portrays both healthy bone and osteoporotic bone and illustrates how bone tissue breaks down and rebuilds itself. Kit also contains a 4-page booklet. Topics covered include bone remodeling, bone mass, loss of bone mass, osteoporosis, and bone health.

9" x 12"

BODY COMPOSITION ANALYZER



SUBJECT: NUTRITION & FITNESS

Target: Adults

Description: It takes someone who knows how to use this machine, or reads directions well, then you can analyze the fat and muscle composition of an individual. Great for starting program for a before and after reading. Good eye opener and information tool.

CHOLESTEROL – the basics



SUBJECT: NUTRITION, HEART & CHOLESTEROL

Target: Adults

Description: Feature graphic images of high cholesterol's damaging effects. Covers what cholesterol is, factors that influence levels, the difference between 'good' & 'bad' cholesterol, healthy levels, and ways to improve cholesterol levels.

Size: 43.5" x 22.5" opened

Why Cholesterol Checks Can Save Your Life



SUBJECT: CHOLESTEROL CHECKS

Target: Youth and Adult

Description: With 3-D hand painted models of artery cross-sections and a damaged heart, patients and students can easily see the damage cardiovascular disease can do. An excellent tool for explaining how cholesterol can lead to heart attacks.

9" x 12"

Benefits of Healthy Eating



SUBJECT: NUTRITION

Target: Adults

Description: Interactive display, each benefit bar turns with information on each side. Shows all the different areas that are affected by our eating habits.

Size: 12" x 24"

Benefits of Healthy Eating



SUBJECT: NUTRITION

Target: Adults

Description: Interactive display, each benefit bar turns with information on each side. Shows all the different areas that are affected by our eating habits.

Size: 12" x 24"

Blubber Busters

Calories you can feel



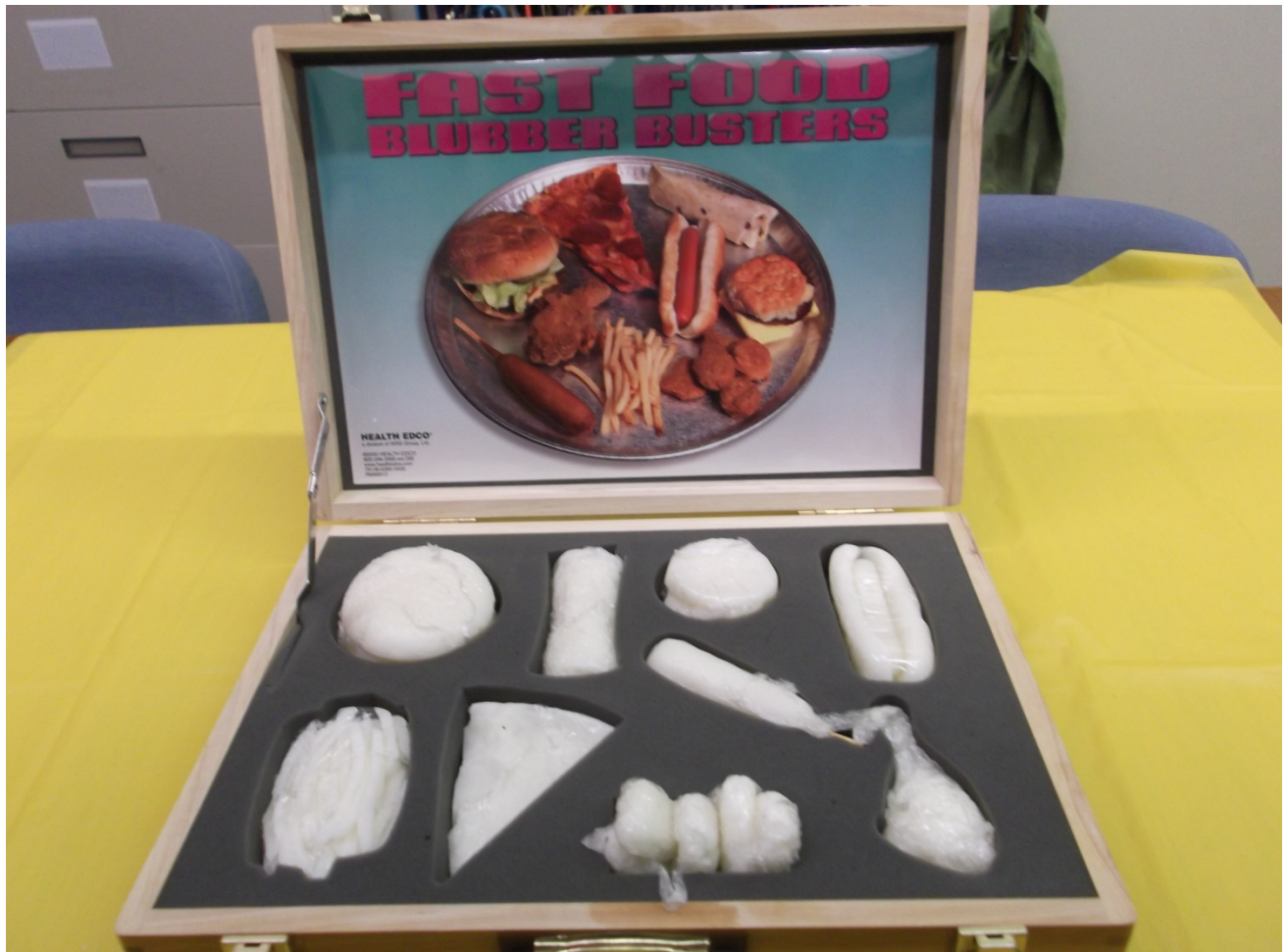
SUBJECT: NUTRITION

TARGET: EVERYONE

Description: Excessive calories consumed without thinking about the results.

Blubber Busters

Fast Food



SUBJECT: NUTRITION

TARGET: EVERYONE

Description: See the connection between fast food intake and excess body fat.

[illegible]

TARGET: EVERYONE

Description: Promote eating the most important meal of the day.

ADA – Let Us Help you Manage your Diabetes



SUBJECT: DIABETES

Target: Adults

Description: Poster board, with actual pamphlets available from ADA

Alaska Health Fair, Inc.
720 W 58th Ave, Unit J
Anchorage, AK 99518
907-278-0234
www.alaskahealthfair.org

2008

EAT WELL – BE WELL



SUBJECT: NUTRITION

Target: Youth & Adults

Description: This eye-catching folding display gives a visual feast of health food choices, easily recognizable foods that are common in our diets and health alternatives. It makes the view stop and think about what they are eating. Nice complimentary information to accompany the fat and sugar tube display or other exercise or weight items.

Size: 88" x 36" when open.

Balancing Act for Food & Fitness



SUBJECT: NUTRITION

TARGET: EVERYONE

Description: How the foods you eat must be counterbalanced with calorie-burning activities.

Fat Chance Fast Foods



SUBJECT: NUTRITION

Target: Adults

Description: Tempting food models and corresponding fat-filled test tubes provide a graphic representation of the saturated and unsaturated fat content of common fast foods.

Size:

2010

Fat Tubes



SUBJECT: NUTRITION

Target: Youth and Adults

Description: These dramatic visual aids demonstrate how much fat people are consuming in their daily lives. By seeing and holding each test tube, you can easily compare the amount of fat in various beverages and foods.

Fiber Facts Test Tubes



SUBJECT: NUTRITION

Target: Children, Youth and Adults

Description: While many people know that fiber is an important part of a nutritious diet, they may not know which foods are good sources of fiber. These test tubes demonstrate the different fiber content of a variety of foods.

Foods Choices Game



SUBJECT: NUTRITION

Target: Adults

Description: Multiple choice questions that test your knowledge of nutrition. Information can be used as is, or used to create different games, quizzes, tests, etc. for nutrition learning.

Size:

Food Plate Chart



SUBJECT: NUTRITION

TARGET: EVERYONE

Description: Components of a healthy plate.

Size: 24" x 48"

Food Pyramid Bingo



SUBJECT: NUTRITION

Target: Ages 8 and up.

Description: A low-fat, high-fun nutrition game for up to 2-30 players.

Size:

2010

Forget Me Not



SUBJECT: NUTRITION

Target: Women

Description: Four panel display board stating the importance for women of all ages to take Folic Acid.

Fruit & Veggie Bean Bags



SUBJECT: NUTRITION

Target: Children, Youth and Adults

Description: These pint-size friends are ripe for fun and learning. Soft, velour-like plush filled with just a hint of beans. Each is approximately 5" high.

Fruit & Veggie Bingo



SUBJECT: NUTRITION

Target: Ages 8 and up.

Description: Test your knowledge of the rainbow of fruits and vegetables.

Size:

2010

Health Choices Poster



SUBJECT: NUTRITION

Target: Adults & Children

Description: A colorful, visual example of alternative, health food choices for day-to-day eating.

Size: 36" x 24"

Healthy Choices



SUBJECT: NUTRITION

Target: Youth and Adults

Description: An interactive table top display with four panels which identifies ways to eat healthy. Healthy Choices lists health problems associated with eating too much fat and health benefits of eating a less fatty diet.

Healthy Food Toss with Clown



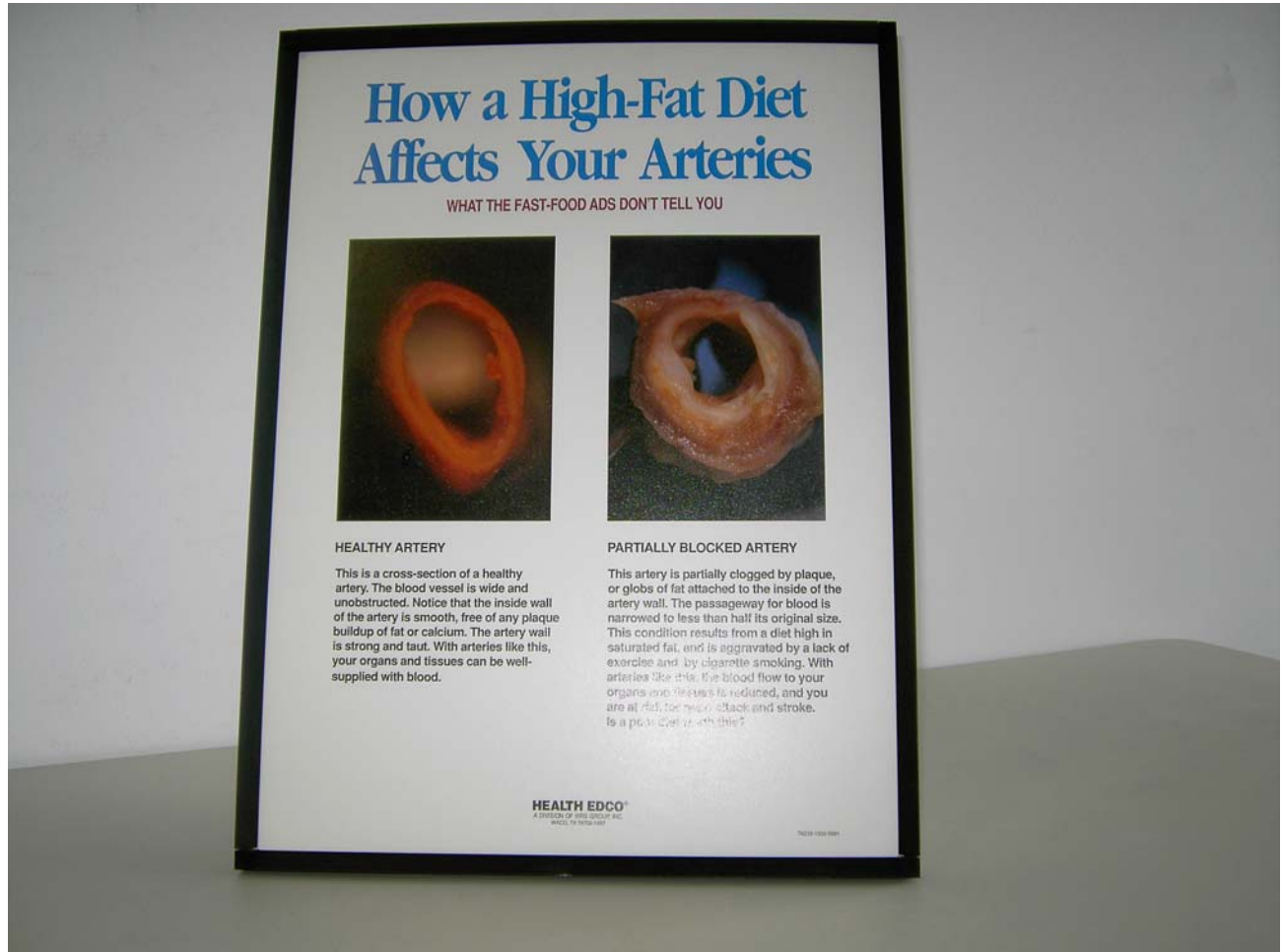
SUBJECT: NUTRITION

TARGET: Children & Youth

Description: "Feed" your clown a healthy meal when paired with the Fruit & Veggie bean bags.

Size: 24" x 48"

How a high fat diet affects your arteries



SUBJECT: HEART HEALTH & NUTRITION

Target: Youth and Adults

Description: Graphically depicting the difference between healthy arteries and those clogged with fat, this chart gives viewers a clear idea of what a high-fat diet can do to the arteries and to the heart.

18" x 24"

Take Control of your Cholesterol Count



SUBJECT: NUTRITION, HEART HEALTH

Target: Adults

Description: Find out what appropriate cholesterol levels are and how you can reduce your risk factors.

Size: 18" x 24".

How do your Salads Stack up?

Tips on Toppings
Whether you stack your own or a salad bar is added from the menu, the type of toppings and an extra salad size by the side from eating healthy is eating unnecessary fat and calories.

How do your Salads stack up?

Adding toppings can add calories & fat.



945 Calories • 83g Fat
Includes 4 cups salad greens, 4 oz. Ranch dressing and the six toppings listed below.



145 Calories • 6g Fat
Includes 2 cups salad greens, 1 oz. Lite Ranch dressing and the six toppings listed below.

Stack your salad with loads of these toppings that are high in calories and fat:



Croutons
1 1/2 cups
30 calories • 2 1/2g fat



Sunflower Seeds
2 Tbsp. seeds
100 calories • 6g fat



Black Olives
1 medium can
25 calories • 2 1/2g fat



Bacon Bits
2 Tbsp. bits
50 calories • 2 1/2g fat




Cheddar Cheese
1/4 cup shredded
30 calories • 2g fat



Sliced Almonds
2 Tbsp. slices
100 calories • 6g fat


Stack up your salad with these toppings that are lower in calories and fat:



Tomatoes
1/2 cup medium slices
5 calories • 1g fat



Carrots
2 Tbsp. shredded slices
10 calories • 1g fat



Mandarin Oranges
1/4 cup slices
20 calories • 1g fat



Mushrooms
1/2 cup sliced slices
5 calories • 1g fat



Red Onion
1/4" slices
15 calories • 1g fat



Bell Pepper
2 rings
5 calories • 1g fat

The Dish on Dressings

per 2 ounce serving	Calories	Fat
Ranch	120	12g
Lite Ranch Dressing	20	0g
Blue Cheese	140	12g
Lite Blue Cheese	30	2g
Vinaigrette	80	0g
Lite Vinaigrette	10	0g
Bacon	120	12g
Lite Bacon	20	0g

To cut fat, dressing order your dressing on the side and try your food into 2 halves with 1/2 cup.

SUBJECT: NUTRITION

Target: Adults

Description: An eye opening look at salads and the fixings. Salads are great! But watch how toppings can add up with serving sizes, calorie and fat content.

Size: 24" x 36"

Periodic Table of Caffeine Beverages

PERIODIC TABLE OF CAFFEINE BEVERAGES

KEY TO CHART

1. 1st Row: SU, Cd, Mc, Ch, SG, B, AW, Cc0, P, PJ, DP, SO, SI, WJ, RC, AE, Cd, MY, MD, MDL, T, Ti, NJ, Cb, V, MDX, AF, J, F, E, M, A, TE, FT, JM, RS, SA, CI, Sf, BE, RB, SN, L, RSJ, O, CI, RI, RSZ, G, N, SC, Sd, Es.

SUBJECT: NUTRITION

Target: Adults & Children

Description: How much caffeine is in your favorite beverage? Set up like the Periodic Table, a format easily recognizable to children and adults.

Size: 24" x 26"

Periodic Table of Snack Food

PERIODIC TABLE OF SNACK FOOD

KEY TO CHART

B

160

Bagel
1 bagel, 1.5 oz
160 calories

Nutritional
Information

Food Number: _____
Food Name: _____
Food Size: _____
Calories Per Serving: _____

C 35  Candy Bar 1 candy bar, 1.5 oz 100 calories											AS 50  Applesauce 1/2 cup, 4 oz 50 calories	Cr 60  Cracker 1 cracker, 1 oz 60 calories	CF 60  Cheese Stick 1 stick, 1 oz 60 calories													
SQ 40  Squash 1/2 cup, 4 oz 40 calories	IP 45  Ice Pop 1 pop, 2 oz 45 calories											G 80  Gummy 1/2 cup, 4 oz 80 calories	GB 90  Graham Cracker 1 cracker, 1 oz 90 calories	Ch 90  Cheese 1/2 cup, 4 oz 90 calories	A 85  Apple 1 apple, 1.5 oz 85 calories											
E 85  Egg 1 egg, 1.5 oz 85 calories	BJ 90  Banana 1 banana, 1.5 oz 90 calories											P 130  Pudding 1/2 cup, 4 oz 130 calories	Ca 130  Candy 1/2 cup, 4 oz 130 calories	SN 130  Snack 1/2 cup, 4 oz 130 calories	PC 130  Potato Chip 1 chip, 1 oz 130 calories	B 160  Bagel 1 bagel, 1.5 oz 160 calories										
Pp 100  Popcorn 1/2 cup, 4 oz 100 calories	Pr 110  Pretzel 1/2 cup, 4 oz 110 calories	CS 110  Cheese Stick 1 stick, 1 oz 110 calories	RD 120  Rice 1/2 cup, 4 oz 120 calories	SD 130  Soda 1/2 cup, 4 oz 130 calories	IC 130  Ice Cream 1/2 cup, 4 oz 130 calories	TC 130  Taco 1/2 cup, 4 oz 130 calories	AJ 140  Apple Juice 1/2 cup, 4 oz 140 calories	TO 145  Tortilla 1/2 cup, 4 oz 145 calories	S 150  Sauce 1/2 cup, 4 oz 150 calories	P 150  Pudding 1/2 cup, 4 oz 150 calories	Ca 150  Candy 1/2 cup, 4 oz 150 calories	SN 150  Snack 1/2 cup, 4 oz 150 calories	PC 150  Potato Chip 1 chip, 1 oz 150 calories	B 160  Bagel 1 bagel, 1.5 oz 160 calories												
CM 160  Candy 1/2 cup, 4 oz 160 calories	SR 160  Squash 1/2 cup, 4 oz 160 calories	SC 160  Soda 1/2 cup, 4 oz 160 calories	CP 160  Cheese 1/2 cup, 4 oz 160 calories	Pe 165  Pretzel 1/2 cup, 4 oz 165 calories	Y 170  Yogurt 1/2 cup, 4 oz 170 calories	TM 170  Taco 1/2 cup, 4 oz 170 calories	CD 180  Candy 1/2 cup, 4 oz 180 calories	Dg 200  Donut 1 donut, 1 oz 200 calories	TP 210  Tortilla 1/2 cup, 4 oz 210 calories	CC 210  Candy 1/2 cup, 4 oz 210 calories	BP 210  Bread 1/2 cup, 4 oz 210 calories	CJ 230  Candy 1/2 cup, 4 oz 230 calories	HD 240  Hot Dog 1 hot dog, 1 oz 240 calories	CN 250  Candy 1/2 cup, 4 oz 250 calories												
BB 260  Bread 1/2 cup, 4 oz 260 calories	So 320  Soda 1/2 cup, 4 oz 320 calories	PB 330  Pretzel 1/2 cup, 4 oz 330 calories	Ap 380  Apple 1 apple, 1.5 oz 380 calories	Mu 430  Milk 1/2 cup, 4 oz 430 calories	CB 460  Candy 1/2 cup, 4 oz 460 calories	Sm 485  Soda 1/2 cup, 4 oz 485 calories	FF 500  Fruit 1/2 cup, 4 oz 500 calories	SS 520  Soda 1/2 cup, 4 oz 520 calories	OR 600  Orange 1/2 cup, 4 oz 600 calories	Pz 640  Pizza 1/2 cup, 4 oz 640 calories	Bl 740  Blondie 1/2 cup, 4 oz 740 calories															

SUBJECT: NUTRITION

Target: Children & Adults

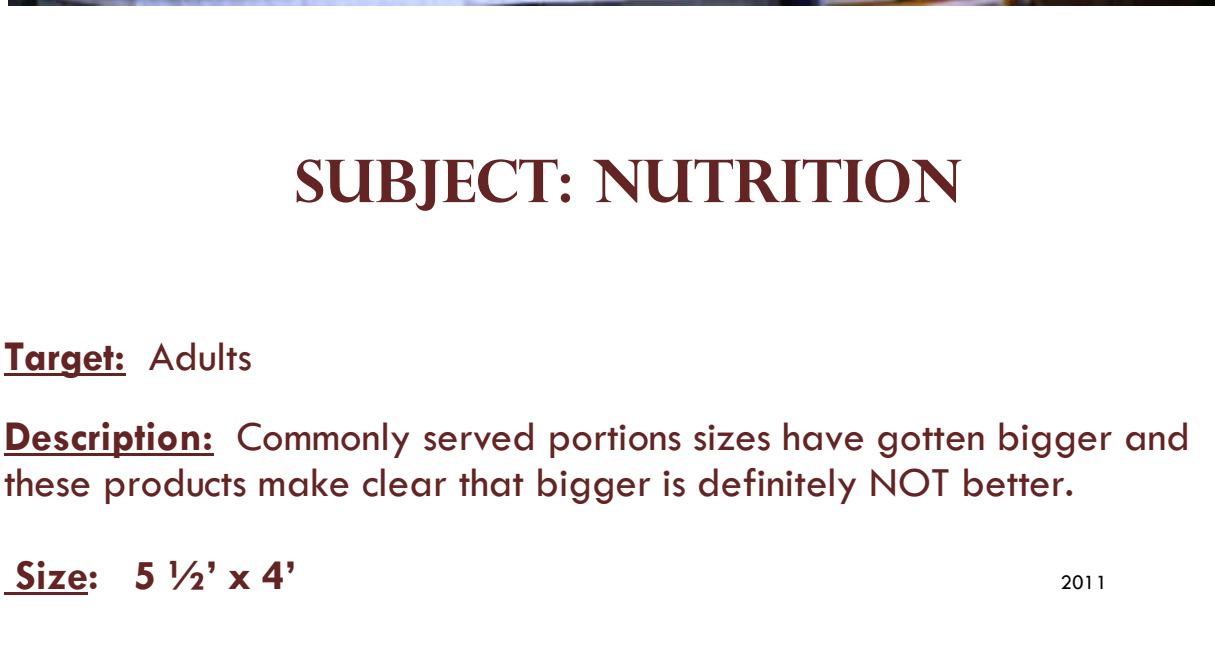
Description: How many calories are in your favorite snack foods? Set up like the Periodic Table, a format easily recognizable to children and adults.

Size: 18" x 24".

SUBJECT: NUTRITION

Description: Commonly served portions sizes have gotten bigger and these products make clear that bigger is definitely NOT better.

2011



Portion Doctor



SUBJECT: NUTRITION

Target: Youth and Adults

Description: The Portion Doctor Kit encourages healthy eating habits through proper portion sizes and balanced food groups. Includes three tableware pieces (10-inch plate, bowl, and glass) and plastic beverages and food for a realistic and educational presentation.

Sly Sugar



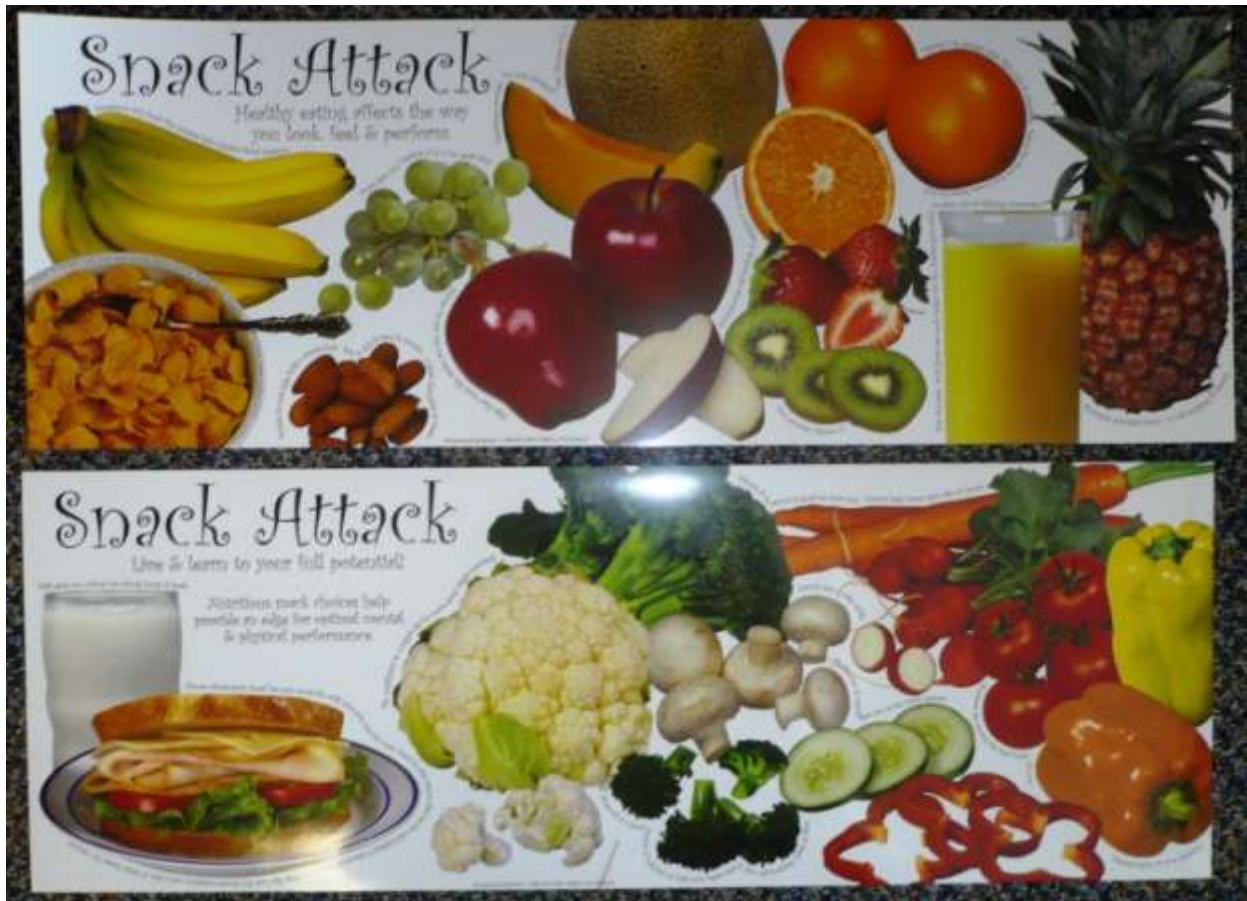
SUBJECT: NUTRITION

Target: All Ages

Description: An interactive table top display with four panels explaining the different names for sugar, how to identify sugar in food and the sugar content of some popular foods.

Size: 88" x 36" plus header

Snack Attack



SUBJECT: NUTRITION

Target: Adults

Description: An colorful, easy to identify poster with health snacks

Size: 24" x 36"

2011

Sodium Facts Test Tubes



SUBJECT: NUTRITION

Target: Youth and Adults

Description: This test tube set is an excellent way to demonstrate that even non-salty foods can be high in sodium. Accompanying materials discuss the health risks of a high-sodium diet.

Sugar Facts Test Tubes



SUBJECT: NUTRITION

Target: Youth and Adults

Description: Displaying sugar in actual grams, these test tubes show how much sugar is in certain foods. A great educational tool, this set will help people "visualize" sugar content.

Visualize Your Serving Size

Portion Sizes



SUBJECT: NUTRITION

TARGET: EVERYONE

Description: Portions are easier to control when matched up with recognizable everyday objects.

Vitamin/Mineral ID Guid



SUBJECT: NUTRITION

Target: Adult

Description: Shows 23 essential vitamins and minerals and the function each one performs in the body.

Size: 58" x 22"

2010

Nutrition Board



SUBJECT: NUTRITION

Target: Youth and Adults

Description: This display reviews different food categories and their effects on health. The categories covered are fat, water, carbohydrates, protein, vitamins, minerals, and phytochemicals.

58" x 22.5" opened

What you Should Know About NUTRITION



SUBJECT: NUTRITION

Target: Youth & Adults

Description: An excellent way to introduce the topic of nutrition, this folding display discusses MyPyramid and the health effects of the different types of fat. Also includes information on sugar, sodium, water, fiber, vitamins, and minerals, food labels, and exercise.

Size: 58" x 22.5" opened.