

Check eNasco.com/nutrition for additional nutrition programs.



Personalizing MyPlate: Easy Changes for Eating Habits

Gr. 6+ People have such different lifestyles and food preferences — is it possible for everyone to eat healthy? Featuring several young adults who

want to improve their eating habits, this program shows how real people can easily modify and find healthier alternatives for their meals and snacks. Learn how the principles of MyPlate help people who are busy, even non-cooks eat more fruits and vegetables, up their whole grains, vary their proteins, and limit fat, sugar, and sodium to create a healthier plate. 31 minutes. ©2012. Sh. wt. 0.25 lbs.

WA30105H DVD — \$109.00



Nutrient Basics

Gr. 5+ Nutrients are the substances in food that work to keep our bodies healthy. Eating a variety of foods will give your body the nutrients needed to maintain good health. This DVD explores the functions, benefits, and sources of the six types of nutrients, including fat, protein, minerals, carbohydrates, vitamins, and water. 20 minutes. ©2012.

Sh. wt. 0.31 lbs.

WA29811H DVD — \$49.95



Nutrition Through the Life Cycle

Gr. 9-12 Did you know in each stage of life our bodies need different amounts of the six essential nutrients? With this interactive DVD students will learn the stages of life and the importance of nutrition in each stage.

This presentation goes step by step through the nutritional needs of infants to childhood; middle childhood to adolescent; young adult to middle adult; and old age. 26 minutes. ©2007. Sh. wt. 0.25 lbs.

WA26814H DVD — \$99.00

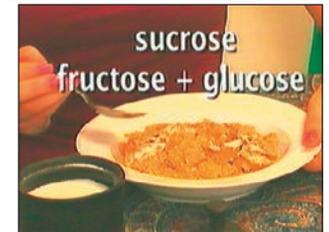
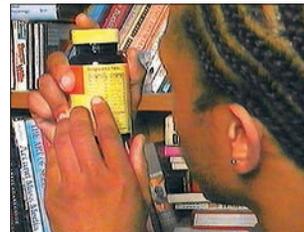
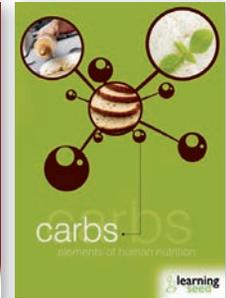
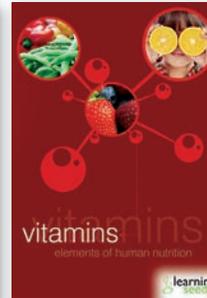
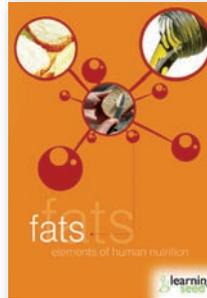
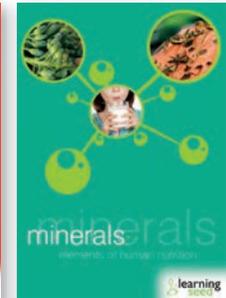
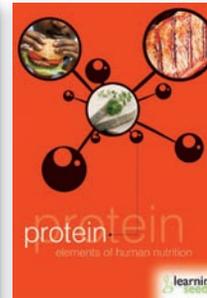
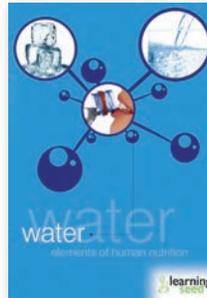


Food Additives

Gr. 8+ In the past few days, you've probably eaten several hundred chemicals during your snacks and meals. Some you may know all about, but there may be a lot you've never heard of and even a few you can't pronounce! Are all these

chemicals safe? Which are healthy, and which aren't? And is it true that they can be found in even the simplest foods? From the history behind preserving foods to new concepts in enriching foods, this program presents examples of the many additives that are used to flavor, color, and preserve so much of what we eat. *Food Additives* takes a simple, factual look at the everyday trade-offs we make when we choose our food. 24 minutes. ©2008. Sh. wt. 0.31 lbs.

WA26957H DVD — \$98.95



WA27456H

WA27457H

Elements of Human Nutrition

Gr. 5+ Teach what water, protein, minerals, fats, vitamins, and carbohydrates do for the body and their importance for good nutrition. Each DVD contains information about daily intake amounts, good sources for each element, and how to maintain a healthy and balanced diet. ©2009. Sh. wt. 0.31 lbs.

Water. Topics include water's impact on cell structure, joint lubrication, body temperature regulation, and vitamin dissolution; dehydration; water contamination; concerns surrounding water alternatives; health regulations; and more. 30 minutes.

WA27562H DVD — \$99.00

Protein. Topics include what protein is, foods that provide it, how our bodies use it, the difference between high-and low-quality proteins, the difference between vegetable and animal protein, what amino acids are, and more. 21 minutes.

WA27563H DVD — \$99.00

Minerals. Topics include the difference between vitamins and minerals, how minerals behave in our bodies, how minerals interact with each other in bodily functions, and more. 28 minutes.

WA27564H DVD — \$99.00

Fats. Topics include the difference between various kinds of fat; how fats relate to vitamins, hormones, energy, and our nervous system; the consequences of consuming certain foods; and more. 22 minutes.

WA27565H DVD — \$99.00

Vitamins. Topics include what vitamins are, how they keep us healthy, tips on the best ways to get all the vitamins you need, the latest research about the dangers of "overdosing" on vitamins, and understanding the signs of a vitamin shortage in your body. Also covers whether vitamins can stop cancer, slow aging, or boost energy and learn if you should take vitamins to counter stress, illness, or that "run down" feeling. 25 minutes.

WA27456H DVD — \$99.00

Carbs. Topics include what carbohydrates are, why we need them, how our bodies use carbs, how many we should eat each day, which foods are healthier choices, why people who go on carb-reducing diets lose weight, and why carbs are a more efficient fuel than protein. Also covers the role of glucose, fructose, sucrose, lactose, and other sugars in the diet; plus important facts about blood sugar, insulin, diabetes, and the glycemic index. 21 minutes.

WA27457H DVD — \$99.00

NASCO WORKS HARD TO HOLD PRICES

We absorb price increases from manufacturers whenever possible, however, we must reserve the right to adjust prices. See page 318 for price change policy.