

## Introduction

Original material supplied by LaDene Larsen, RN, BSN - Director, Bureau of Health Promotion, Utah Department of Health

## Menu Planning

Original material supplied by Rachel Cox, RD; Maria Givler, RD; Kelly Miller, RD, CDE, Utah Department of Health, and Jennifer Thornock MPH, RD, CD, CDE, Intermountain Health Care.

## Healthy Substitutions

Original material supplied by Sarah Tronrud, MS, RD, CD, Utah Department of Health  
[www.mayoclinic.com/invoke.cfm?objectid=C301BB78-4C79-4CE7-812797F2B14D1416](http://www.mayoclinic.com/invoke.cfm?objectid=C301BB78-4C79-4CE7-812797F2B14D1416)  
[www.calorieking.com](http://www.calorieking.com)

## Healthy Snacks

Original material supplied by Kelly Miller, RD, CDE, Utah Department of Health.  
[www.mosescone.com/bodypat.cfm?id=594](http://www.mosescone.com/bodypat.cfm?id=594)  
<http://my.webmd.com/content/article/58/66578.htm>  
[www.ci.tucson.az.us](http://www.ci.tucson.az.us)  
[www.sparkpeople.com](http://www.sparkpeople.com)

## Stocking Your Cupboards

Original material supplied by Marie Nagata, Check Your Health Program Manager, Utah Department of Health

## Mealtime Fun

Original material supplied by Jane Sims, Check Your Health Project Coordinator, Utah Department of Health and KUTV2, and Lowe Rudd.  
[www.mealtime.org](http://www.mealtime.org)  
<http://my.webmd.com/content/article/91/101350.htm>  
[www.eatright.org/Public/NutritionInformation/92\\_nfs0900.cfm](http://www.eatright.org/Public/NutritionInformation/92_nfs0900.cfm)  
[http://kidshealth.org/parent/nutrition\\_fit/nutrition/habits.html](http://kidshealth.org/parent/nutrition_fit/nutrition/habits.html)

## Citations

### Entertaining the Healthy Way

Original material supplied by Janet L. Heins, RD, MPH and Maria Givler, RD, CD, Utah Department of Health

Table Manners That Matter, by Margie P. Memmott, Utah State University Extension.

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### Herbs & Spices

Original material supplied by Intermountain Health Care, Jennifer Thornock MPH, RD, CD, CDE.

### Pots, Pans & Utensils

Original material supplied by Check Your Health Project Coordinator Jane Sims, Utah Department of Health and KUTV2.

[www.azcentral.com/home/food/cooking101/lesson3.html](http://www.azcentral.com/home/food/cooking101/lesson3.html)

[www.extension.umn.edu/info-u/nutrition/BJ778.html](http://www.extension.umn.edu/info-u/nutrition/BJ778.html)

[busycooks.about.com/library/lessons/blkitchendrawer.htm](http://busycooks.about.com/library/lessons/blkitchendrawer.htm)

### Cooking Methods

Original material supplied by consultant Janet L. Heins, RD, MPH; Utah Department of Health.

[www.mayoclinic.com/invoke.cfm?id=NU00201](http://www.mayoclinic.com/invoke.cfm?id=NU00201)

Encyclopedia of Foods, A Guide to Healthy Nutrition, Mayo Clinic, Dole Food Company, Academic Press, San Diego, California 2002.

Where's Mom Now that I Need Her? Frandsen, Betty Rae; Frandsen, Kathryn J. and Frandsen, Kent P. Aspen West Publishing Company, 1985.

[www.perfectentertaining.com](http://www.perfectentertaining.com)



[www.checkyourhealth.org](http://www.checkyourhealth.org)