

Nutrition Pocket Sliders

Cholesterol

Helps Patients Keep track of the important factors that influence cholesterol levels

Filled with valuable information and tips on eating right, foods to avoid, good and bad cholesterol and significant risk factors.

Available in English & Spanish

- Help Answer some of those FAQ's
- Educate and Inform Patients
- Promote Health & Well-Being

Calculating Carbs

Track the carbohydrate, fat and calorie levels of dozens of foods.

Categories include vegetables, fruit, meats & poultry, breads & grains, eggs & dairy and more.

Available in English & Spanish

Weight Management

Managing your weight means so much more than just dieting.

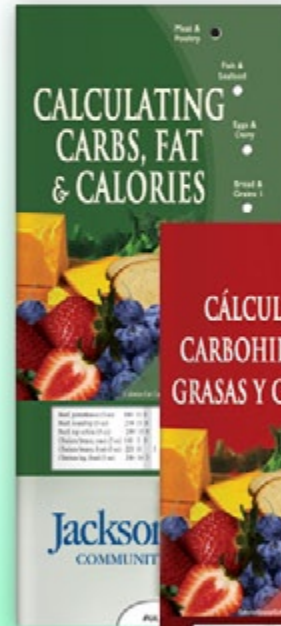
Tips on eating smart, exercising, cooking tips, foods to enjoy and foods to avoid, as well as information on your Body Mass Index.

Available in English & Spanish

Pricing for all Styles

	300	500	1000	2500	5000
1 Color imprint	.64	.60	.53	.48	.43
2 Color imprint	.79	.75	.67	.62	.54

Set-up charge: \$35.00 (1color imprint) \$70.00 (2 color imprint)



Fast Foods

Fast food can be good food. Make the right choice when dining on the run. Know the carbs, calories and fat levels of your favorite menu items from 15 different fast food restaurants.

Featured restaurants include McDonald's, Burger King, Taco Bell, Dunkin' Donuts, KFC, Little Ceasars and more.

Available in English & Spanish

