

■ Center for Nutrition Policy and Promotion

The mission of the Center for Nutrition Policy and Promotion is to improve the nutritional status of Americans by serving as USDA's focal point for linking scientific research to the consumer.

The center was established in December 1994 at the direction of the Secretary of Agriculture. It is an independent resource in USDA working cooperatively with other departments and agencies to assist in providing strategic planning and coordination for nutrition policy and promotion. Through CNPP's nutrition promotion initiatives, nutrition research is translated into information and materials for health professionals, corporations, and consumers to increase public knowledge and understanding of the importance of good nutrition.

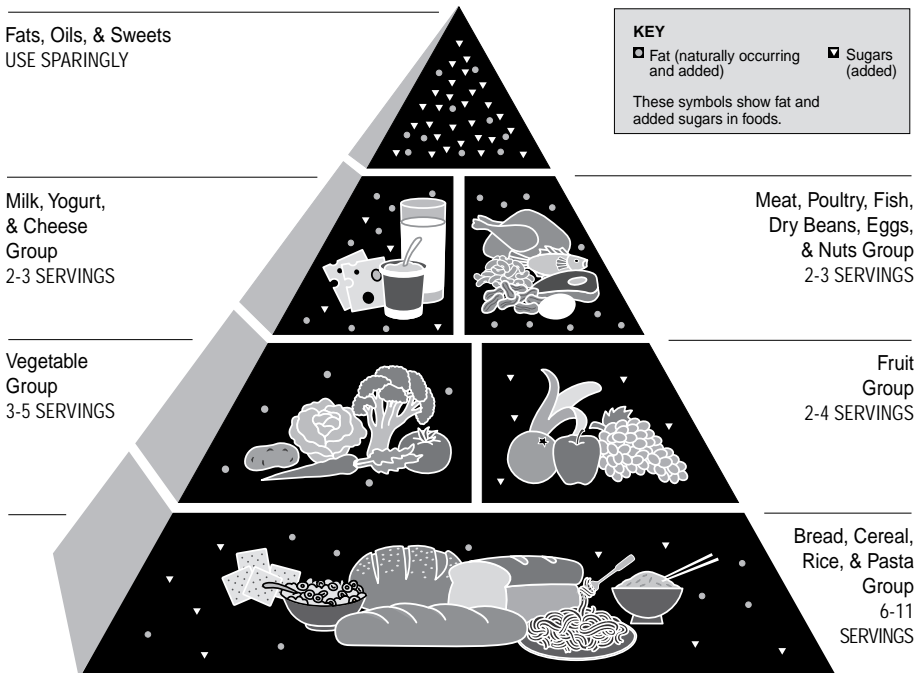
The Center, which receives administrative support from the Food and Consumer Service, was funded at \$2.53 million for FY 1996.

Publications

CNPP produces several consumer and technical publications, including the following:

- **Family Economics and Nutrition Review.** The Center continues a long tradition of publishing the *Family Economics and Nutrition Review* (formerly the *Family Economics Review*). The quarterly journal, now in its 53rd year of publication, has expanded its scope to include nutrition-related issues and has added an editorial board of distinguished scientists. Each journal is typically in excess of 70 pages. The annual subscription rate is \$8.00.
- **Dietary Guidelines for Americans (HG-232) and The Food Guide Pyramid (HG-252).** The *1995 Dietary Guidelines for Americans* (HG-232) and *The Food Guide Pyramid* (HG-252) may be ordered in bulk from the Government Printing Office and in single copies from the Consumer Information Center in Pueblo, Colorado. The Guidelines and Pyramid are in the public domain, so they are not restricted by copyright provisions, and they may be downloaded from the CNPP Home Page. Contact the Center for guidance on using the Pyramid graphic.
- **The Healthy Eating Index.** *The Healthy Eating Index*, a measure of how Americans are eating in relation to the Dietary Guidelines, is available in single copies from the Center and is also available on the CNPP Home Page.

The Food Guide Pyramid



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

- Expenditures on Children by Families and The Cost of Food at Home.**
 The 1995 *Expenditures on Children by Families* and *The Cost of Food at Home Estimated for Food Plans at Four Cost Levels* are currently available in print from CNPP and electronically from the CNPP Home Page. *The Cost of Food at Home* is updated monthly.

A number of CNPP publications are available electronically via the Internet on the CNPP Home Page at: <http://www.usda.gov/fcs/cnpp.htm> For ordering information contact the center at 1120 20th Street, NW, Suite 200 North Lobby, Washington, DC 20036-3475. Telephone (202) 418-2312, Fax (202) 208-2321.

Nutrition and Your Health:

Dietary Guidelines for Americans

Balance
the food you eat with
physical activity-
maintain or improve your
weight

Choose
a diet
with plenty of
grain products,
vegetables,
and fruits

Choose a
diet low
in fat,
saturated fat,
and cholesterol

Eat a
variety of
foods

Choose a
diet moderate
in salt and
sodium

Choose a
diet moderate
in sugars

If you drink
alcoholic beverages,
do so in
moderation

U.S. Department of Agriculture
U.S. Department of Health and Human Services