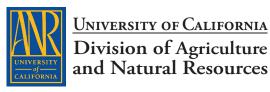
University of California Cooperative Extension

AsisTel

Helps you develop healthful eating and exercise habits



UC Cooperative Extension by telephone 1-800-514-4494



Free advice from the state's top nutrition experts

Overweight and obesity are serious problems effecting the health and well-being of children, adolescents and adults.

The University of California Cooperative Extension has created <u>AsisTel</u> to provide practical ideas to families who wish to develop healthful eating and exercise habits. When you call <u>AsisTel</u>, you won't hear about fad diets or special products to buy. You'll just get good sense solutions to weight problems.

Because it comes from the University of California, <u>AsisTel</u> provides information that can be trusted and easily put into practice.

Call free anytime 1-800-514-4494 and select the message you wish to hear.

Preventing overweight and obesity:

No. 90- Is my child overweight?

No. 91- Fad diets and weight loss products

No. 92- Is gastric-bypass surgery the answer?

No. 93- Why are the poor more likely to be overweight?

No. 94- Why families should live actively

No. 95- Fun ways for families to increase physical activity

No. 96- Switching to 1% milk

No. 97- Understanding portion sizes

No. 98- Daily activities to lose weight

No. 99- Introducing new foods to children

No. 100- Reducing mealtime tension

No. 101- Advertising to kids

No. 102- Healthy snacking strategies for children

No. 103- More snacking ideas for kids

No. 104- Packing healthful lunches

No. 105- Stocking the pantry

No. 106- Senior citizens and obesity

No. 107- Physical activity for older adults

No. 108- Psychological issues associated with obesity

No. 109- What communities can do

UC's AsisTel

Your link to a better life!

Asis Tel brings you advice from the state's premiere nutrition scientists as close as your phone.

Call toll-free anytime for quick ideas on such topics as...

Healthful snacking

• Easy ways to excercise

• Avoiding dinnertime battles with children.

Appropriate portion sizes

... and much more.

1-800-514-4494 asistel@ucr.edu

Asis Tel messages on healthful eating and nutrition are also available in Spanish.

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