

AsisTel

Helps you develop healthful
eating and exercise habits



*UC Cooperative Extension
by telephone*

1-800-514-4494



UNIVERSITY OF CALIFORNIA
Division of Agriculture
and Natural Resources

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 AsisTel to provide practical ideas to families who wish to develop healthful eating and exercise habits. When you call AsisTel, 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, AsisTel 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!

AsisTel 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 exercise
 - Avoiding dinnertime battles with children.
 - Appropriate portion sizes
- ... and much more.



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

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

UNIVERSITY OF CALIFORNIA
News & Information Outreach
www.ucanr.org