

National Action Plan Cafeteria, Restaurant & Other Food Establishment Resources

Put the following resources to work with your efforts to increase fruit and vegetable consumption.
Copy and paste the URLs into your browser for your convenience.

1. California Department of Health Services, *5 a Day–Be Active! Worksite Program's Healthy Dining Menu Guidelines*.
http://www.dhs.ca.gov/ps/cdic/cpns/worksite/ws_resources.htm#FitKit
2. Center for Science in the Public Interest. *Anyone's Guess: the Need for Nutrition Labeling at Fast-Food and Other Chain Restaurants*, <http://www.cspinet.org/restaurantreport.pdf>
3. The Keystone Center's *The Keystone Forum on Away-From-Home Foods: Opportunities for Preventing Weight Gain and Obesity*,
http://www.keystone.org/spp/documents/Forum_Report_FINAL_5-30-06.pdf.
4. Healthy Dining, <http://www.healthy-dining.com>
5. National Alliance for Nutrition and Activity (NANA): *Wallet to Waistline: The Hidden Cost of Super Sizing*, <http://www.cspinet.org/w2w.pdf>
6. North Carolina Department of Health and Human Services, North Carolina Division of Public Health, *North Carolina's Winners Circle Healthy Dining Program*,
<http://www.ncwinnerscircle.com>
7. Produce for Better Health Foundation in collaboration with the Culinary Institute of America's Produce First! American Menus Initiative, 2006, publication highlights the January 2006 event at: <http://www.pbhfoundation.org/foodservice/commercial/events/>
8. Produce Marketing Association: *Consumer Research Online Subscription -- Reports categorized by topic and include a brief summary, top line data, and data tables. Every month a new consumer study is added*, www.pma.com
9. Produce Marketing Association fact sheets on Hispanics/Asians, consumption, promotions calendar, availability charts, sales, etc. all at www.pma.com/factsheets