



Why Policy:

Why nutrition policy is important

Policy Options:

Policies and programs to promote nutrition and activity

Get Involved:

What you can do

Find Out More:

Why it's hard to eat well and be active in America today

The National Alliance for Nutrition and Activity

NANA Policy Priorities

Learn more about how to eat well

Recent Reports:

ANYONE'S GUESS: The Need for Nutrition Labeling at Fast-Food and Other Chain Restaurants

WALLET TO WAISTLINE: The Hidden Costs of Super Sizing

PESTERING PARENTS: How Food Companies Market Obesity to Children

GUIDELINES FOR RESPONSIBLE FOOD MARKETING TO CHILDREN 2005

DISPENSING JUNK: How School Vending Undermines Efforts to Feed Children Well

TAKE A MINUTE to promote America's health...

 send a **MESSAGE** to Congress!

Public policy can make it easier to eat well, be physically active, and maintain a healthy weight

POLICY OPTIONS to promote nutrition and activity

Nutrition Labeling on Menus/Menu Boards at Chain Restaurants

Decrease Marketing of Low-Nutrition Foods to Children

Improve School Foods

Increase Physical Activity in Schools

Support Physical Activity through Transportation Policy

Promote Fruit and Vegetable Intake

Increase Resources for Nutrition and Physical Activity

Programs (including Soft Drink Taxes)

Eliminate Trans fats

Decrease Salt



Eating well and being physically active takes more than just willpower. We need programs and policies that make healthy food more available, that disclose the calorie content of restaurant foods, and that teach people how to make healthy eating easier. There are existing nutrition policies and programs, like Nutrition Facts labels on packaged foods, nutrition standards for school lunches, and regulation of food additives. But more needs to be done to help people who want to eat well and prevent diet-related disease.

Dr. Margo Wootan, Director of Nutrition Policy