



News Release



NUMBER:
FOR RELEASE:
<http://www.dhcs.ca.gov>

08-02
IMMEDIATE

DATE: May 9, 2008
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STATE RELEASES 2008 CALIFORNIA FOOD GUIDE TO PROMOTE HEALTHY EATING AND PHYSICAL ACTIVITY

SACRAMENTO – The California Department of Health Care Services (DHCS) today announced the release of the 2008 California Food Guide (CFG), an enhanced nutrition resource specifically targeted to promote healthy eating habits and physical activity for Californians.

DHCS Director Sandra Shewry called the online guide an improved and important tool to help address the serious health and nutritional issues facing Californians today. Targeted for nutrition experts, the “California Food Guide: Fulfilling the Dietary Guidelines for Americans,” has been enhanced with information designed specifically for California’s diverse populations.

“Information and education are among the most effective tools in the fight against the ongoing obesity crisis and other nutrition-related illnesses,” said Shewry. “This targeted, adaptable guide for medical and nutrition professionals provides critical information to help Californians learn how to stay healthy.”

The guide, compiled primarily by DHCS and the California Department of Public Health (CDPH), examines the unique needs of age groups, racial and ethnic groups and low-income populations. It details nutrition needs for pregnant and breastfeeding women and gives an insightful look at how nutrition impacts obesity, diabetes and heart disease. There is also information on vegetarian diets, environmental contaminants in foods, food insecurity and other current topics.

“It is crucial that Californians eat more fruits and vegetables and increase their physical activity to prevent diabetes and other chronic diseases that threaten our quality of life,” said CDPH Director Dr. Mark Horton. “This guide is another tool to encourage Californians to make healthier choices and reverse the epidemic of obesity that threatens the public health of this state as well as the nation.”

The guide replaces the 1990 version of the California Daily Food Guide. It is designed for physicians, nurses, nutritionists, academic institutions, registered dietitians, health educators and others. As an online product, individual or institutional users will be able to print and distribute copies as needed. The guide is available online at <http://www.cafoodguide.ca.gov>.

DHCS’ mission is to preserve and improve the health status of all Californians. The department works closely with health care professionals, county governments and health plans to provide a health care safety net for California’s low-income population and persons with disabilities.

CDPH is dedicated to optimizing the health and well-being of all Californians. The department works closely with local health departments, community-based organizations and other partners at the local, state, national and international level to promote healthy lifestyles and communities, protect the public from unhealthy and unsafe environments, prevent disease, disability and premature death and reduce or eliminate health disparities.

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