

## Healthier People KOPY KIT®

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### Health in General

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[The Low-Fat Solution](#)

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[Twenty Things You Can Do to Reduce Dietary Fat](#)

[USDA Food Pyramid](#)

[The New Comfort Foods](#)

[Protein Primer](#)

[Some Known and Little-Known Facts About Calcium](#)

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### Exercise and Fitness

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## **Alcohol, Drugs and Tobacco**

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[The Violent Trail of Alcohol](#)

[Intervention—Another Way to Say “I Love You”](#)

[Media Images of Alcohol](#)

[Is Alcohol Your Children’s Drug of Choice?](#)

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[Steroids: Who Wins, Who Loses?](#)

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[The Addictive Power of Nicotine](#)

[Smokers are Well-Connected \(Poster\)](#)

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## **Personal Safety**

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[Safety Seats Show You Care About Your Children](#)

[Wear Your Helmet, Save Your Life](#)

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