

CIRCULAR LETTER NO. 592

August 9, 2005

TO: Printing and Publishing Officials of the Federal Government

SUBJECT: Rider Requisitions for *A Healthier You: Based on the Dietary Guidelines for Americans*

Please forward this notice to colleagues at your Agency or Department who work in the areas of nutrition, health, and physical activity.

This Circular Letter is to announce the opportunity to submit rider orders for *A Healthier You: Based on the Dietary Guidelines for Americans*. This book will be printed in color and is expected to be available in November 2005 (see the enclosure to this letter for more information).

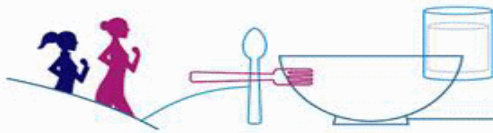
To ride the print run for *A Healthier You: Based on the Dietary Guidelines for Americans*, you must forward your requisitions (SF-1s) to GPO no later than **September 7, 2005**. Be sure to include **Jacket #317-117 and Requisition #5-01120** on your requisition. The estimated cost per copy is \$3.50. (Note that rider rates apply to single destination, local delivery. Mailing charges, if incurred, will be added to your account.) Agency field or regional offices should coordinate their requirements with their Washington, D.C. area headquarters' printing officers before submitting any paperwork.

Please forward all rider requisitions to Agency Publishing Services, Requisition Section, Stop CSA, U.S. Government Printing Office, Washington, DC 20401. If you have any questions, please contact your GPO Agency Publishing Specialist or call Team 2 - Agency Publishing Services on 202-512-0319.

Sincerely,

JIM BRADLEY
Managing Director, Customer Services

Enclosure



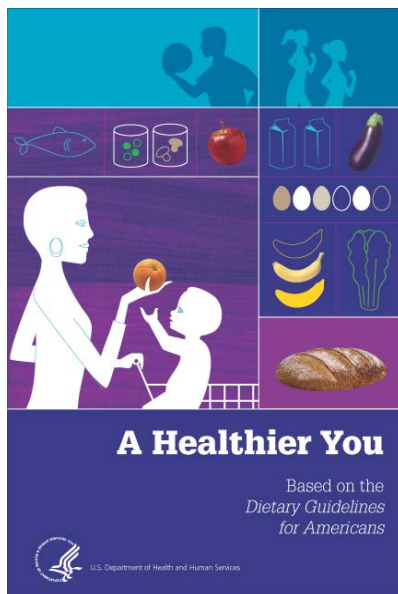
DIETARY GUIDELINES FOR AMERICANS 2005
www.healthierus.gov/dietaryguidelines

NEW BOOK ON EVERY DAY HEALTHY EATING AND PHYSICAL ACTIVITY FOR LIFE

A HEALTHIER YOU

Based on the *Dietary Guidelines for Americans*

Published by: U.S. Department of Health & Human Services



NEW RELEASE: NOVEMBER 2005

The food and physical activity choices you make every day affect your health – how you feel today, tomorrow, and in the future. **A Healthier You** is grounded in the comprehensive science-based advice of the official *Dietary Guidelines for Americans, 2005*.

A Healthier You brings together nutrition information from the Federal Government that may reduce your risk of getting such chronic diseases as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life.

This easy-to-use guide will help you make wise food and physical activity choices to manage your weight with:

- ✓ Two healthy eating plans: The DASH* Eating Plan and new Food Pyramid (MyPyramid.gov)
- ✓ A how-to use the Nutrition Food label to make product choices
- ✓ Tips for eating out and when you are on the go
- ✓ An assortment of recipes and guidelines on how to prepare, handle, and store food, and
- ✓ Steps for incorporating physical activity into your life

Plus, **A Healthier You** includes the complete *Dietary Guidelines for Americans* with its 41 key recommendations.

Book Specs: Soft cover, trade book size (6" x 9"); Approximately 275 pages with four color illustrations and tables; GPO Stock Number 017-001-00555-0; \$12.95 List Price

*Dietary Approaches to Stop Hypertension

TO ORDER:

Call: 1-866-512-1800 (Toll Free) - 202-512-1800 (DC Area)

Email: ContactCenter@gpo.gov

Visit our website at <http://bookstore.gpo.gov>