

Center for Nutrition Policy and Promotion

Improving the nutrition and well-being of Americans

<http://www.cnpp.usda.gov/>

The USDA Center for Nutrition Policy and Promotion (CNPP) works to improve the health and well-being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. CNPP is an agency of USDA's [Food, Nutrition, and Consumer Services](#).

Spotlights



[MyPyramid](#)

The original Food Guide Pyramid is replaced by MyPyramid. Also available in [Spanish](#). Read about the [development of MyPyramid](#) from the *Journal of Nutrition Education and Behavior*.



[Dietary Guidelines for Americans](#)

The basic guidelines for eating a healthy diet and being physically active.



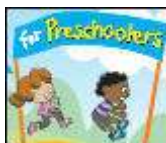
[MyPyramid Menu Planner](#)

This tool helps you to determine your personal MyPyramid goals. Then you can start planning menus by searching for foods and beverages you plan to eat and drink.



[Expenditures on Children by Families, 2008](#)

This report presents the most recent estimates for the cost of raising children.



[MyPyramid for Preschoolers](#)

MyPyramid for Preschoolers is for children 2 to 5 years of age. Get your child's personalized MyPyramid Plan today!



[MyPyramid Tracker](#)

This Interactive tool provides valuable feedback on the user's dietary intake and physical activity levels.



[MyPyramid for Pregnancy and Breastfeeding](#)

This section of MyPyramid.gov is designed for pregnant and breastfeeding women to help them and their babies stay healthy.



[MyPyramid for Kids](#)

Eat Right. Exercise. Have Fun.

Play the [MyPyramid Blast Off Game](#).



[The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2007 Administrative Report](#) _____ These [food plans](#) represent a nutritious diet at three different cost levels.

TUFTS University –

http://nutrition.tufts.edu/Nutrition-Page-nh_index.html

“Nutrition is not a discipline, it is an agenda.”

— *The late Jean Mayer, former president of Tufts University and founder of Tufts' School of Nutrition, now the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy.*

This statement is the backbone of the [Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy](#). Established in 1981, it is the only graduate and professional school of nutrition in North America. Its mission is to improve the nutritional well-being of people worldwide through:

- the creation of new knowledge
- the application and dissemination of evidence-based information and
- the education and training of future leaders in the field

This mission is fulfilled by bringing together experts from the areas of clinical nutrition, social and public policy, and biomedicine. Faculty at the school include anthropologists, biomedical scientists, economists, epidemiologists, nutritionists, physicians, political scientists and psychologists who focus on a myriad of issues with the common thread of nutrition and its role in fostering the growth and development of human populations.

From its first class of 17, the school has matured into a current student body of 213, with both students and [alumni](#) representing 34 countries. [Programs of study](#) draw upon the strength of Tufts University's interdisciplinary approach which involves Tufts' seven other schools, the [Jean Mayer USDA Human Nutrition Research Center on Aging](#) and the [Frances Stern Nutrition Center](#). There are also several one-of-a-kind master's degree programs in the Friedman School that take advantage of this cross collaboration.

This interdisciplinary approach extends to the school's home base, the Jaharis Family Center for Biomedical and Nutrition Sciences, where much of the faculty, staff and students reside. In addition, we are also studying and working in other parts, not just across campus, but across the world.

The school's rigorous curriculum, research, applied programs and internships provide its students with the opportunity to make significant contributions to the nutrition and health of all populations. In other words, graduates of the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy truly make a difference in the world.

Food Policy & Applied Nutrition



In the United States and globally, key research and policy issues connect to nutrition.

- Will the generation of children born today suffer shortened lives due to diet-related chronic diseases?
- Can early investments in better childhood nutrition promote economic development in low-income countries?
- What are the appropriate roles of local production, international food aid, and international food trade, in reducing hunger and malnutrition around the world?
- Do high cost and limited availability of healthy food options, including fresh fruits and vegetables, make it difficult for low-income families to afford healthy food choices?
- How can one assess the cost-effectiveness of a humanitarian assistance intervention in a crisis setting, when traditional data collection tools are infeasible?
- Which of the many proposed reforms to the current U.S and international food systems are environmentally wise, economically sound, and politically feasible?

The Food Policy & Applied Nutrition (FPAN) Program offers a multidisciplinary curriculum in nutrition science, statistics, economics, and food policy. Graduates from the M.S., Ph.D., and several dual-degree programs possess the skills and knowledge to make an impact on food and nutrition programs and policies in the United States and around the world. Three specializations — Food Policy and Economics, Nutrition Interventions, and Humanitarian Assistance — provide advanced theoretical and applied preparation for positions in government, research institutions, international agencies, the nonprofit sector, and the food and agricultural industries.

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Faculty

- [Beatrice L. Rogers](#), Ph.D.
Program Director
Food Policy and Economics
- [Steven A. Block](#), Ph.D.
Food and Agricultural Policy, International Development
- Annalies Borrel
Nutrition in Complex Emergencies, Emergency Food Security
- [Jennifer Coates](#), Ph.D.
Food security measurement, monitoring and evaluation, food and nutrition policy, nutrition and HIV/AIDS.
- [Christina Economos](#), Ph.D.
Interaction between diet, exercise, body composition, throughout childhood; communication strategies; public health policies dealing with nutrition, health, disease and human performance
- [Gary Gleason](#), Ph.D.
International - Institutional Nutrition Research Management and Communication Capacity Building; National Food Security and Nutrition Policy Analysis and Improvement; Iron Deficiency Prevention and Control Strategies
Domestic - How to Eat; Nutrition Information Menu Extension System (NIMES); Physical Activity -- Calorie Intake Balance
- [John Hammock](#), Ph.D.
Complex Emergencies, PVO's, Ethics
- [Robert F. Houser Jr.](#), Ph.D.
Health Assessment and Public Nutrition; Data Analysis
- [Karen Jacobsen](#), Ph.D.
Refugee and migration issues; security and livelihood issues in refugee hosting areas, microfinance in conflict areas; asylum countries; Africa; developing countries.
- [Eileen T. Kennedy](#), D.Sc.
Measurement of food insecurity and hunger; relationship of food insecurity to obesity and other chronic disease.
- [Daniel Maxwell](#), Ph.D.
Food security, livelihoods, complex emergencies, humanitarian agencies and interventions
- [Miriam E. Nelson](#), Ph.D.
Women's health, community exercise and nutrition programming, chronic disease prevention communication strategies for health education.
- [Jennifer Sacheck](#), Ph.D.
Interactions amongst exercise and nutrition on muscle physiology; mechanisms underlying muscle growth and atrophy, including exercise and inactivity, dietary intake, age, and oxidative stress
- [Kate Sadler](#)
Community-based programming, humanitarian emergencies, understanding risk for and vulnerability to acute malnutrition, improving effectiveness of treatment of acute malnutrition, institutional capacity building.
- [James E. Tillotson](#), Ph.D.
Food Policy and International Business
- [Peter Walker](#), Ph.D.
Climate change and disasters, humanitarian accountability

- [Patrick Webb](#), Ph.D.
Household Food Security, Agricultural Development, International Organizations, and Famine
- [Parke E. Wilde](#), Ph.D.
Domestic food policy, microeconomic analysis of food choices
- [Helen Young](#), Ph.D.
Nutrition in Complex Emergencies, Needs Assessment, Famine

Working Papers in Food Policy and Applied Nutrition

http://nutrition.tufts.edu/1174562918285/Nutrition-Page-nl2w_1203415231867.html

This working paper series publishes the work of faculty and students in the [Food Policy and Applied Nutrition \(FPAN\) program](#). The content may have already been presented at conferences or workshops but will not yet have been published in peer-reviewed journals.

These papers should not be disseminated or appropriated by others without prior permission; if quoted they should be cited appropriately.

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by Parke Wilde, Joseph Llobrera, and Flannery Campbell (Posted August 1, 2008)
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by Jennifer C. Coates, James P. Wirth, Fayera Abdissa, Berhanu Wenderferew, and Mulugeta Girma. Report submitted to UNICEF/Ethiopia, August, 2007. (Posted July 1, 2008)
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