NUTRITION

Leaflet

L17A WHAT’S IN YOUR LUNCH BOX?
Ideas for packed lunches for everyone & which supply a balance of foods for our nutritional needs.

L17AB FOOD ACTIVITY CARDS
Large A4 size fruit & veg cards with information, pictures & quick quiz. Pack of 10 cards. Max 5 packs per order.

L17AD SWAP IT DON’T STOP IT
Advice for adults on how to lose weight and feel healthy without giving up all the things you love.

L17AF FIND THE FRUITS
Artie Beats children’s activity sheet to find and colour in ten fruits.

L17AH ARTIE’S 5-A-DAY HOOPLA CHALLENGE
Reusable colourful sticker activity sheet for under 7’s to encourage them to eat 5 portions of fruit and veg a day.

L17B HEALTHY EATING
Nutrition advice for older people.

L17BM BREAKFAST
Ideas about food to eat for breakfast and the importance of having a breakfast meal to start the day.

L17CF CHANGE 4 LIFE - TOP TIPS FOR TOP KIDS
Eat well, move more, live longer. Fun, free and easy ways to get your kids happy and healthy.

L17CK GREAT SWAPATHON RECIPE CARDS
Change 4 life recipe cards to help children & adults swap over to more healthy meals. Includes easy-peasy fish pie & bogeyman soup etc.

L17CT COOKING FOR TOP KIDS
Recipe booklet for children & young people that can also be enjoyed by the whole family. Produced in association with Community Dieticians at Northumbria Healthcare /Change 4 Life.

L17D FEEDING YOUR GROWING CHILD
Giving your child a healthy balanced diet.

L17E EAT YOUR WAY TO 5 A DAY
Help & information on eating fruit & vegetables to help maintain a healthy lifestyle. With ideas, what is a portion & recipes.

L17EP EATWELL PLATE
Colourful A4 sheet showing what proportion of your daily food should come from each group.
Leaflet

L17F
**SMALL CHANGES BIG BENEFITS**
You can make a big difference to your fat and calorie intake just by making small changes to your eating habits.

L17FF
**FAT SPREAD IT THIN**
Easy read advice on how to cut down on consumption of fats

L17FH
**EAT WELL**
Nutrition advice

L17GM
**GIVE ME 5 SNAPPER**
Quiz sheet / snapper on eating 5 a day.

L17H
**I'M HUNGRY**
A guide for healthy snacks

L17J
**GOOD HEART FOOD**
Food to help your heart. Advice for young people

L17N
**LABELLING CLAIMS**
Explains what all the labels on pre packed food mean and why we need them.

L17NP
**BALANCED**
Produced by young people in Northumberland to help other young people change and have a more balanced, healthy diet and get more active

L17O
**CUT THE SATURATED FAT FROM YOUR DIET**
Nutrition advice for reducing fat consumption - in the form of a wall chart.

L17P
**FOOD ALLERGY**
Information on food allergies and other unpleasant reactions to food.

L17R
**JUST EAT MORE FRUIT AND VEG CARD**
A pocket size card from Change 4 Life encouraging people to eat more fruit & vegetables. Reduce the risk of the two main killers in this country - heart disease and some cancers.

L17RC
**COOK FOR LIFE RECIPES**
Healthy recipes booklet produced in association with the Community Dieticians at Northumbria Healthcare NHS Foundation Trust as part of Change 4 Life.

L17RH
**RAMADAN HEALTH GUIDE**
Guide to healthy fasting, helping with e.g.s of foods that benefit & that harm, spirituality & food and more.

L17S
**JUST EAT MORE FRUIT AND VEG LEAFLET**
Encourages people to eat more fruit and vegetables to help reduce the risk of the two main killers in this country - heart disease and some cancers.
HELP STOP CHILDHOOD OBESITY
A Change 4 Life booklet on all aspects of childhood obesity and the importance of reducing it and how best we can achieve this reduction.

SATURATED FAT MADE SIMPLE
Basic information about which foods are high in saturated fat.

SNACK SWAPPER
A wheel which when you turn it gives you healthier options to eat or drink.

TASTER RECIPES
Change 4 life, be food smart booklet with easy ideas for tasty, healthier meals.

HEALTHY LUNCHBOX
Advice for a healthy, balanced packed lunch for children.

VEGETARIAN VITALITY - Are your missing out?
Tips & ideas to help eat a balanced, healthy vegetarian diet.

HASSLE FREE FOOD
Practical tips on healthy eating within a limited budget.

WATER - ARE YOU DRINKING 6 - 8 GLASSES A DAY?
Explains the importance of drinking lots of water.

SO YOU WANT TO LOSE WEIGHT...FOR GOOD
A guide to losing weight for men and women.

JUNK LEAFLET (x-ray specs)
Booklet for young people on junk food and alternatives plus X-Ray specs!

GOOD GRUB!
Comic style nutrition advice ideal for schools.

SALT SHAKE THE HABIT
Easy read leaflet giving help on reducing salt intake.

SUGAR NOT SO SWEET
Easy read advice on how to cut down on the amount of sugar consumed.

GOOD SNACK GUIDE
 Poster

P17DD
PACK A HEALTHY LUNCHBOX

P17H
JUST EAT MORE FRUIT AND VEG POSTER

P17J
SUGAR

P17K
HAVE A BREAK HAVE A KUMQUAT
Fruit. The healthy snack.

P17KK
DRINK FIT - ADVICE ON WHAT TO DRINK

P17KU
WHAT GOES INTO CRISPS GOES INTO YOU - GIRL DRINKING COOKING OIL

P17L
FAT SPREAD IT THIN

P17M
YOU KNOW YOU'VE BEEN MANGO'D
Fruit. The healthy snack.

P17R
THE SNACK YOU CAN EAT BETWEEN MEALS

P17SF
SELECTION OF POSTERS ON FOODS TO HELP YOU REDUCE SATURATED FAT INTAKE

P17SP
THE GREAT SWAPATHON CHANGE 4 LIFE POSTER

P17T
WATCH OUT THESE TASTE CURVY! - FRUIT THE HEALTHY SNACK

P17TC
TIME FOR CHANGE - CHANGE 4 LIFE EAT WELL, MOVE MORE, LIVE LONGER