

## Printed Resources and NDR Prescribe

Prod No.	Title	Suitable for	Standard PACK PRICE	NDR PRESCRIBE CREDIT VALUE
	<b>NDR Prescribe Credits</b>			
NDRCR	Bundle of 100 NDR Prescribe Credits (valid for 12 months from purchase)	Any HP	£5.00*	n/a
	<b>Patient Information Leaflets (No consultation required)</b>			
1000	Iron Deficiency Anaemia - Your Diet Can Help	Patient Pick Up	£7.00	11
1001	Dietary Advice for Bone Health	Patient Pick Up	Prescribe only	30
1002	Curing Constipation Through Diet	Patient Pick Up	£7.00	11
1006	Diet and the Menopause	Patient Pick Up	Prescribe only	8
9006	Eating Well with Dementia - a guide for carers	Patient Pick Up	£14.50	22
9007	Getting the Balance Right	Patient Pick Up	£12.00	20
9453	'balance - eat well' Recipe Book (sold singly)	Public	£5.00	Print only
	<b>Paediatric Health Range</b>			
9099	Smart Sized Portions for Children	Any HP	£13.00	20
9404	Eating Well for 1-5 year olds	Any HP	£8.50	12
9405	Eating Well for 5-12 year olds	Any HP	£8.50	12
9406	Fussy Eaters	Any HP	£10.50	15
9407	Fussy Eaters - an action plan	Any HP	£8.00	12
9408	Introducing Solids	Any HP	£15.00	24
9409	A cows' milk-free diet for children aged 1-5	Any HP	£9.00	14
9410	Eating for healthy growth - for families with 5-12 year olds who need to gain weight	Any HP	£15.00	24
9459	The Foodtalk Game (price for 1 board game)	Any HP	£60.00*	Print only
	<b>Food Fortification/Treatment of Undernourishment (for frail/older people)</b>			
9482	Eating for Health - making the most of food for older adults	Any HP	£13.00	20
9483	Eating for Health with Diabetes - A guide to eating well for older adults with Type 2 diabetes.	Any HP	£13.00	20
9229	Nourishing Drinks and Snacks - to replace nutritional supplements	Any HP	£4.50	7
9310	Eating Better, Feeling Better - for adults with a poor appetite or who have lost weight	Any HP	£9.50	15
9312	Eat Well, Heal Well - for people with pressure ulcers or bed sores	Any HP	£10.00	16
9467	Nourish - Recipes to boost your intake (price for 1 book - use code <b>NourishPost</b> for free 2nd class post delivery)	PiL	£2.50	Print only
	<b>Oncology and Palliative Care</b>			
9460	How Do I Have a Nourishing Diet?	Any HP	£10.50	16
9461	How Do I Have an Easy to Eat, Nourishing Diet?	Any HP	£10.50	16
9462	How Do I Eat Well with Taste Changes?	Any HP	£4.50	7
9463	How Do I Eat Well when I have Diarrhoea ?	Any HP	£2.50	4
9464	How Do I Eat Well when I am Feeling Sick?	Any HP	£2.50	4
9465	How Do I Eat Well when I have A Dry or Sore Mouth or Throat?	Any HP	£4.50	7
9466	How Do I Eat Well when I Just Don't Feel Like Eating?	Any HP	£8.50	14
9480	How Do I make Nourishing Drinks?	Any HP	£8.50	14
9481	How Do I Have a Liquidised Nourishing Diet?	SHP	£10.50	16
9510	How Do I Have a Plant-based Nourishing Diet?	SHP	£18.00	30
	<b>Heart Health</b>			
9509	Healthy Eating, Healthy Heart	Any HP	Prescribe only	33
	<b>Dysphagia (Texture Modified Diet)</b>			
9455	Dysphagia Diet - Level 3	Specialist HP	£17.50	28

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9456	Dysphagia Diet - Level 4	Specialist HP	£17.50	28
9457	Easier Swallowing - Level 5	Specialist HP	£17.50	28
9458	Dysphagia Diet - Level 6	Specialist HP	£17.50	28
<b>Weight Management</b>				
<b>Paediatric</b>				
9095	What's Enough? Guide to age appropriate food portions	Dietitian Only	£25.00	40
9527	Getting Present with Food	Patient Pick Up	£13.00	20
9528	Talking to Your Child About Losing Weight	Patient Pick Up	£10.00	16
9529	Traffic Light Approach	Any HP	£13.00	20
<b>Bariatric Surgery</b>				
9008	Information for people after the Sleeve Gastrectomy	Dietitian Only	£30.00	35
9013	Information for people after the Gastric Bypass	Dietitian Only	£30.00	35
9014	Information for people after Gastric Banding	Dietitian Only	£22.00	35
9015	Pre-operative 800kcal Diet (two week diet)	Dietitian Only	Prescribe only	20
9016	Recipes for Life - for before and after bariatric surgery (sold singly)	Dietitian Only	£10.00	140
9016 bulk order	Recipes for Life - for before and after bariatric surgery (price per book when ordering 10 or more)	Dietitian Only	£8.50	Print offer only
<b>Weight Loss You Can See</b>				
9262	Weight Loss You Can See - food portion picture guide for a calorie controlled diet (includes professional guidelines)	Any HP	£15.00	24
9263	1200 Calorie Meal Plan Pad	Any HP	Prescribe only	1
9264	1500 Calorie Meal Plan Pad	Any HP	Prescribe only	1
9265	1800 Calorie Meal Plan Pad	Any HP	Prescribe only	1
9266	2000 Calorie Meal Plan Pad	Any HP	Prescribe only	1
9267	2500 Calorie Meal Plan Pad	Any HP	Prescribe only	1
9268	Blank Food Diary Pad	Any HP	Prescribe only	1
9516	Weight Loss You Can See for a Kidney Diet	Dietitian Only	£18.00	28
9517	Weight Loss You Can See for a Gujarati Diet	Any HP	£18.00	28
<b>Pregnancy - Maternal Weight Management</b>				
9362	How Do I Watch My Weight During Pregnancy (D)	Dietitian Only	Prescribe only	25
9363	How Do I Watch My Weight During Pregnancy (PiL)	Any HP	£13.00	20
9364	Food Safety	Any HP	Prescribe only	6
9365	Activity	Any HP	Prescribe only	3
9366	Eating Out	Any HP	Prescribe only	6
9367	Coping with Common Pregnancy Problems	Any HP	Prescribe only	5
<b>Diabetes Management</b>				
<b>Adult Diabetes (Type 2)</b>				
9454	Reduce Your Diabetes Risk	PiL	Prescribe only	20
9223	Healthy Living and Diabetes	Any HP	£12.00	18
9382	Healthy Eating and Diabetes	Any HP	£10.00	15
9383	Balancing Your Meals	Any HP	£13.00	20
9384	Gestational Diabetes	Any HP	£10.50	16
9385	Carbohydrate, GI and an Introduction to Medical Monitoring	Dietitian Only	£10.00	15
<b>Adult Diabetes (Type 1)</b>				
9440	Type 1 Diabetes Explained	Any HP	£6.00	9
9441	Hypoglycaemia	Specialist HP	£9.00	14
9442	Physical Activity	Specialist HP	£14.00	22

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Prod No.	Title	Suitable for	Standard PACK PRICE	NDR PRESCRIBE CREDIT VALUE
9443	Carbohydrate and Blood Glucose	Specialist HP	£10.00	16
9444	A Guide to Food Labelling	Any HP	£9.00	15
9445	Alcohol	Specialist HP	£9.00	14
9446	Basal Insulin	Specialist HP	£10.00	16
9448	<i>Checking your ICR - 2016 Range</i>	<i>Specialist HP</i>	<i>£4.50</i>	5
9513	Bolus Insulin & Checking Your Insulin to Carbohydrate Ratio	Specialist HP	£14.00	22
9449	Corrections	Specialist HP	£12.50	20
9450	An Introduction to Carbohydrate Counting	Specialist HP	£12.50	20
	<b>Carbs &amp; Cals (all sold singly)</b>			
9392	Carbs & Cals - Carb & Calorie Counter (6th Edition)	Any HP	£15.99	Print only
9393	Carbs & Cals - Pocket Counter	Any HP	£10.99	Print only
9394	Carbs & Cals - Flashcards, pack 1	Any HP	£10.00	Print only
9511	Carbs & Cals - World Foods Book	Any HP	£12.99	Print only
9512	Carbs & Cals - World Foods Flashcards	Any HP	£10.99	Print only
	<b>Paediatric Diabetes</b>			
9518	NEW - Paediatric Type 1 Diabetes Explained	Any HP	£5.00	5
9519	NEW - Hypoglycaemia (Paediatric Type 1 Diabetes)	Specialist HP	£15.00	18
9520	NEW - Introduction to Physical Activity (Paediatric Type 1 Diabetes)	Any HP	£10.00	12
9521	NEW - Healthy Eating with Paediatric Type 1 Diabetes	Any HP	£15.00	18
9522	NEW - Carbohydrate and Blood Glucose (Paediatric Type 1 Diabetes)	Any HP	£10.00	12
9523	NEW - Glycaemic Index (Paediatric Type 1 Diabetes)	Any HP	£10.00	12
9524	NEW - Snacks (Paediatric Type 1 Diabetes)	Specialist HP	£10.00	12
9525	NEW - Carbohydrate Counting (Paediatric Type 1 Diabetes)	Specialist HP	£10.00	12
9526	NEW - Weights and Measures (Paediatric Type 1 Diabetes)	Specialist HP	£15.00	15
9411	Diabetes Explained (2015 version)	Any HP	£5.00	Print only
9412	Hypoglycaemia (2015 version)	Any HP	£12.50	Print only
9414	Physical Activity (2015 version)	Any HP	£13.50	Print only
9416	Carbohydrate and Blood Glucose (2015 version)	Any HP	£7.50	Print only
9417	Fats Enough (2015 version)	Any HP	£4.50	Print only
9419	Glycaemic Index and Adjusting Your Bolus (2015 version)	Any HP	£12.50	Print only
9422	Snacks (2015 version)	Any HP	£7.50	Print only
9426	Carbohydrate Counting - Reading Labels (2015 version)	Any HP	£12.50	Print only
9429	Carbohydrate Counting - Using Your Own Recipes (2015 version)	Any HP	£7.50	Print only
9431	Carbohydrate Tables (2015 version, updated 2022)	Any HP	£18.50	Print only
9437	Corrections (2015 version)	Any HP	£12.50	Print only
	<b>Gastroenterology</b>			
9144	A Guide to Gluten Free Living - for people with coeliac disease or dermatitis herpetiformis	Dietitian Only	£20.00	30
9468	Dietary Advice for IBS	Any HP	£12.00	19
9514	Low Fibre Diet	Specialist HP	£12.50	20
9515	Dietary Advice for Gastroparesis	Any HP	£15.50	25
9041	Diet and Diverticular Disease	Any HP	£13.00	20
9042	Diet and Your Colostomy	Any HP	£13.00	20
9043	Diet and Your Ileostomy	Any HP	£13.00	20
9508	Colon Capsule Endoscopy (CCE) Dietary Guidance for Bowel Preparation	Any HP	£15.50	25
9305	Dietary Advice for Crohn's Disease	Any HP	£13.00	20

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Prod No.	Title	Suitable for	Standard PACK PRICE	NDR PRESCRIBE CREDIT VALUE
9306	Dietary Advice for Managing Strictures in Crohn's Disease	Dietitian Only	£8.00	12
9307	Thinking About a Liquid Diet for Active Crohn's Disease?	Any HP	£4.00	6
9308	Liquid Diets for Treating Crohn's Disease (D)	Dietitian Only	£12.00	19
9320	Tube Feeding - Making the decision	Any HP	£9.00	15
	<b>Liver Disease</b>			
9342	High-Protein, High-Energy	Dietitian Only	£11.00	18
9343	High-Protein, Healthy-Eating	Dietitian Only	£11.00	18
9344	High-Protein, High-Energy, Reduced-Salt	Dietitian Only	£14.00	22
9345	High-Protein, High-Energy, Reduced-Fat	Dietitian Only	£15.00	24
9346	High-Protein, High-Energy, Diabetes	Dietitian Only	£15.00	24
	<b>Allergy and Intolerance</b>			
9469	Dietary Advice for Lactose Intolerance	Any HP	£12.00	19
9000	Milk-Free Zone - for Older Children and Adults	Dietitian Only	£16.00	25
9001	Milk-Free Weaning	Dietitian Only	£16.00	25
9002	Milk and Egg Free Zone	Dietitian Only	£20.00	30
9003	Milk and Egg Free Weaning	Dietitian Only	£21.00	32
9004	Egg-Free Zone	Dietitian Only	£25.00	30
9005	I'm Hungry - Easy family recipes free from dairy, egg, soya, wheat & gluten ( <b>sold singly</b> )	Any HP	£6.50	Print only
9132	Nut-Free - Managing Nut Allergy	Any HP	Prescribe only	25
9134	How to Avoid Wheat - dietary advice for people with a proven or suspected wheat allergy or intolerance	Dietitian Only	£25.00	40
9136	Wheat-Free the early years - for infants and children aged 6 months and up	Dietitian Only	Prescribe only	40
9380	Elimination Diet - a guide to help identify food or drink that causes symptoms ( <b>sold in packs of 5</b> )	Dietitian Only	£15.50	45
<b>NEW!</b>	<b>Eating Disorders - Inside Eating 2021 Update</b>			
9485	Restricting - Facts and Help on How to Stop	Specialist HP	£10.50	17
9486	Bingeing - Facts and Help on How to Stop	Specialist HP	£5.50	9
9487	Over-eating - Facts and Help on How to Stop	Specialist HP	£10.50	17
9488	Self-induced Vomiting - Facts and Help on How to Stop	Specialist HP	£12.00	19
9489	Laxatives	Specialist HP	£10.50	17
9490	Inside Eating - Plant Based Nourishing Diet (pack of 5)	Specialist HP	£5.50	17
9491	Appetite Suppressants (pack of 5)	Specialist HP	£5.50	17
9492	Body Image Distortion (pack of 5)	Specialist HP	£5.50	17
9493	Self-esteem (pack of 5)	Specialist HP	£5.50	17
9494	Re-establishing a Normal Healthy Eating Pattern	Specialist HP	£10.50	17
9495	Protein - The Nutrient Jigsaw Puzzle	PiL	£5.50	9
9496	Carbohydrate - The Nutrient Jigsaw Puzzle	PiL	£5.50	9
9497	Fat - The Nutrient Jigsaw Puzzle	PiL	£10.50	17
9498	Vitamins and Minerals - The Nutrient Jigsaw Puzzle	PiL	£10.50	17
9499	Fluid - The Nutrient Jigsaw Puzzle	PiL	£5.50	9
9495-9	The Nutrient Jigsaw Puzzle (all 5 packs of 10 <b>special offer</b> )	PiL	£30.00	50
9500	Identifying Dietary Rules	Specialist HP	£10.50	17
9501	Distortion of Hunger and Fullness Sensations	Specialist HP	£10.50	17
9502	Nutrition and Metabolism	Specialist HP	£10.50	17
9503	Mealtime Management - Information for Carers	Any HP	£10.50	17
9504	Inside Eating - Constipation	Any HP	£5.50	9
9505	Inside Eating - Bone Health (pack of 5)	Any HP	£5.50	17

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9506	Menstruation (pack of 5)	Any HP	£5.50	17
9507	Over-exercise (pack of 5)	Specialist HP	£5.50	17
	<b>Renal Disease</b>			
9470	Cutting Down on Salt	Any HP	£8.00	12
9471	A Guide to Fluid Intake	Dietitian Only	£8.50	4
9472	A Nourishing Diet	Dietitian Only	£15.50	24
9473	Low Phosphate Diet	Dietitian Only	£15.50	24
9474	Low Potassium Diet	Dietitian Only	£15.50	24
9475	Haemodialysis	Dietitian Only	£25.50	40
9476	Peritoneal Dialysis	Dietitian Only	£20.50	33
9477	Low Potassium, Phosphate and Salt	Dietitian Only	£25.50	40
	<b>HIV</b>			
9386	Supporting Advice for a Low Immune System	Any HP	Prescribe only	10
9387	Dietary Advice for Short-term Side Effects of Treatment	Dietitian Only	Prescribe only	15
9388	Body Shape - Improving Fitness & Body Shape	Any HP	Prescribe only	10
<p>NDR-UK resources are priced to cover costs only. NDR-UK operates as a charity on a not-for-profit basis, to reduce duplication of effort, develop and disseminate evidence based nutrition and diet information.</p> <p>Samples of all resources on this price list, plus a number of free downloads, are available at <a href="http://www.ndr-uk.org">www.ndr-uk.org</a>. Visit our website, email <a href="mailto:info@ndr-uk.org">info@ndr-uk.org</a> or call 0141 202 0690 for further information. Register on our website to receive relevant nutrition and diet resources news.</p>				
				