

Printed Resources and NDR Prescribe

Prod No.	Title	Suitable for	PACK PRICE	NDR PRESCRIBE CREDIT VALUE
NDR Prescribe Credits				
NDRCR	Bundle of 500 NDR Prescribe Credits		£25.00*	n/a
Patient Information Leaflets (No consultation required)				
1000	Iron Deficiency Anaemia - Your Diet Can Help	Patient Pick Up	£6.00	10
1001	Dietary Advice for Bone Health	Patient Pick Up	£19.00	30
1002	Curing Constipation Through Diet	Patient Pick Up	£5.00	8
1005	Worried About Gaining Weight When you Stop Smoking?	Patient Pick Up	£9.00	15
1006	Diet and the Menopause	Patient Pick Up	£12.00	20
9006	Eating Well with Dementia - a guide for carers	Patient Pick Up	£14.00	22
9007	Getting the Balance Right	Patient Pick Up	£11.00	20
9390	Fuel To Go (Health Eating Advice for Teenagers)	Patient Pick Up	£12.00	20
9453	'balance - eat well' Recipe Book (sold singly)	Public	£7.50	n/a
Paediatric Health Range				
9099	Smart Sized Portions for Children	Any HP	£10.00	n/a**
9404	Eating Well for 1-5 year olds	Any HP	£7.50	12
9405	Eating Well for 5-12 year olds	Any HP	£7.50	12
9406	Fussy Eaters	Any HP	£9.50	15
9407	Fussy Eaters - an action plan	Any HP	£7.00	12
9408	Introducing Solids	Any HP	£14.00	22
9409	A cows' milk-free diet for children aged 1-5	Any HP	£8.00	12
9410	Eating for healthy growth - for families with 5-12 year olds who need to gain weight	Any HP	£14.00	22
Food Fortification/Treatment of Undernourishment (for frail/older people)				
9017	Do You Have a Small Appetite? Your guide to eating well.	Any HP	£9.00	15
9018	Today's Menu - Board Game (sold singly)	Any HP	£25.00*	n/a
9019	Eating Well and Keeping Well with Diabetes	Any HP	£9.00	15
9229	Light Meals and Snacks - to replace nutritional supplements	Any HP	£2.00	n/a
9246	Adapting Meals to Prevent Weight Loss	Any HP	£3.00	n/a
9247	Fortified drink recipes	Any HP	£2.00	n/a
9310	Eating Better, Feeling Better - for adults with a poor appetite or who have lost weight	Any HP	£9.00	15
9312	Eat Well, Heal Well - for people with pressure ulcers or bed sores	Any HP	£13.00	20
Oncology and Palliative Care				
9031	How Do I have a Nourishing Diet?	Any HP	£9.00	15
9032	How Do I have a Soft Nourishing Diet?	Any HP	£12.00	20
9033	How Do I have a Liquidized Nourishing Diet?	Any HP	£9.00	15
9034	How Do I make Nourishing Drinks?	Any HP	£8.00	12
9035	How Do I Eat Well with Taste Changes?	Any HP	£8.00	12
9036	How Do I Eat Well when I have Diarrhoea ?	Any HP	£4.00	7
9037	How Do I Eat Well when I am Feeling Sick?	Any HP	£4.00	7
9038	How Do I Eat Well when I have A Dry or Sore Mouth or Throat?	Any HP	£4.00	7
9039	How Do I Eat Well when I Just Don't Feel Like Eating?	Any HP	£8.00	12
Heart Health				
9315	Eat for the Beat (to prevent further CVD in those already diagnosed)	Any HP	£17.00	25
9319	Healthy Eating, Healthy Heart (to prevent heart attack or stroke in those at risk of CVD)	Any HP	£20.00	30

Printed resources are sold in packs of 10, unless otherwise indicated.

*subject to VAT

NDR Prescribe Credit values are per single issue.

**NDR Prescribe available following ongoing review

Printed Resources and NDR Prescribe

Prod No.	Title	Suitable for	PACK PRICE	NDR PRESCRIBE CREDIT VALUE
Dysphagia (Texture Modified Diet)**				**
9083	An Introduction to Easier Swallowing	Any HP	£9.00	n/a
9084	Texture B	Specialist HP	£9.00	n/a
9085	Texture C	Specialist HP	£9.00	n/a
9086	Texture D	Specialist HP	£9.00	n/a
9087	Texture E	Specialist HP	£9.00	n/a
9088	Preparing your Food	Any HP	£4.00	n/a
9090	Adding Extra Nourishment	Dietitian Only	£8.00	n/a
9091	Fluid Thickening Guide	Any HP	£4.00	n/a
Adults with Learning Disabilities or Additional Communication Needs				
9009	Eat Well to Keep Well (pictorial food fortification guide)	Any HP	£15.00	15
9044	A Healthy Mouth (pictorial oral health information)	Any HP	£15.00	25
9045	Nutrition Supplements, Thickeners and a Healthy Mouth (pictorial oral health information)	Any HP	£15.00	25
9046	Nil by Mouth and a Healthy Mouth (pictorial oral health information)	Any HP	£15.00	25
9010	Are You Constipated? (pictorial guide)	Any HP	£15.00	n/a
9011	Healthy Eating and Gentle Exercise (pictorial guide)	Any HP	£15.00	n/a
9012	Do You Want To Stay Fat? (pictorial guide)	Any HP	£15.00	n/a
Weight Management				
Paediatric				
9095	What's Enough? - guide to age appropriate food portion sizes (with professional guidelines)	Dietitian Only	£24.00	n/a**
Adult				
9008	Information for people after the Sleeve Gastrectomy	Dietitian Only	£20.00	30
9013	Information for people after the Gastric Bypass	Dietitian Only	£20.00	30
9014	Information for people after Gastric Banding	Dietitian Only	£20.00	30
9015	Pre-operative 800kcal Diet (two week diet)	Dietitian Only	£14.00	20
9016	Recipes for Life - for before and after bariatric surgery (sold singly)	Dietitian Only	£6.50	n/a
9262	Weight Loss You Can See - food portion picture guide for a calorie controlled diet (includes professional guidelines)	Any HP	£12.50	20
9263	1200 Calorie Meal Plan Pad (sold singly)	Any HP	£5.00*	n/a
9264	1500 Calorie Meal Plan Pad (sold singly)	Any HP	£5.00*	n/a
9265	1800 Calorie Meal Plan Pad (sold singly)	Any HP	£5.00*	n/a
9266	2000 Calorie Meal Plan Pad (sold singly)	Any HP	£5.00*	n/a
9267	2500 Calorie Meal Plan Pad (sold singly)	Any HP	£5.00*	n/a
9268	Blank Food Diary Pad (sold singly)	Any HP	£5.00*	n/a
9269	Weight Loss You Can See Teaching Pack (sold singly) - for Weight Management education in a group setting	Any HP	£30.00*	n/a
9397	Carbs and Cals Weight Management Poster Set (sold singly)	Any HP	£24.99*	n/a
9399	Carbs and Cals Weight Management Teaching Presentation (sold singly)	Any HP	£66.66*	n/a
Pregnancy - Maternal Weight Management				
9362	How Do I Watch My Weight During Pregnancy (D)	Dietitian Only	£15.00	25
9363	How Do I Watch My Weight During Pregnancy (PIL)	Any HP	£12.00	20
9364	Food Safety	Any HP	£4.00	6
9365	Activity	Any HP	£2.00	3
9366	Eating Out	Any HP	£5.00	6
9367	Coping with Common Pregnancy Problems	Any HP	£3.00	5

Printed resources are sold in packs of 10, unless otherwise indicated.

*subject to VAT

NDR Prescribe Credit values are per single issue.

**NDR Prescribe available following ongoing review

Printed Resources and NDR Prescribe

Prod No.	Title	Suitable for	PACK PRICE	NDR PRESCRIBE CREDIT VALUE
Diabetes Management				
Adult Diabetes (Type 2)				
9223	Healthy Living and Diabetes (ideal for use during annual dietetic consultation)	Any HP	£10.00	17
9382	Healthy Eating and Diabetes	Any HP	£9.00	15
9383	Balancing Your Meals	Any HP	£12.00	20
9384	Gestational Diabetes	Any HP	£8.00	12
9385	Carbohydrate, Glycaemic Index and an Introduction to Medical Monitoring	Dietitian Only	£8.00	12
Adult Diabetes (Type 1)				
9451	Type 1 Adult Diabetes Pack - all 11 titles (11 packs of 10)	Specialist HP	£65.00	n/a
9440	Type 1 Diabetes Explained	Any HP	£4.00	5
9441	Hypoglycaemia	Specialist HP	£7.00	10
9442	Physical Activity	Specialist HP	£10.50	15
9443	Carbohydrate and Blood Glucose	Specialist HP	£7.00	10
9444	A Guide to Food Labelling	Any HP	£7.00	10
9445	Alcohol	Specialist HP	£7.00	10
9446	Basal Insulin	Specialist HP	£7.00	10
9447	Bolus Insulin	Specialist HP	£7.00	10
9448	Checking your ICR	Specialist HP	£4.00	5
9449	Corrections	Specialist HP	£10.50	15
9450	An Introduction to Carbohydrate Counting	Specialist HP	£10.50	15
Carbs & Cals (all sold singly)				
9392	Carbs & Cals - Carb & Calorie Counter	Any HP	£14.99	n/a
9393	Carbs & Cals Pocket Counter	Any HP	£9.99	n/a
9394	Carbs & Cals Flashcards - pack 1	Any HP	£8.33*	n/a
9395	Carbs & Cals Flashcards - pack 2	Any HP	£8.33*	n/a
9396	Carbs & Cals Poster Set	Any HP	£24.99*	n/a
9398	Carb Counting Teaching Presentation	Any HP	£66.66*	n/a
Paediatric Diabetes**				
9411	Diabetes Explained	Any HP	£4.00	n/a
9412	Hypoglycaemia	Any HP	£12.00	n/a
9413	Basic Physical Activity	Any HP	£7.00	n/a
9414	Physical Activity	Any HP	£13.00	n/a
9415	Food and Diabetes	Any HP	£7.00	n/a
9416	Carbohydrate and Blood Glucose	Any HP	£7.00	n/a
9417	Fats Enough	Any HP	£4.00	n/a
9418	Fibre in Food	Any HP	£4.00	n/a
9419	Glycaemic Index and Adjusting Your Bolus	Any HP	£12.00	n/a
9420	Sweeteners	Any HP	£4.00	n/a
9421	A Guide to Food Labelling	Any HP	£7.00	n/a
9422	Snacks	Any HP	£7.00	n/a
9423	Choosing Soft Drinks	Any HP	£4.00	n/a
9424	Faddy Eaters	Any HP	£4.00	n/a
9425	Carbohydrate Counting	Any HP	£4.00	n/a
9426	Carbohydrate Counting - Reading Labels	Any HP	£12.00	n/a
9427	Carbohydrate Counting - Weights and Measures	Any HP	£12.00	n/a
9428	Carbohydrate Counting - Using Cooked and Uncooked Weights	Any HP	£7.00	n/a
9429	Carbohydrate Counting - Using Your Own Recipes	Any HP	£7.00	n/a
9431	Carbohydrate Tables	Any HP	£18.00	n/a
9433	Basal Insulin	Any HP	£4.00	n/a
9434	Bolus Insulin	Any HP	£12.00	n/a
9436	Checking your ICR	Any HP	£7.00	n/a

Printed resources are sold in packs of 10, unless otherwise indicated.

*subject to VAT

NDR Prescribe Credit values are per single issue.

**NDR Prescribe available following ongoing review

Printed Resources and NDR Prescribe

Prod No.	Title	Suitable for	PACK PRICE	NDR PRESCRIBE CREDIT VALUE
9437	Corrections	Any HP	£12.00	n/a
9438	Flexitime	Any HP	£4.00	n/a
9439	Ready for Flexitime	Any HP	£7.00	n/a
	Gastroenterology			
9040	Healthy Eating & Lifestyle Advice for Irritable Bowel Syndrome	Any HP	£11.00	18
9041	Diet and Diverticular Disease	Any HP	£12.00	20
9042	Diet and Your Colostomy	Any HP	£12.00	20
9043	Diet and Your Ileostomy	Any HP	£12.00	20
9305	Dietary Advice for Crohn's Disease	Any HP	£12.00	20
9306	Dietary Advice for Managing Strictures in Crohn's Disease	Any HP	£5.00	8
9307	A Liquid Diet as a Treatment for Active Crohn's Disease (HP)	Any HP	£2.00	3
9308	Liquid Diets for Treating Crohn's Disease (D)	Dietitian Only	£8.00	12
9320	Tube Feeding - Making the decision	Any HP	£8.00	12
	Liver Disease			
9342	High-Protein, High-Energy	Dietitian Only	£11.00	17
9343	High-Protein, Healthy-Eating	Dietitian Only	£11.00	17
9344	High-Protein, High-Energy, Reduced-Salt	Dietitian Only	£13.00	22
9345	High-Protein, High-Energy, Reduced-Fat	Dietitian Only	£14.00	22
9346	High-Protein, High-Energy, Diabetes	Dietitian Only	£14.00	22
	Allergy and Intolerance			
9000	Milk-Free Zone - A Resource for Older Children and Adults	Dietitian Only	£15.00	25
9001	Milk-Free Weaning	Dietitian Only	£15.00	25
9002	Milk and Egg Free Zone	Dietitian Only	£19.00	30
9003	Milk and Egg Free Weaning	Dietitian Only	£19.00	30
9004	Egg-Free Zone	Dietitian Only	£15.00	25
9005	I'm Hungry - Easy family recipes free from dairy, egg, soya, wheat & gluten (sold singly)	Any HP	£6.50	n/a
9132	Nut-Free - Managing Nut Allergy	Any HP	£15.00	25
9134	How to Avoid Wheat - dietary advice for people with a proven or suspected wheat allergy or intolerance	Dietitian Only	£20.00	30
9136	Wheat-Free the early years - for infants and children aged 6 months and up	Dietitian Only	£26.00	40
9144	A Guide to Gluten Free Living - for people with coeliac disease or dermatitis herpetiformis	Dietitian Only	£19.00	30
9380	Elimination Diet - a guide to help identify food or drink that causes symptoms (sold in packs of 5)	Dietitian Only	£20.00	35
9381	Elimination Diary Pad (sold singly)	Any HP	£1.00*	n/a
	Eating Disorders - Inside Eating			
9050	Inside Eating pack for Eating Disorders - all 18 titles (18 packs of 10)	Dietitian Only	£117.30	n/a
9051	Restricting - Facts and Help on How to Stop	Dietitian Only	£8.00	12
9052	Bingeing - Facts and Help on How to Stop	Any HP	£5.00	8
9053	Over-eating - Facts and Help on How to Stop	Any HP	£12.00	20
9054	Self-induced Vomiting - Facts and Help on How to Stop	Dietitian Only	£12.00	20
9055	Laxatives	Any HP	£8.00	12
9058	Body Image Distortion	Any HP	£7.00	12
9059	Self-esteem	Any HP	£7.00	12
9060	Re-establishing a Normal Healthy Eating Pattern	Any HP	£6.00	10
9061	Protein - The Nutrient Jigsaw Puzzle	Any HP	£6.00	10
9062	Carbohydrate - The Nutrient Jigsaw Puzzle	Any HP	£8.00	10

Printed resources are sold in packs of 10, unless otherwise indicated.

*subject to VAT

NDR Prescribe Credit values are per single issue.

**NDR Prescribe available following ongoing review

Prod No.	Title	Suitable for	PACK PRICE	NDR PRESCRIBE CREDIT VALUE
9063	Fat - The Nutrient Jigsaw Puzzle	Any HP	£8.00	10
9064	Vitamins and Minerals - The Nutrient Jigsaw Puzzle	Any HP	£10.00	15
9066	Fluid - The Nutrient Jigsaw Puzzle	Any HP	£6.00	10
9067	Identifying Dietary Rules	Any HP	£5.00	8
9068	Distortion of Hunger and Fullness Sensations	Any HP	£8.00	12
9069	Constipation	Any HP	£6.00	10
9070	Nutrition and Metabolism - The Nutrient Jigsaw Puzzle	Dietitian Only	£8.00	12
9071	Mealtime Management - Information for Carers	Any HP	£8.00	12
	Renal Disease**			**
9328	Cutting Down on Salt	Dietitian Only	£4.00	n/a
9329	A Guide to Fluid Intake	Dietitian Only	£8.00	n/a
9330	Lowering Phosphate	Dietitian Only	£8.00	n/a
9331	Lowering Potassium	Dietitian Only	£10.00	n/a
9335	Poor Appetite - Eating Better	Dietitian Only	£8.00	n/a
9338	Diabetes and your low potassium diet (sold in packs of 20)	Dietitian Only	£18.00	n/a
	HIV			
9386	Supporting Advice for a Low Immune System	Any HP	£8.00	10
9387	Dietary Advice for Short-term Side Effects of Treatment	Dietitian Only	£12.00	15
9388	Body Shape - Improving Fitness & Body Shape	Any HP	£9.00	10
NDR-UK resources are priced to cover costs only. NDR-UK operates as a charity on a not-for-profit basis, with the objective of reducing duplication of effort in the production of evidence based nutrition and diet information.				
PDF samples of all resources on this price list, plus a number of free downloads, are available at www.ndr-uk.org .				
Register on our website to receive relevant nutrition and diet resources news.				
Visit our website, email info@ndr-uk.org or call 0141 202 0690 for further information.				



Printed resources are sold in packs of 10, unless otherwise indicated.

NDR Prescribe Credit values are per single issue.

*subject to VAT

**NDR Prescribe available following ongoing review