

## Printed Resources and NDR Prescribe

Prod No.	Title	Suitable for	PACK PRICE	NDR PRESCRIBE CREDIT VALUE
<b>NDR Prescribe Credits</b>				
NDRCR	Bundle of 500 NDR Prescribe Credits		£25.00*	n/a
<b>Patient Information Leaflets (No consultation required)</b>				
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
<b>Paediatric Health Range</b>				
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
<b>Food Fortification/Treatment of Undernourishment (for frail/older people)</b>				
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
<b>Oncology and Palliative Care</b>				
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
<b>Heart Health</b>				
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.

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<b>Dysphagia (Texture Modified Diet)**</b>				<b>**</b>
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
<b>Adults with Learning Disabilities or Additional Communication Needs</b>				
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
<b>Weight Management</b>				
<b>Paediatric</b>				
9095	What's Enough? - guide to age appropriate food portion sizes (with professional guidelines)	Dietitian Only	£24.00	n/a**
<b>Adult</b>				
9008	Information for people after the Sleeve Gastrectomy	Dietitian Only	£20.00	30
9013	Information for people after the Gastric Bypass	Dietitian Only	£22.00	33
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 ( <b>sold singly</b> )	Dietitian Only	£6.50	100
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 ( <b>sold singly</b> )	Any HP	£5.00*	n/a
9264	1500 Calorie Meal Plan Pad ( <b>sold singly</b> )	Any HP	£5.00*	n/a
9265	1800 Calorie Meal Plan Pad ( <b>sold singly</b> )	Any HP	£5.00*	n/a
9266	2000 Calorie Meal Plan Pad ( <b>sold singly</b> )	Any HP	£5.00*	n/a
9267	2500 Calorie Meal Plan Pad ( <b>sold singly</b> )	Any HP	£5.00*	n/a
9268	Blank Food Diary Pad ( <b>sold singly</b> )	Any HP	£5.00*	n/a
9269	Weight Loss You Can See Teaching Pack ( <b>sold singly</b> ) - for Weight Management education in a group setting	Any HP	£30.00*	n/a
9397	Carbs and Cals Weight Management Poster Set ( <b>sold singly</b> )	Any HP	£24.99*	n/a
9399	Carbs and Cals Weight Management Teaching Presentation ( <b>sold singly</b> )	Any HP	£66.66*	n/a
<b>Pregnancy - Maternal Weight Management</b>				
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

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Prod No.	Title	Suitable for	PACK PRICE	NDR PRESCRIBE CREDIT VALUE
<b>Diabetes Management</b>				
<b>Adult Diabetes (Type 2)</b>				
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
<b>Adult Diabetes (Type 1)</b>				
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
<b>Carbs &amp; Cals (all sold singly)</b>				
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
<b>Paediatric Diabetes**</b>				
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

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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
	<b>Gastroenterology</b>			
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
	<b>Liver Disease</b>			
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
	<b>Allergy and Intolerance</b>			
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 ( <b>sold singly</b> )	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 ( <b>sold in packs of 5</b> )	Dietitian Only	£20.00	35
9381	Elimination Diary Pad ( <b>sold singly</b> )	Any HP	£1.00*	n/a
	<b>Eating Disorders - Inside Eating</b>			
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

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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
	<b>Renal Disease**</b>			<b>**</b>
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
	<b>HIV</b>			
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 <a href="http://www.ndr-uk.org">www.ndr-uk.org</a> .				
Register on our website to receive relevant nutrition and diet resources news.				
Visit our website, email <a href="mailto:info@ndr-uk.org">info@ndr-uk.org</a> or call <b>0141 202 0690</b> for further information.				



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