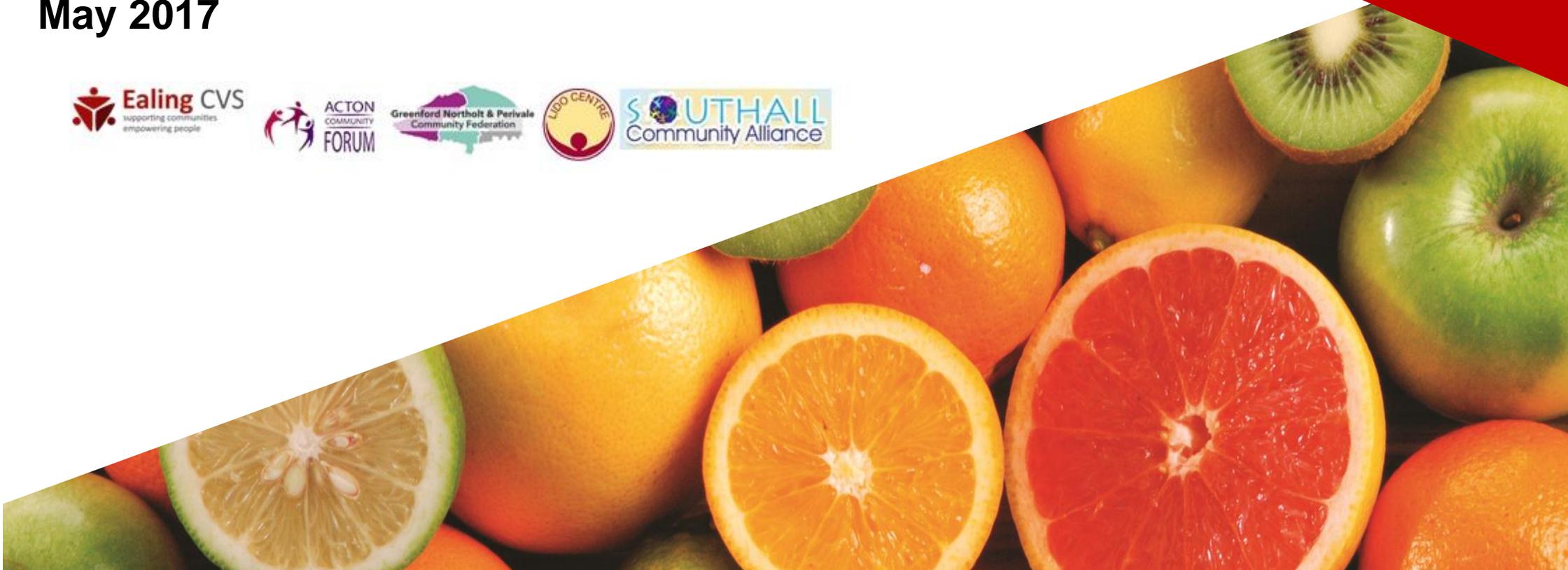


Ealing

Healthy Eating Directory

May 2017



Ealing Healthy Eating Directory

This Directory has been produced as a part of the work of the Ealing Voluntary Sector Self-Care Consortium. Ealing Cares is a borough wide consortium (Southall Community Alliance, Ealing Community and Voluntary Services, Acton Community Forum, GNP Community Forum and The Lido Centre). This consortium offers free self-care support, information and training to adults with chronic illness, long term conditions and their Carers. The activities aim to help residents adopt healthier lifestyles by focusing on physical activity, balanced diet/nutrition and being better able to look after their health.

Eating well does not require eating expensive or unusual foods. Quite the opposite. Simple foods from the basic food groups will serve your body and your health.

We all know the adage, "You are what you eat." A big step to maintaining your health is eating well every day.

Healthy eating is not about strict dieting, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great and having more energy. It can also support you with reducing the risk of illness and serious diseases.

As well as a range of organisations supporting healthy eating the Directory includes many organisations offering healthy eating advice for people with special medical conditions.

This Directory contains information from supermarkets, voluntary groups and public organisations that specialise in health conditions as well as tips and materials supporting healthy lifestyles.

Some of the sites featured in the directory have links to free downloadable materials or information that can be ordered online. And if you want to know what people in other countries are doing to help their health, click [here](#)

If you have any queries or comments on the Directory contact Angela Dodwell: Angela@ealingcvs.org.uk

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	28%	15%

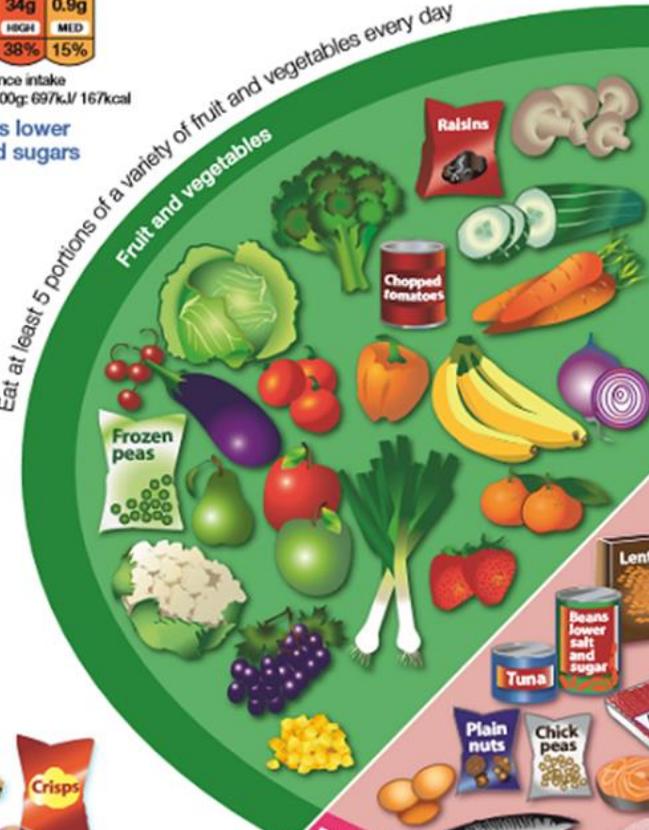
of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

The **Eatwell Guide** has been produced by Public Health England (PHE), an organisation that exists to protect and improve the nation's wellbeing, and reduce health inequalities. The Eatwell Guide was launched in March 2016 and replaced the Eatwell Plate as the UK's healthy eating tool. The guide illustrates the different types of foods and drinks, and in the proportions in which they should be consumed, to achieve a healthy balanced diet. The guide reflects up to date dietary recommendations, including those on sugar and fibre.

For more information on the Eatwell Guide visit NHS Choices: <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Organisation	Web Link	Key Information	Resources to order/download
Action for M.E. Myalgic Encephalomyelitis (M.E.) is a long-term (chronic), condition that causes symptoms affecting many body systems, more commonly the nervous and immune systems.	https://www.actionforme.org.uk/resources/questions-and-answers/will-changing-my-diet-help-me-manage-my-symptoms/	Helpful pointers include: <ul style="list-style-type: none"> • Maintaining a healthy diet • Need for supplements? • Good intake of fluids and what to reduce • Food intolerance: most common tolerance problems and how to deal with them 	None
Age UK Providing services and support at a national and local level to support older people.	http://www.ageuk.org.uk/health-wellbeing/healthy-eating-landing/healthy-eating-overview/eating-well/ Age UK Ealing - http://www.ageuk.org.uk/ealing/	Vitamins and minerals <ul style="list-style-type: none"> • When should we take extra tablets, and when shouldn't we bother? Healthy eating: fact vs fiction <ul style="list-style-type: none"> • Advice on healthy eating seems to change so fast that it's hard to keep up. Foods to improve digestion <ul style="list-style-type: none"> • Food for good gut health. Healthy hearts <ul style="list-style-type: none"> • High levels of LDL cholesterol in the blood can increase the risk of heart disease and strokes. 	Download <ul style="list-style-type: none"> • Healthy Eating – your guide to eating well • Food Diary
Aldi Supermarket chain	https://corporate.aldi.co.uk/en/responsibility/consumers/healthy-lifestyles/	<ul style="list-style-type: none"> • Advice and information on products sold by Aldi 	None
Alzheimer's Society UK's leading care and research charity for people with dementia and their carers.	https://www.alzheimers.org.uk/info/20029/daily_living/10/eating_and_drinking?gclid=CNLh5rfW9tMCFcgp0wod7a0IUQ	Advice and information on diets to: <ul style="list-style-type: none"> • Decrease the risk of dementia • Advise on the importance of a healthy diet for people living with dementia 	Download <ul style="list-style-type: none"> • Eating and Drinking factsheet

<p>Arthritis Care Arthritis means inflammation of the joints and can affect people of all ages, including children.</p>	<p>https://www.arthritiscare.org.uk/managing-arthritis/diet-and-exercise/diet</p>	<ul style="list-style-type: none"> • Diet with arthritis • Managing your weight with arthritis • Interaction between food and arthritis • Supplements and arthritis 	<p>Download</p> <ul style="list-style-type: none"> • Healthy Eating and Arthritis
<p>Asthma UK Asthma tends to run in families, especially when there's also a history of allergies and/or smoking.</p>	<p>https://www.asthma.org.uk/advice/triggers/food/?gclid=CMb8s4j-kM4CFcFuGwodrtUKKA&gclid=CMb8s4j-kM4CFcFuGwodrtUKKA</p>	<p>No need for a special diet but includes helpful tips, particularly for people with asthma who also have food allergies</p>	<p>None</p>
<p>Bank Workers' Charity Supports current and former bank employees and their families across the UK by providing information, advice and support services.</p>	<p>http://www.bwcharity.org.uk/resource/20-tips-healthier-diet-resource</p>	<ul style="list-style-type: none"> • Advice on various ways to stay healthy 	<p>Download</p> <ul style="list-style-type: none"> • 20 Tips for a Healthier Diet
<p>BBC Good Food Experts explain the recommended daily amounts of nutrients, how to serve the perfect portion and recipes to make you happy and healthy.</p>	<p>http://www.bbcgoodfood.com/howto/guide/balanced-diet</p>	<p>Information on:</p> <ul style="list-style-type: none"> • Balanced diets for men, women, vegans, vegetarians and during pregnancy 	<p>Download</p> <p>Information on all of these subjects</p>
<p>The British Dietetic Association (BDA) The association for UK Dieticians</p>	<p>https://www.bda.uk.com/foodfacts/home</p>	<p>Dietitians are the only qualified health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public-health level. They work with both healthy and sick people, by interpreting the science of nutrition to improve health and treat</p>	<p>Download</p> <ul style="list-style-type: none"> • Healthy Eating and Lifestyle (fact sheets on many topics)

		diseases and conditions by educating and giving practical advice.	
Beating Eating Disorders (Beat)	https://www.b-eat.co.uk	<ul style="list-style-type: none"> • Types of eating disorders • Do you have an eating disorder? • Are you worried about someone? • Help and treatment 	<p>Download</p> <ul style="list-style-type: none"> • Guide to Understanding Eating Disorders • Eating Disorders and Your Teeth • Living with Laxatives <p>Sign up for monthly eNewsletter</p>
Better Health Using evidence to promote race equality in health	http://www.better-health.org.uk/briefings/healthy-eating-uk-minority-ethnic-households-influences-and-way-forward	<ul style="list-style-type: none"> • Healthy eating advice for minority ethnic households • What are the main influences on the dietary habits of the minority ethnic populations? 	<p>Download</p> <ul style="list-style-type: none"> • Better Health Briefing 42
Big Lottery Fund The Big Lottery Fund has funded many different health and wellbeing grant programmes across the UK.	https://www.biglotteryfund.org.uk/research/health-and-well-being/publications	<ul style="list-style-type: none"> • Research and results 	<p>Download</p> <ul style="list-style-type: none"> • Thematic Review – Health and Wellbeing
Boots Boots the Chemist website	http://www.webmd.boots.com/healthy-eating/guide/common-food-recipe-questions	<ul style="list-style-type: none"> • FAQ about food and recipes • Eating essentials • Digestive health • Nutrition basics 	<p>Sign up for online updates to your email inbox</p>

<p>British Heart Foundation Dedicated to the fight against heart disease</p>	<p>https://www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating</p>	<p>Links to:</p> <ul style="list-style-type: none"> • Dieting myths • Sugar • Fats explained • Food labelling explained • Healthy eating on budget • Healthy recipe finder • Salt 	<p>Sign up for free magazine</p> <ul style="list-style-type: none"> • Heart Matters <p>Order or download</p> <ul style="list-style-type: none"> • Eating Well • Ten Minutes to Change Your Life: Time to Eat Well • Facts not Fads • Cut Down on Salt
<p>British Lung Foundation Raising awareness about lung disease, the dangers that cause it, and how to look after your lungs.</p>	<p>https://cdn.shopify.com/s/files/1/0221/4446/files/BK26_Living_with_a_lung_condition_eating_well_2014_v1_15_JULY_15.pdf?18279391681375430563</p>	<ul style="list-style-type: none"> • Importance of diet • The eat well plate • Key food groups • How diet affects symptoms 	<p>Download</p> <ul style="list-style-type: none"> • Living with a Lung Condition • How exercise and eating well can make a difference to your life
<p>British Nutrition Foundation Information about why good nutrition and lifestyle choices are important for health and well-being across all ages.</p>	<p>https://www.nutrition.org.uk/healthyliving/healthy-eating.html</p>	<ul style="list-style-type: none"> • Starchy foods • Meat fish eggs and non-dairy • Foods high in salt and/or sugar • Healthy packed lunches • Healthy eating outside of the home • Healthy eating on a budget • Healthy eating for vegans and vegetarians • Looking at labels 	<p>Download</p> <ul style="list-style-type: none"> • Information on all of these topics
<p>British Thyroid Foundation Dedicated to supporting people with thyroid disorders and helping their families.</p>	<p>http://www.btf-thyroid.org/information/108-thyroid-and-diet-factsheet</p>	<ul style="list-style-type: none"> • No specific foods or dietary supplements but info on what to avoid 	<p>Download</p> <ul style="list-style-type: none"> • Thyroid and Diet Fact Sheet

BUPA Private health insurance company	http://www.bupa.co.uk/health-information/diet-nutrition	<ul style="list-style-type: none"> • Food groups, recipes, glycaemic index (GI) and Fad Diets explained. • Diet throughout life. 	Download <ul style="list-style-type: none"> • Recipes
Cancer Research UK The world's leading charity dedicated to beating cancer.	http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/diet-and-cancer?	<ul style="list-style-type: none"> • How healthy eating prevents cancer • Food controversies • Diet facts and evidence 	Download <ul style="list-style-type: none"> • Eat Healthily Cut Your Cancer Risk
CarePlace An online directory containing useful services including information on diet and nutrition	http://www.careplace.org.uk/	<ul style="list-style-type: none"> • Search for local services and information around diet and nutrition as well as other health and wellbeing services 	None
Carers Trust Working to improve support for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.	http://carers.org/article/healthy-eating	<ul style="list-style-type: none"> • Information and tips for Carers. • Useful links to relevant websites 	None
Change 4 Life Working with major national retailers, household name brands and major organisations.	http://www.nhs.uk/change4life/Pages/change-for-life.aspx	<ul style="list-style-type: none"> • Sugar Smart • Cut back on fat • Watch the salt • Choose less Booze 	Register online for <ul style="list-style-type: none"> • Change for Life updates Download <ul style="list-style-type: none"> • Recipes • meal planner • Sugar Smart app
Children's Food Trust Charity with the aim of getting children to eat	http://www.childrensfoodtrust.org.uk	<ul style="list-style-type: none"> • Information for local authorities, schools, nurseries and childminders. 	Download <ul style="list-style-type: none"> • Menu planning checklist

<p>well by spreading the skills and confidence to cook from scratch.</p>		<ul style="list-style-type: none"> • Information for Parents on what questions to ask nurseries and schools • Tips on dealing with fussy eaters • Let's Get Cooking • Eating out with kids • Let's Get Cooking with Kids 	<ul style="list-style-type: none"> • Guidance on packed lunches • Recipes
<p>Coeliac UK Experts on coeliac disease and the gluten free diet.</p>	<p>https://www.coeliac.org.uk/home/</p>	<ul style="list-style-type: none"> • Gluten Free Diet • Gluten free recipes • Gluten free food app checker • Gluten free products and services 	<p>Order</p> <ul style="list-style-type: none"> • Food and drink directory • Food products • Clothing <p>Download</p> <ul style="list-style-type: none"> • Advice and information • Recipes • Fact sheets
<p>Crohns and Colitis UK The leading charity in the battle against Crohn's Disease, Ulcerative Colitis and other forms of Inflammatory Bowel Disease (IBD).</p>	<p>https://www.crohnsandcolitis.org.uk/about-inflammatory-bowel-disease/publications/food-and-ibd</p>	<ul style="list-style-type: none"> • What happens when we eat? • What is the effect of IBD on the gut? • Can food cause or cure IBD? • Vitamins and Minerals Lactose intolerance • Low fibre diet 	<p>Download</p> <ul style="list-style-type: none"> • Food and IBD – your Guide
<p>Colostomy Association National charity providing support and practical advice to anyone who has or is about to have stoma surgery.</p>	<p>http://www.colostomyassociation.org.uk/_assets/File/pdf/Bookets%202013%20New%20Address/ca016_04v00r00_healthy_eating.pdf</p>	<ul style="list-style-type: none"> • Diet information after surgery 	<p>Download</p> <ul style="list-style-type: none"> • Healthy Eating Nutritional guidelines for people who have a colostomy
<p>Diabetes UK Information, advice and support to help people manage their diabetes effectively.</p>	<p>https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food</p>	<ul style="list-style-type: none"> • Eating with Diabetes • Drinking and Diabetes • Food Shopping Tips • Eating Out with Diabetes 	<p>Sign up for eNewsletter</p> <p>Download</p> <ul style="list-style-type: none"> • Enjoy Food

			(Helping families with diabetes shop, cook and eat) • free Carb Count e/book Order other publications for which there is a charge
Ealing Community and Voluntary Service Registered local charity offering support and training through our Health Inequalities Project.	http://www.ealingcvs.org.uk/health/wellbeing-life/healthy-eating	<ul style="list-style-type: none"> • 5-a-Day • Processed Meat • Salt Consumption • Eat Well Plate • Become a Health Champion 	Download <ul style="list-style-type: none"> • The Eatwell Plate
Ealing Foodbank Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.	https://ealing.foodbank.org.uk/	<ul style="list-style-type: none"> • Help and support for people living in food crises • How to donate food • Become a referral partner 	None
Ealing One You Part of a national behaviour change programme to help you fight back and kick unhealthy eating out of your life.	http://oneyoueating.org/eating	<ul style="list-style-type: none"> • Health Trainers • Child weight management 	Download <ul style="list-style-type: none"> • Easy Meals app

<p>Eat Happy Project Free activities for parents, teachers and youth leaders to help children build a healthy relationship with food</p>	<p>https://www.eathappyproject.com/</p>	<ul style="list-style-type: none"> • Cooking videos • Activities and rewards for aspiring cooks • Activity sheets 	<p>Download</p> <ul style="list-style-type: none"> • Recipes • Activity sheets • Videos (eg: how to carve a spooky Halloween pumpkin; why do we need salt)
<p>Epilepsy Society The UK's leading provider of epilepsy services</p>	<p>https://www.epilepsysociety.org.uk/diet-and-nutrition#.V87KbpgrLcs</p>	<ul style="list-style-type: none"> • How does diet affect Epilepsy? • Can any special diets help prevent seizures? • Can any foods trigger seizures? • Information on and link to the Ketogenic diet 	<p>Download</p> <ul style="list-style-type: none"> • I am going on a Ketogenic diet • Handy guide to carbohydrate “Istop and swap” on a Ketogenic Dietary Therapy • Handy guide to the Medium Chain Triglyceride Diet
<p>FareShare Charity which saves good food destined for waste and sends it to charities and community groups who transform it into nutritious meals for vulnerable people. The food we redistribute is fresh, quality and in date surplus from the food industry.</p>	<p>http://www.fareshare.org.uk/</p>	<ul style="list-style-type: none"> • 20 Regional centres across the UK • FareShare London: Unit 7 Deptford Trading Estate Blackhorse Road, London SE8 5HY Tel: 020 7394 2478 Email: fslondon@fareshare.org.uk 	<p>Download</p> <ul style="list-style-type: none"> • the FareShare Food Efficiency Framework <p>Plus links to</p> <ul style="list-style-type: none"> • Food Offers Guidelines • Quality Standards Statement • How does the system work? • What are the costs and benefits? • Will you look after my food?

FoodCycle National charity that combines volunteers, surplus food and spare kitchen spaces to create tasty, nutritious meals for people at risk of food poverty and social isolation.	http://foodcycle.org.uk/	<ul style="list-style-type: none"> • List of hubs (locations) • Volunteering • Donations • Videos - Using surplus food to strengthen communities 	Download <ul style="list-style-type: none"> • Recipes • FoodCycle franchise booklet • FoodCycle's impact report 2015
Food for Life A programme aimed at making good food the easy choice for everyone and reconnecting people with where their food comes from.	http://www.foodforlife.org.uk/	<ul style="list-style-type: none"> • Early years award • School award • Independent evaluations <p>(more for organisations than families)</p>	Download <ul style="list-style-type: none"> • Food for Life: what we can do for you
Great Ormond Street Hospital One of the world's leading children's hospitals.	http://www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating	<ul style="list-style-type: none"> • Very simple healthy eating advice for teenagers 	None
Healthy Ealing Website put together by Ealing CCG to provide advice and information related to maintaining your health and wellbeing.	http://www.healthyealing.com/	<ul style="list-style-type: none"> • Diet and Nutrition • Benefits of healthy lifestyle • Information about self-care • Links to videos and information (some available in community languages) 	Download Videos and animations on a range of self-care and health topics
Heart UK The cholesterol charity, working to prevent premature deaths caused by high cholesterol.	http://heartuk.org.uk/cholesterol-and-diet/healthy-eating	<ul style="list-style-type: none"> • Information about cholesterol in food 	Download <ul style="list-style-type: none"> • Eating Out • Healthy Lunchboxes • Ultimate Cholesterol Lowering Plan

The Ileostomy and Internal Pouch Support Group A mutual support group which has the primary aim of helping people who have had their colon removed.	http://www.iasupport.org/about/publications/factsheets/ileostomies-and-eating-habits	<ul style="list-style-type: none"> • Diet information after surgery 	Download <ul style="list-style-type: none"> • Ileostomies and Eating Habits
Lidl Supermarket	http://www.lidl.co.uk/en/2279.htm	<ul style="list-style-type: none"> • Healthy eating recipes 	Download <ul style="list-style-type: none"> • Recipes
Love Food Hate Waste We throw away 7 million tonnes of food and drink from our homes every year in the UK, and more than half of this we could have eaten. Wasting this food costs the average household £470 a year, rising to £700 for a family with children.	http://www.lovefoodhatewaste.com/	<ul style="list-style-type: none"> • Portions and planning • Storage tips • Freezer advice • Advice on keeping food fresh for longer • Love food hate waste videos 	Download <ul style="list-style-type: none"> • Recipes • Meal planner and shopping lists • Fridge and freezer essentials Online calculators: <ul style="list-style-type: none"> • Perfect Portion Tool • The Food Waste Assistant
Marks and Spencer Supermarket	https://health.marksandspencer.com/healthy-eating	<ul style="list-style-type: none"> • Create a health profile for detailed help or e/mail a Nutritionist 	Online calculators for BMI, alcohol intake, body shape
Mend Mind, Exercise, Nutrition... Do it! Charity addressing obesity issues	http://www.mendcentral.org	<ul style="list-style-type: none"> • Obesity prevention and treatment • Causes of obesity • Childhood obesity • Childhood obesity myth buster • Facts and figures 	None
Men's Health Interactive website	http://www.menshealth.co.uk/food-nutrition/healthy-eating/	<ul style="list-style-type: none"> • Healthy eating tips aimed specifically at men. • Supermarket traps 	Download <ul style="list-style-type: none"> • Recipes

<p>Men's Health Forum Carrying out research, raising awareness and advocating for men's health.</p>	<p>https://www.menshealthforum.org.uk/male-health?f[0]=im_field_tags%3A150#</p>	<ul style="list-style-type: none"> • FAQ's • Can food improve your sex life? • How to read food labels • Smart snacking 	<p>Order</p> <ul style="list-style-type: none"> • Eat Drink Don't Diet
<p>Mind The mental health charity's food and mood page; explore the relationship between what you eat and how you feel.</p>	<p>http://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood</p>	<ul style="list-style-type: none"> • Do you keep yourself hydrated? • Are you eating the right fats? • Are you getting enough protein? • How's your gut feeling? • Are you having too much caffeine? • Are you taking medication? 	<p>Download</p> <ul style="list-style-type: none"> • How to manage your mood with food • Or watch video online
<p>MindFood CIC A mental health social enterprise based in Ealing helping people improve their wellbeing through growing and selling food.</p>	<p>https://www.mindfood.org.uk/</p>	<ul style="list-style-type: none"> • Wellbeing courses • Growing organic food 	<p>None</p>
<p>MS Society For people with Multiple Sclerosis (MS)</p>	<p>https://www.mssociety.org.uk/what-ms/treatments-and-therapies/diet/healthy-eating</p>	<ul style="list-style-type: none"> • What foods to eat if you have MS • Balanced diet • Supplements • Advice available 	<p>Download</p> <ul style="list-style-type: none"> • Diet and Nutrition
<p>National Eczema Society Charity dedicated to improving the life of people with eczema and their Carers.</p>	<p>http://www.eczema.org/download-eczemafactsheets---factors</p>	<ul style="list-style-type: none"> • Food triggers • Food hypersensitivity 	<p>Download factsheet</p> <ul style="list-style-type: none"> • Diet & Eczema in Children
<p>National Osteoporosis Society</p>	<p>https://www.nos.org.uk/healthy-bones-and-risks/healthy-bones</p>	<ul style="list-style-type: none"> • Healthy eating for strong bones: calcium info and calculator 	<p>Download</p> <ul style="list-style-type: none"> • Eatwell Guide

Charity dedicated to ending the pain and suffering caused by osteoporosis.			
NHS Choices NHS website with info on all aspects of health	http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx	<ul style="list-style-type: none"> • Food and Diet • Lose Weight • Superfoods • 5-a-Day • Vegetarian and Vegan food • Digestive Health • Food allergy • Eating Well in Pregnancy 	Sign up for NHS Choices eNewsletters
Parkinson's UK Charity fighting for better care, treatments and quality of life for sufferers from Parkinson's Disease	http://www.parkinsons.org.uk/content/diet-and-parkinsons-booklet	<ul style="list-style-type: none"> • The right balance of nutrients from different food groups • Maintaining a healthy weight • Eating and swallowing problems • The effects of diet on medication • Vitamins and other supplements • Constipation • Low blood pressure • Adapted dishes and cutlery 	Download <ul style="list-style-type: none"> • Diet and Parkinson's
Public Health Ealing The team work to promote health and wellbeing across the borough	https://www.ealing.gov.uk/info/201201/health_and_wellbeing	<ul style="list-style-type: none"> • Links to information and further support for adults and children 	None
Sainsbury's Supermarket	https://livewellforless.sainsburys.co.uk/category/healthier-eating/	<ul style="list-style-type: none"> • Starchy foods • Milk and dairy • Fruit and vegetables 	Download leaflets <ul style="list-style-type: none"> • Diabetes • Healthier heart • Healthy weight • Bone health • Healthy Balance • Food allergy and intolerance • Coeliac disease

			<ul style="list-style-type: none"> • Vegan and vegetarian • Production Guidance
Social Care Institute for Excellence (Scie) Information, guidance, resources and accredited training for anyone supporting people with dementia.	http://www.scie.org.uk/dementia/living-with-dementia/eating-well/	<ul style="list-style-type: none"> • Eating well with dementia • Why nutrition is important for people with Dementia • Can diet prevent or slow down Dementia 	<ul style="list-style-type: none"> • Free registration • Access to certified e-learning resources
Sickle Cell & Thalassaemia Website for people with or at-risk of Sickle Cell, Thalassaemia, G6PD and other related conditions of haemoglobin.	http://www.sickle-thal.nwlh.nhs.uk/forpatients/keepingwellwithsicklecelldisease.aspx	<ul style="list-style-type: none"> • Tips on fluid and a balanced diet 	None
Start 4 Life NHS website with hints, tips and videos about what is best for you and your baby	https://www.nhs.uk/start4life	<ul style="list-style-type: none"> • Healthy eating in pregnancy • Breastfeeding • First foods • Mealtime tips 	Sign up for <ul style="list-style-type: none"> • Free texts, e-mails and 'how to' videos from the Start4Life Information Service for Parents.
Stroke Association The leading charity in the UK for people affected by stroke	https://www.stroke.org.uk/resources/healthy-eating-and-stroke	<ul style="list-style-type: none"> • What you eat can affect your chances of having a stroke • Certain foods can help protect you • Too much fat and salt in your diet can increase your risk. 	Download <ul style="list-style-type: none"> • Healthy Eating and Stroke
Tesco Supermarket	https://realfood.tesco.com/healthy-recipes.html	Recipes including: <ul style="list-style-type: none"> • Quick and easy • Healthy snacks for kids and healthy desserts 	Download <ul style="list-style-type: none"> • Recipes

<p>Think Ahead Face to face support charity who help to improve the quality of life of Stroke Survivors and Carers.</p>	<p>http://www.think-ahead.org.uk/living-with-stroke/lifestyle-advice/</p>	<ul style="list-style-type: none"> • Diet information for stroke sufferers 	<p>Download</p> <ul style="list-style-type: none"> • Diet section of guide book • Healthy Eating Plate
<p>Waitrose Supermarket</p>	<p>http://www.waitrose.com/home/inspiration/healthy-eating-andweightloss.html</p>	<ul style="list-style-type: none"> • Healthy eating for children • Special diets • Weight loss • 10 weeks of healthy eating 	<p>Download</p> <ul style="list-style-type: none"> • Recipes • Eating Plans



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