

## **The Nutrition Advisory Group for Elderly People of the British Dietetic Association**

### ***Eating through the 90's - Booklet***

Information on nutrition for those involved in the catering for any group of elderly people. It aims to maintain and/or improve the quality of care for an increasing sector of our community.

### ***Nutrition Assessment Checklist and Guidance Notes - Booklet***

A screening tool for use by health professionals when interviewing older people. To help them identify clients who are "at risk" of nutritional inadequacy and implement appropriate intervention.

### ***Taking Steps to Tackle Eating Problems - Booklet***

Simple changes can maintain or improve the health and well being of elderly people who are not eating and/or drinking enough. This A3 poster and handbook will help you identify a potential problem and suggest appropriate changes such as fortification of the usual diet or in some situations the use of commercial dietary supplements.

### ***In the Minority through the 90's - Booklet***

A handbook for those who provide meals for elderly people in a multi-cultural society. It gives information about the traditional diets of families and individuals from different ethnic groups, living in the UK, including religious and cultural factors, which influence food choice.

### ***Fibre keeps you fit - Video***

Constipation is common among older people. This video discusses the problems and makes suggestions as to how carers and older people can reduce the incidence of constipation. 10 minutes

### ***Have you got a small appetite? - Leaflet***

Available in either A5 or A4 (Large Print) format. An 8 page, full colour guide to eating well for anyone with a small appetite, whatever their age.

### ***Eating well and keeping well with diabetes - Leaflet***

Available in either A5 or A4 (Large Print) Format. A 16 page, full colour illustrated booklet for elderly people with diabetes explaining the principles of the diet with practical meal suggestions and other advice. Printed in larger print in accordance with RNIB guidelines.

### ***Staying Healthy - a guide for the over 50's - Leaflet***

An A5, 12-page full colour illustrated booklet for the over 50's. Useful for pre-retirement groups

### ***Have you got a small appetite? - Set of A3 posters***

A set of 6 colourful A3 posters summarising the leaflet of the same name. For use in wards, day centres, residential homes etc.

### ***Staying Healthy - a guide for the over 50's - A3 poster***

A3 full coloured poster of the food guide picture on the last page of the leaflet of the same name.

### ***Nutrition For Those Who Care – Training Pack***

Comprises nine ready-to- use sessions on relevant topics to the nutritional well-being of people living in all care settings e.g. Food fortification, dysphagia, diabetes, home enteral feeding. Complete with CD ROM, lesson plans, and master copy for handouts, suggested practical activities, all in an attractive binder.

**Order Form**  
**The Nutrition Advisory Group for Elderly People**  
**of the British Dietetic Association**

Ref number	Titles booklet, video, leaflet	Price	Quantity	Cost
bda-nage-bok1	<i>Eating through the 90's</i>	£5.00		
bda-nage-bok2	<i>Nutrition Assessment Checklist</i>	£2.00		
bda-nage-bok3	<i>Taking steps to tackle eating problems</i>	£5.00		
bda-nage-bok4	<i>In the minority through the 90's</i>	£5.00		
bda-nage-vid2	<i>Fibre keeps you fit</i>	£16.00		
bda-nage-leaf1	<i>Have you got a small appetite? - A5</i>	18p		
bda-nage-leaf5	<i>Have you got a small appetite? - A4 (Large Print)</i>	25p		
bda-nage-leaf2	<i>Eating well and keeping well with diabetes - A5</i>	25p		
bda-nage-leaf4	<i>Eating well and keeping well with diabetes A4 (Large Print)</i>	35p		
bda-nage-leaf3	<i>Staying Healthy</i>	25p		
bda-nage-post1	<i>Have you got a small appetite? Set of 6 A3 posters</i>	£15 (per set)		
bda-nage-post2	<i>Staying Healthy – A3 poster</i>	£2.50		
	<i>Nutrition For Those Who Care- Training Pack (includes p &amp; p)</i>	£130		
<b>Sub Total</b>				

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	£150.01 to £200.00	£18.00	
	£200.01 to £300.00	£24.00	
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**Cheques or postal orders enclosed with order form made payable to 'NAGE'**

Available from:

**NAGE, The British Dietetic Association, Cambertown House, Commercial Road, Goldthorpe Industrial Estate, Goldthorpe, Rotherham, South Yorkshire, S63 9BL.**

**For all order queries please contact Cambertown;  
 Helpline Number: 01709 889900  
 Fax Number: 01709881673**

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