

**NHS Greater Glasgow & Clyde
Multilingual Health Information Resources**

Nutrition

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Scope

The nutrition topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde. The research for this topic was carried out in the week beginning 12th February 2007.

The sub-topics searched were:

- Healthy/balanced diet
- Healthy eating and pregnancy
- Healthy recipes
- Vitamins and minerals
- Folic acid
- Wholemeal food
- Vegetarian diets
- Protein
- Carbohydrates
- Fruit and vegetables
- High fibre diet
- Weight loss
- Obesity
- Cholesterol

Specialist Nutrition Sources

Blood Pressure Association

<http://www.bpassoc.org.uk>

Breast Feeding Network

www.breastfeedingnetwork.org.uk/

British Nutrition Foundation

<http://www.nutrition.org.uk/>

British Hypertension Society

<http://www.bhsoc.org/>

British Heart Foundation

<http://www.bhf.org.uk/>

Center for Nutrition Policy and Promotion, USDA.

<http://www.cnpp.usda.gov/>

Consensus action on salt and health

<http://www.actiononsalt.org.uk/>

Diabetes UK

<http://www.diabetes.org.uk/>

Eatwell

<http://www.eatwell.gov.uk/>

EUROFIR (European Food Information Resources)

<http://www.eurofir.net/>

Food and agriculture organization of the UN

<http://www.fao.org/>

Food and drink federation

<http://www.foodfitness.org.uk>

Food Standards Agency

<http://www.food.gov.uk>

Healthy Living

<http://www.healthyliving.gov.uk/>

Heart UK

<http://www.heartuk.org.uk/>

High Blood Pressure Foundation

<http://www.hbpf.org.uk>

Jane's Breast Feeding Resources

<http://www.breastfeeding.co.uk>

La Leche League

<http://www.lalecheleague.org>

Ob-Age (Obesity and disease in ageing funded by EU)

<http://www.rowett.ac.uk/obage/>

LIPGENE (diet, genomics and metabolic syndrome funded by EU)

<http://www.lipgene.tcd.ie/>

Salt

<http://www.salt.gov.uk>

Nutrition Multilingual Health Resources Directory

Breastfeeding

<p>Are your nipples sore?</p> <p>Description Information on sore nipples and breastfeeding.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>	<p>Breastfeeding tips?</p> <p>Description Good tips for breastfeeding in pictorial form.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>
<p>Can breastfeeding prevent illness?</p> <p>Description Information about breastfeeding and preventing illness.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2001</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>	<p>Establishing your milk supply</p> <p>Description Information on techniques for ensuring a milk supply.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>
<p>How often will I have to pump when I go back to work?</p> <p>Description Details of expressing milk when you return to work.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>	<p>How to know if your breastfed baby is getting enough milk</p> <p>Description Tips to make sure your baby is getting enough milk.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>
<p>I want to know if my breasts are making milk normally. Do I have enough milk?</p> <p>Description Information on knowing if you are producing enough milk for your baby.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>	<p>How do I position my baby for breastfeeding?</p> <p>Description Tips on getting into a good position for breastfeeding.</p> <p>Format Leaflet</p> <p>Language Russian</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>

<p>How often will I have to pump when I go back to work?</p> <p>Description Details of expressing milk when you return to work.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>	<p>Is it possible to breastfeed both an infant and a toddler?</p> <p>Description Details of breastfeeding a baby and a toddler.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>
<p>Preparing to breastfeed</p> <p>Description General information on breastfeeding.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>	<p>Tips for rousing a sleepy newborn</p> <p>Description Information on rousing a sleepy baby for milk feeds.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>
<p>What do I have to do to prepare my breasts for breastfeeding?</p> <p>Description Information on preparing yourself for breastfeeding.</p> <p>Format Leaflet</p> <p>Language Russian</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>	

Diet and health

<p>Asian/European Recipes</p> <p>Description Healthy European Recipes</p> <p>Languages English/Punjabi, English/Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact NHS Greater Glasgow & Clyde http://www.nhsggc.org.uk/perl</p>	<p>Asian Healthy Cooking Recipes</p> <p>Description Healthy Recipes</p> <p>Format Booklet</p> <p>Languages English/Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact NHS Greater Glasgow & Clyde http://www.nhsggc.org.uk/perl</p>
<p>Balance of Good Health</p> <p>Description Information on healthy Eating.</p> <p>Format Leaflet</p> <p>Languages Hindi, Punjabi</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact NHS Greater Glasgow & Clyde http://www.nhsggc.org.uk/perl</p>	<p>Cholesterol: too much is dangerous. European and middle eastern foods</p> <p>Description Information about eating the right foods and getting exercise.</p> <p>Format Leaflet</p> <p>Languages Arabic, English, Farsi, Punjabi, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2001</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>

Fluids

<p>Are you drinking enough water?</p> <p>Description Information about the benefits of drinking water.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Caffeine and your health</p> <p>Description How caffeine drinks can affect your health.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Drinking alcohol: how much is healthy?</p> <p>Description Guide to safe drinking.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	

Nutrition adults

<p>Eating for later life</p> <p>Description General information for good nutrition for the older age groups.</p> <p>Format Booklet</p> <p>Language Chinese, Punjabi, Turkish, Urdu</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact Food Standards Agency http://www.food.gov.uk</p>	<p>Eat well</p> <p>Description General information about good nutrition.</p> <p>Format Booklet</p> <p>Language Chinese, Punjabi, Turkish, Urdu</p> <p>Cost Free to download</p> <p>Published 2007</p> <p>Contact Food Standards Agency http://www.food.gov.uk</p>
<p>Eating well to prevent heart disease and stroke</p> <p>Description Information about healthy eating to prevent heart disease and stroke.</p> <p>Format Leaflet</p> <p>Languages Arabic, English, Russian</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Men and food</p> <p>Description Specific nutrition information for men.</p> <p>Format Booklet</p> <p>Language Chinese, Punjabi, Turkish, Urdu</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact Food Standards Agency http://www.food.gov.uk</p>
<p>Salts: facts for a healthy heart.</p> <p>Description Information relating to the amount of salt in our diets.</p> <p>Format Booklet</p> <p>Language Urdu</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Food Standards Agency http://www.food.gov.uk</p>	

Nutrition Children

<p>Feeding your baby</p> <p>Description Information relating to nutrition and babies.</p> <p>Format Booklet</p> <p>Language Chinese, Punjabi, Turkish, Urdu</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact Food Standards Agency http://www.food.gov.uk</p>	<p>Feeding your growing child</p> <p>Description Information relating to children and nutrition.</p> <p>Format Booklet</p> <p>Language Chinese, Punjabi, Turkish, Urdu</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact Food Standards Agency http://www.food.gov.uk</p>
<p>Feeding your toddler</p> <p>Description Information relating to young children and nutrition.</p> <p>Format Booklet</p> <p>Language Chinese, Punjabi, Turkish, Urdu</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact Food Standards Agency http://www.food.gov.uk</p>	<p>When should my baby start solids?</p> <p>Description Information on introducing solids into a baby's diet.</p> <p>Format Leaflet</p> <p>Language Russian</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact La Leche League International http://www.lalecheleague.org</p>

Food Hygiene

Beat the barbeque bugs		Preventing food poisoning	
Description	Important information on barbequing food and preventing food poisoning.	Description	General information about preventing food poisoning.
Format	Leaflet	Format	Leaflet
Language	Chinese, Punjabi, Turkish, Urdu	Language	Chinese, Punjabi, Turkish, Urdu
Cost	Free to download	Cost	Free to download
Published	2002	Published	2002
Contact	Food Standards Agency http://www.food.gov.uk	Contact	Food Standards Agency http://www.food.gov.uk