

Race and Health: Eating Healthy

Residents session on 17 July at 6-7:30pm

Resources

No	Name	Learn more
1.	Easy ways to eat well and move more, NHS	https://www.nhs.uk/healthier-families/
2.	Action Salt	https://www.actiononsalt.org.uk/resources/
3.	Action Sugar	https://www.actiononsugar.org/resources/
4.	Diabetes UK	https://www.diabetes.org.uk/
5.	NHS Food Scanner	https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/
6.	British Heart Foundation (BHF): Recipe finder	https://www.bhf.org.uk/information/support/support/healthy-living/healthy-eating/recipe-finder
7.	Healthy eating, living with diabetes, Diabetes UK	https://www.diabetes.org.uk/about-diabetes/looking-after-diabetes/healthy-eating
8.	Healthy Living Programme for people with Diabetes	https://healthyliving.nhs.uk/
9.	Recipe index, Kidney Care, UK	https://kidneycareuk.org/get-support/healthy-diet-support/kidney-kitchen/recipe-index/
10.	Carbs & Cals, World Food Book, Nutrition Information	https://carbsandcals.com/books/world-foods/
11.	Nutrition Kitchen, book a course	Email: sandeep@nutrition-kitchen.co.uk Call: 07526 580 621/ 020 3793 5049
12.	Well Newham: Healthy body/ Food	https://www.wellnewham.org.uk/ https://www.wellnewham.org.uk/advice/food
13.	Joy (residents can self-refer or you can refer someone else)	https://services.thejoyapp.com/