

## Healthy Eating Resources

If you or someone you know has a learning disability, the list of recommended resources will help you find information and advice about how to live a healthier lifestyle.

The links to the resources were last checked February 2022.

### 1. Healthy eating and food resources

Resource Details	Who is it for?	Where can I get it?	Is there a cost?
Weekly food planner	People with a learning disability	<a href="#">Mencap</a>	Free.
Cooking Videos	People with a learning disability	#CookwithMencap <a href="#">Mencap TV</a>	Free.
Nutrition information and resources	Anyone.	<a href="#">British Nutrition Foundation</a>	Free.
Accessible video recipes.	People with a learning disability and autism	<a href="#">United Response Cookability</a>	Free.
Easy read information on healthy lifestyles	Health professionals working with people with a learning disability.	<a href="#">A Picture of Health</a>	Free.
Easy read information on healthy eating	People with a learning disability and down's syndrome.	<a href="#">Down's Syndrome Association</a>	Free.
Eat Well Plate	Anyone.	<a href="#">NHS</a>	Free.
Guidance on portion sizes	Anyone.	<a href="#">NHS</a>	Free.

Interactive recipes, guidance and activities to eat more vegetables.	Children, young people and parents.	<a href="#">Veg Power</a>	Free.
NHS guidance, activities and recipes to encourage healthy living for the whole family.	Anyone.	<a href="#">Change4life</a>	Free.
Six week programme to learn about healthy, sustainable lifestyles in a fun and exciting way.	Children and young people.	<a href="#">Eat Like a Champ</a>	Free.
Information and resources for vegetarians.	Anyone.	<a href="#">Vegetarian Society</a>	Free.
Information about and resources for vegan food.	Anyone.	<a href="#">The Vegan Society</a>	Free.
Healthy eating information.	Anyone.	<a href="#">Bupa</a>	Free.
Cooking recipes using symbols.	Anyone.	<a href="#">Ganton School</a>	Free.
NHS Food Scanner App.	Anyone.	App store for apple devices or Play store for android devices	Free

## 2. Health conditions, food intolerance and allergy resources

Resource Details	Who is it for?	Where can I get it?	Is there a cost?
Information and advice on how to live with wheat intolerance	Anyone.	<a href="#">Coeliac UK</a>	Free.
Information, advice and support on living with Diabetes. Some easy read information available	Anyone.	<a href="#">Diabetes UK</a>	Free.
Information, resources and advice about food allergies	Anyone.	<a href="#">Allergy UK</a>	Free.
Information about the difference between allergies and food intolerances and how to get a diagnosis	Anyone.	<a href="#">Anaphylaxis Campaign</a>	Free.
Information on reducing risk of heart disease	Anyone.	<a href="#">British Heart Foundation</a>	Free.

### 3. Physical Activity Resources



Resource Details	Who is it for?	Where can I get it?	Is there a cost?
Move with Mencap activity idea packs	People with a learning disability and supporter	<a href="#">Mencap</a>	Free.
Easy read guide about physical activity	People with a learning disability and supporters	<a href="#">Mencap</a>	Free.
Gateway Award helping people on wellbeing and healthy lifestyles	People with a learning disability	<a href="#">Mencap</a>	Free.
Round the World Challenge	People with a learning disability in certain areas.	<a href="#">Mencap</a>	Free.
Online fitness classes Tuesdays and Thursdays 10:00-11:00 in the morning	People with a learning disability	<a href="#">Mencap</a>	Free.
Information on how much exercise you should do	Anyone.	<a href="#">Live Well NHS</a>	Free.
Fitness guides	Anyone	<a href="#">NHS</a>	Free.
Guide and mobile phone App to help people with running	Anyone	<a href="#">Couch 2 5K</a>	Free.

Information about being active with a disability	People with disabilities	<a href="#">NHS</a>	Free.
Information about how to get active	Anyone	<a href="#">Sport England</a>	Free.
Activity finder	People with disabilities	<a href="#">Para Sport</a>	Free.