

Read Yourself Well: **Healthy Eating**

If you would like help finding any of these books at your library, please tick the appropriate box and give to library staff. They will be happy to help you.

 Ian W. Campbell	<p><u>OBESITY</u> Evidence based - frequently asked patient questions, in non-medical language.</p>	<p>Please Tick <input type="checkbox"/></p>	 Cath Senker	<p><u>HEALTHY EATING</u> An essential introduction to the foods we should eat to keep healthy</p>	<p>Please Tick <input type="checkbox"/></p>
 Anita Bean	<p><u>FOOD FOR FITNESS</u> For those who are serious about sport, health and fitness. Contains facts and tips from sportspeople and athletes. Also, designing meals, calorie intakes and 50 recipes.</p>	<p>Please Tick <input type="checkbox"/></p>	 Walker & Rodgers	<p><u>DIABETES</u> Guide to managing diabetes. With useful tips, plus symptoms, diet, exercise and medication.</p>	<p>Please Tick <input type="checkbox"/></p>
 Daniel Green	<p><u>HEALTHY EATING FOR LOW CHOLESTEROL</u> <i>"The perfect book for those who want to eat healthy meals and improve their health. Packed with cholesterol-lowering advice as well as tasty recipes".</i></p>	<p>Please Tick <input type="checkbox"/></p>	 Paul Gayler	<p><u>HEALTHY EATING FOR YOUR HEART</u> <i>"Easy to read, in simple terms - the risks of heart disease. Full of advice on how to eat well, and exactly what you should be aiming for".</i></p>	<p>Please Tick <input type="checkbox"/></p>
 By Anita Bean	<p><u>HEALTHY EATING FOR KIDS</u> Advice on healthy eating, fussy eaters, dealing with an overweight child, and tips for no-hassle meals, quick snacks and lunch boxes.</p>	<p>Please Tick <input type="checkbox"/></p>			

You can find your nearest library by using the following contacts:

Website: www.northamptonshire.gov.uk/leisure/libraries/public/libs.htm
Telephone: 01604 462049
Email: enquiredirect@northamptonshire.gov.uk

If you would like to meet with one of the PCT's new Health Trainer's to discuss making healthy lifestyle changes call them **Free on 0800 085 1988.**