

# Nutrition Resource Guide



This resource is aimed at assisting you in accessing a range of reputable resources and information relating to nutrition for young people.

A wide range of resources such as posters, leaflets and information on nutrition can be found within these following websites, and many can be downloaded for free.

1. **Food Standards Agency 'Eatwell' Website**

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

Information on the eatwell plate.

Posters can be ordered in A3/A5 size by phoning **0845 606 0667**.



2. **Food Standards Agency (Wales)**

[www.food.gov.uk/wales](http://www.food.gov.uk/wales)

3. **British Nutrition Foundation 'Food a fact of life' Website**

[www.foodafactoflife.org](http://www.foodafactoflife.org)

Provides recipe videos showing healthy dishes being prepared, healthy eating podcast and interactive activities.

4. **Food Fitness**

[www.foodfitness.org.uk](http://www.foodfitness.org.uk)

Practical advice on healthy eating and an active lifestyle

5. **Comic Company**

[www.comiccompany.co.uk](http://www.comiccompany.co.uk)

Health information resources for all including healthy eating and nutrition.



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North Wales NHS Trust

