

Appendix 3

How to order resources

1. Chinese Balance of Good Health Poster

Cost £2.35. Copies are available from British Nutrition Foundation, High Holburn House, 52-54 High Holburn, London WC1V 6RQ, UK

2. Foot care leaflets translated in 31 languages. Download free from www.diabeticfoot.org.uk

3. Diabetes UK translated materials

Healthy eating for the South Asian community in Urdu, Hindi, Punjabi, Bengali, Gujarati
Diabetes UK www.diabetes.org.uk

Healthy khana (healthy food) and educational videos in different languages

Diabetes UK www.diabetes.org.uk

What is diabetes? free

9500 [English](#) 9501 [Bengali](#) 9502 [Gujarati](#) 9503 [Urdu](#) 9504 [Hindi](#) 9505 [Punjabi](#) 9506 [Chinese](#)

How Diabetes UK can help you free

9507 [English](#) 9508 [Bengali](#) 9509 [Gujarati](#) 9510 [Urdu](#) 9511 [Hindi](#) 9512 [Punjabi](#) 9513 [Chinese](#)

Hypoglycaemia free

9514 [English](#) 9515 [Bengali](#) 9516 [Gujarati](#) 9517 [Urdu](#) 9518 [Hindi](#) 9519 [Punjabi](#) 9520 [Chinese](#)

Managing diabetes free

9521 [English](#) 9522 [Bengali](#) 9523 [Gujarati](#) 9524 [Urdu](#) 9525 [Hindi](#) 9526 [Punjabi](#) 9527 [Chinese](#)

Healthy lifestyle, fasting and diabetes free

9528 [English](#) 9529 [Bengali](#) 9530 [Gujarati](#) 9531 [Urdu](#) 9532 [Hindi](#) 9533 [Punjabi](#) 9534 [Chinese](#)

Diabetic complications free

9535 [English](#) 9536 [Bengali](#) 9537 [Gujarati](#) 9538 [Urdu](#) 9539 [Hindi](#) 9540 [Punjabi](#) 9541 [Chinese](#)

CVD and kidney disease free

9542 [English](#) 9543 [Bengali](#) 9544 [Gujarati](#) 9545 [Urdu](#) 9546 [Hindi](#) 9547 [Punjabi](#) 9548 [Chinese](#)

Your eyes and diabetes free

9549 [English](#) 9550 [Bengali](#) 9551 [Gujarati](#) 9552 [Urdu](#) 9553 [Hindi](#) 9554 [Punjabi](#) 9555 [Chinese](#)

Ramadan and diabetes free

9556 [English](#) 9557 [Bengali](#) 9558 [Gujarati](#) 9559 [Urdu](#) 9560 [Punjabi](#)

Nerve damage and diabetes free

9561 [English](#) 9562 [Bengali](#) 9563 [Gujarati](#) 9564 [Urdu](#) 9565 [Hindi](#) 9566 [Punjabi](#) 9567 [Chinese](#)

Pregnancy and diabetes free

9568 [English](#) 9569 [Bengali](#) 9570 [Gujarati](#) 9571 [Urdu](#) 9572 [Hindi](#) 9573 [Punjabi](#) 9574 [Chinese](#)

Treating with insulin/tablets free

9575 [English](#) 9576 [Bengali](#) 9577 [Gujarati](#) 9578 [Urdu](#) 9579 [Hindi](#) 9580 [Punjabi](#) 9581 [Chinese](#)

A guide for African-Caribbean people – your key to better health free

A concise introduction to diabetes and its treatment, including clear dietary guidance to help you follow a healthy and active lifestyle. 8027

How to order

To order please contact Diabetes UK Distribution:

Ordering

You can order immediately and check stock availability by calling free on **0800 585 088**.

Alternatively, cheques should be made payable to Diabetes UK Services Ltd and sent with an order form (available from website [-www.diabetes.org.uk](http://www.diabetes.org.uk)) to: Diabetes UK Distribution, PO Box 1057, Bedford MK42 7XQ.