



Nutrition
publications
and
educational
material

Name (please print).....
 Postal Address.....
Postal code:.....
 Physical Address (for large quantities).....
 Institution in which material is to be used (if applicable):
 Phone Number.....Cell Number.....Fax Number.....

NUTRITION COUNSELLING AIDS

	PRICE	QUANTITY
Understanding Diabetes Flipchart- 12 page unlabelled chart describing the process and management of diabetes.	R20.00	
Set of Food Flash Cards	R75.00	

LEAFLETS FOR PATIENTS POST COUNSELLING

Please fill in the numbers of leaflets required in the boxes under the languages that you require.
 Please note that a maximum of 50 of each leaflet may be ordered at a time.

Title & Description	LANGUAGES AND AMOUNTS REQUIRED						
	English	Zulu	Afrik.	Sotho	Pedi	Xhosa	Tswana
Understanding Diabetes- Simple leaflet explaining the physiology of diabetes and the outline of treatment							
Understanding Weight Gain and Obesity- Simple leaflet explaining why some people have a weight problem and how it can be prevented.							
Do you have diabetes? – A leaflet that can be used for diabetes awareness promotions to explain the signs of diabetes.							
Balanced eating with good health – Gives information on wise food choices for people with Type 2 Diabetes, Obesity or High Blood Pressure.							
Understanding Lipodystrophy – Simple leaflet explaining lipodystrophy and the management thereof							
Lifestyle guidelines for adolescents and adults who are HIV positive – Gives information on wise food choices for people living with HIV and AIDS							
Oral Health – Simple leaflet explaining oral health and nutritional considerations thereof							
Healthy Eating for Children – Simple leaflet for parents and teachers explaining how to implement the food based dietary guidelines for school going children – includes lunch box tips							
Dietary Guidelines for Children living with ADHD – Simple leaflet for parents and teachers providing information on ADHD & Nutrition							
Oral Health for Children – A simple leaflet explaining oral health for children							
Guidelines for Healthy Eating – Simple leaflet explaining the food based dietary guidelines							
Understanding Hypertension and Stroke – Simple leaflet explaining hypertension and stoke and nutritional considerations thereof							

MATERIAL FOR HEALTH PROFESSIONALS

Please indicate in the boxes provided the amounts required. A maximum of 10 of each publication may be ordered at a time.

Food choice for people with diabetes mellitus – A 24 pg booklet illustrating a better understanding of the research that has led to the changes in recommendations about the use of sugar in eating plans for people with diabetes.

Nutritional Factors in Oral Health and Disease - A 16 pg booklet illustrating a better understanding of the research that has led to the changed recommendations about the role of sugar and sugar-containing foods and drinks in oral health.

Food choice for people living with HIV – A 20 pg booklet illustrating a better understanding of the research that has led to recommendations about the role of nutrition for people living with Human Immunodeficiency Virus (HIV)

MATERIAL FOR HEALTH WORKERS IN CONJUNCTION WITH TRAINING

Dietary guidelines for people with Type 2 Diabetes – A 32 pg booklet to help Health Workers give adult people with Type 2 Diabetes (non-insulin dependent diabetes) practical nutrition advice. This can be used by those training health workers in this area.

Understanding diabetes – What is it all about? – A 20 pg booklet explaining what diabetes is all about and how diabetes affect the body. This can be used by those training health workers in this area.

Dietary guidelines for adults who are HIV positive – A 44 pg booklet to help Health Workers and Counsellors give nutrition information to adults who are HIV positive.

ADDITIONAL INFORMATION

1. Once you have filled in your requirements, you may fax, email or post the form using the details below.
2. If you have purchased the food flash cards or flipcharts, please also fax through the proof of payment with your order form. Our bank details are as follows:-
3. Please allow 2 – 4 weeks for delivery of publications.
NB: Please note that you will receive a slip from the post office and will be required to fetch the print materials from the post office.

First National Bank – Durban Corporate
Account Name: South African Sugar Association
Branch Code: 223626
Account No: 59276123518
Ref: ND – (your surname)

South African Sugar Association Nutrition Department
P O Box 700
Mount Edgecombe
4300
Tel : 031 508 7000
Fax : 031 508 7191
Email : nutrition@sasa.org.za

