

Lifestyle Resources and information: Healthy Eating

Resources:

NHS Choices

<http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx>
<http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

The website provides guidance, fact sheets, apps, case studies on nutrition and healthy eating levels.

One You- Healthy Eating

<https://www.nhs.uk/oneyou/eating#>

Resources, advice, fact sheets and apps on healthy eating.

Change4Life

<http://www.nhs.uk/Change4Life/Pages/healthy-eating.aspx>
<https://www.nhs.uk/change4life-beta/be-food-smart>

Resources, apps and factsheets on healthy eating for families.



APPS:

One You - Easy Meals App

<https://www.nhs.uk/oneyou/apps>

The free 'Easy Meals' app is a great to find out which food and meals are healthy for you.



Change4Life Apps

Change4LifeSmart Recipes - A free app that can help families may healthier choices in the meals they make.

<http://www.nhs.uk/Change4Life/Pages/meal-planner-recipe-finder-app.aspx>

Change for Life Be Food Smart- A free app to help people make healthier food and drink choices.

<http://www.nhs.uk/Change4Life/Pages/healthy-eating.aspx>

Our Gateshead- Gateshead's Community Service

<http://www.ourgateshead.org/>

A local site which includes resources, a list of public health campaigns, health and wellbeing directory of activities by area, self-help information, what's on guide to the local area by topic area. Our Gateshead is the main site for listing Stop Smoking Service providers, information and updates.