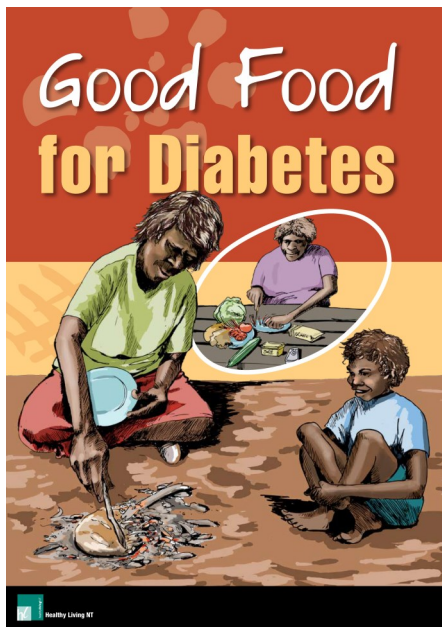
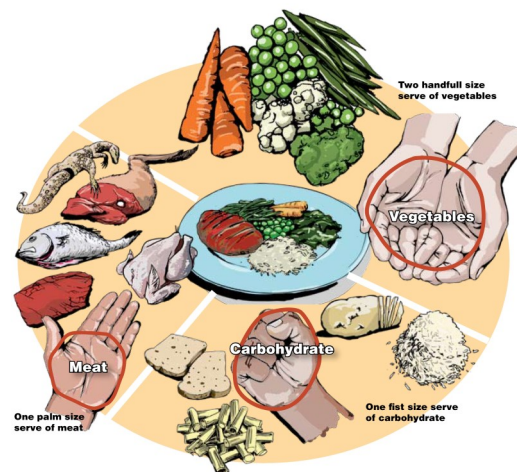


Good Food for Diabetes Flipchart A4 Landscape (wire bound flipchart)



Good Food for Diabetes Booklet A4 Portrait

What should my plate look like?



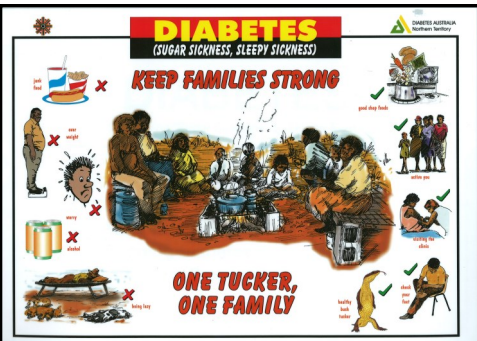
A new 16-page food resource for indigenous people with diabetes accompanied by a 16-page durable flip chart for health professionals was released in May. The resource was developed by Healthy Living NT with funding and support from the NT Department of Health.

Interstate clinics, private organisations or clinics wishing to obtain additional copies can purchase directly from Healthy Living NT.

These resources have clear easy to read messages. Developed as culturally appropriate for health professionals who work with Indigenous people to use in health promotion, health education and to assist with better management of their diabetes.

◆ **Keep Culture, Life & Family Strong - Know Early About Diabetes Series**

- *Part 1 - How Do You Feel?*
- *Part 2 - What Is It?*
- *Part 3 - What Do I Do?*
- *Part 4 - What For Take Medicine?*
- *Part 5 - Why Me?*
- *Part 6 - Diabetes In Pregnancy*



◆ **Keep Families Strong - One Tucker, One Family**

The *Keep Families Strong - One Tucker, One Family* resource looks at the:

- ◆ Risk factors of Type 2 diabetes
- ◆ Signs and symptoms of Type 2 diabetes
- ◆ Long term complications
- ◆ Managing Type 2 diabetes
- ◆ Diabetes in Pregnancy

◆ **Diabetes - Keep Your Feet Healthy**

The *Keep Your Feet Healthy* resource is designed to increase awareness and knowledge of:

- ◆ What to do to keep feet healthy
- ◆ Everyday care for feet
- ◆ Preventing foot problems
- ◆ Managing foot problems



◆ **Diabetes In Pregnancy POSTER**

The *Diabetes in Pregnancy poster* resource is designed to illustrate two 'Baby' stories

- ◆ **Happy Baby**
 - The result of good diabetes management
- ◆ **Sad Baby**
 - The result of poor diabetes management

Indigenous Resources Order Form

Product Title	Product Type	Quantity	Unit Price	Total Price
All Flip Charts in the series are in Full Colour, Spiral Bound and are made of Durable or Laminated Materials				
Keep Culture, Life & Family Strong Flip Charts A4 Landscape	Part 1 - 6 (Package)		\$ 366.00	
	Part 1 - How Do You Feel? 12 pg		\$ 63.00	
	Part 2 - What Is It? 16 pg		\$ 63.00	
	Part 3 - What Do I Do? 18 pg		\$ 70.00	
	Part 4 - What For Take Medicine? 18 pg		\$ 70.00	
	Part 5 - Why Me? 16 pg		\$ 70.00	
	Part 6 - Diabetes In Pregnancy 16 pg		\$ 30.00	
Keep Families Strong - One Tucker, One Family Flip Chart	A3 Landscape 22 pg		\$ 155.00	
	A4 Landscape 22 pg		\$ 125.00	
Keep Your Feet Healthy Flip Chart	A4 Landscape 8 pg		\$ 35.00	
Keep Culture, Life & Family Strong Poster	A2 Full Colour		\$ 7.00	
Diabetes In Pregnancy Poster	A2 Full Colour		\$ 8.00	
Good Food for Diabetes Flipchart	A4 Landscape wire bound flipchart 16 pg		\$ 30.00	
Good Food for Diabetes Booklet	A4 Portrait 16 pg		\$ 2.20	
Nutrition for Diabetes in Pregnancy	A4 Full Colour book 24pg		\$ 2.80	
			Sub Total	\$
			Healthy Living NT Members 10% Discount	-10% \$
<i>Australia Post rates confirmed on order weight . Posters dispatched in mailing tubes.</i>			Postage	\$
<i>Prices include GST and are subject to change without notice.</i>			TOTAL DUE	\$

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PO Box 40113
Casuarina NT 0811**

**Phone: 08 8927 8488
Fax: 08 8927 8515
Email: info@healthylivingnt.org.au**