

# Nutrition Teaching Aids

- Realistic Food Replicas • Muscles & Fat Replicas
- Health Charts & Models • Body Weight & Fat Measurements



**MENTONE**  
EDUCATIONAL  
ANATOMICAL MODELS AND EDUCATIONAL SUPPLIES





## Cereals, Pasta & Rice

1	WA08840	Bran flakes, in bowl, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
2	WA04172	Cornflakes, in bowl, ¾ cup, 180ml	<input type="checkbox"/>	\$20.90
3	W06690	Oatmeal, in bowl, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
4	WA24919	Raisin bran, in bowl, 1 cup, 240ml	<input type="checkbox"/>	\$33.50
5	WA24920	Toasted oats, in bowl, ¾ cup, 180ml	<input type="checkbox"/>	\$20.90
6	WA09745	Rice, white, cooked, 1/3 cup, 80ml	<input type="checkbox"/>	\$20.90
7	WA15322	Rice, white, cooked, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
8	WA09744	Rice, Brown, cooked, 1/3 cup, 120ml	<input type="checkbox"/>	\$20.90
9	W06641	Macaroni, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
10	WA24921	Spaghetti, whole grain, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
11	W06642	Spaghetti, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
12	WA18286	Spaghetti, 1 cup, 240ml	<input type="checkbox"/>	\$20.90



## Milk & Cheese

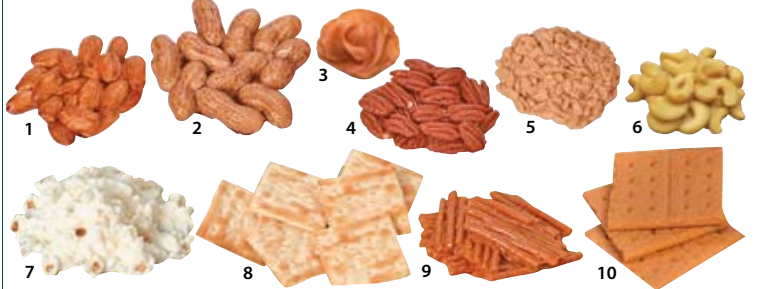
1	W06354	Milk, skim, in glass, 240 ml	<input type="checkbox"/>	\$20.90
2	W06353	Milk, whole, in glass, 240 ml	<input type="checkbox"/>	\$20.90
3	WA31472	Yogurt, Vanilla, in container, 1 cup, 240ml	<input type="checkbox"/>	\$20.90
4	W06634	Cheese, slice, 30g	<input type="checkbox"/>	\$12.10
5	WA04168	Cheese, cubes (3), 30g each	<input type="checkbox"/>	\$20.90
6	WA15317	Cheese, sticks (2), 28g each	<input type="checkbox"/>	\$20.90
7	W05777	Cottage cheese, ¼ cup, 60ml	<input type="checkbox"/>	\$12.10
8	WA04177	Cream cheese, 1 tbsp., 15ml	<input type="checkbox"/>	\$12.10
9	W05776	Swiss cheese, slice, 30g	<input type="checkbox"/>	\$20.90

Replicas are flexible,  
you can make sandwiches,  
add condiments, even  
alter portion sizes



## Breads

1	WA04165	Bread, rye, slice	<input type="checkbox"/>	\$20.90
2	W06628	Bread, whole-wheat, slice, 25g	<input type="checkbox"/>	\$20.90
3	WA24145	Bread, wholegrain, slice, 35g	<input type="checkbox"/>	\$20.90
4	W05823	Bread, white, slice, 25g	<input type="checkbox"/>	\$20.90
5	W05824	Bun, hamburger, 2 halves, white	<input type="checkbox"/>	\$20.90
6	WA00762	Bun, hot dog, sliced	<input type="checkbox"/>	\$20.90
7	WA08838	Muffin, bran, 6cm dia.	<input type="checkbox"/>	\$20.90
8	WA13623	Bagel, whole, 85g	<input type="checkbox"/>	\$20.90
9	W06680	Scone, 6cm dia.	<input type="checkbox"/>	\$12.10
10	W06681	Hard roll, 25g	<input type="checkbox"/>	\$12.10
11	WA15321	English Muffin, half, 9cm dia.	<input type="checkbox"/>	\$20.90
12	W07407	Pancakes (2), 10cm dia., 54g	<input type="checkbox"/>	\$20.90
13	WA15313	Pita bread, with pocket, 15cm dia.	<input type="checkbox"/>	\$33.50
14	W07406	Waffle, 18cm dia., 75g	<input type="checkbox"/>	\$20.90



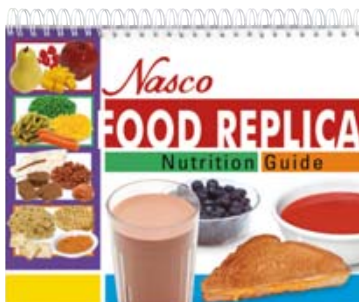
## Nuts, Crackers & Snacks

1	WA23605	Almonds, approx. 23 nuts, ¼ cup, 30g	<input type="checkbox"/>	\$20.90
2	WA04170	Peanuts, whole (10), 238g	<input type="checkbox"/>	\$20.90
3	W06649	Peanut butter, dab, 1 tbsp., 15ml	<input type="checkbox"/>	\$12.10
4	WA24144	Pecans, whole, ¼ cup, 30g	<input type="checkbox"/>	\$20.90
5	WA24180	Sunflower Kernels, ¼ cup, 30g	<input type="checkbox"/>	\$20.90
6	WA28361	Cashews, ¼ cup, 30g	<input type="checkbox"/>	\$20.90
7	W07403	Popcorn, 1 cup, 240ml	<input type="checkbox"/>	\$20.90
8	W06119	Crackers, soda, salted (6), 30g	<input type="checkbox"/>	\$20.90
9	WA18981	Pretzels, stick, 23g	<input type="checkbox"/>	\$20.90
10	WA09754	Crackers, graham (3)	<input type="checkbox"/>	\$20.90

## Nasco Replica Nutrition Guide

This easy-to-use guide provides nutrition information for all of the food replicas and includes ideas for using them.

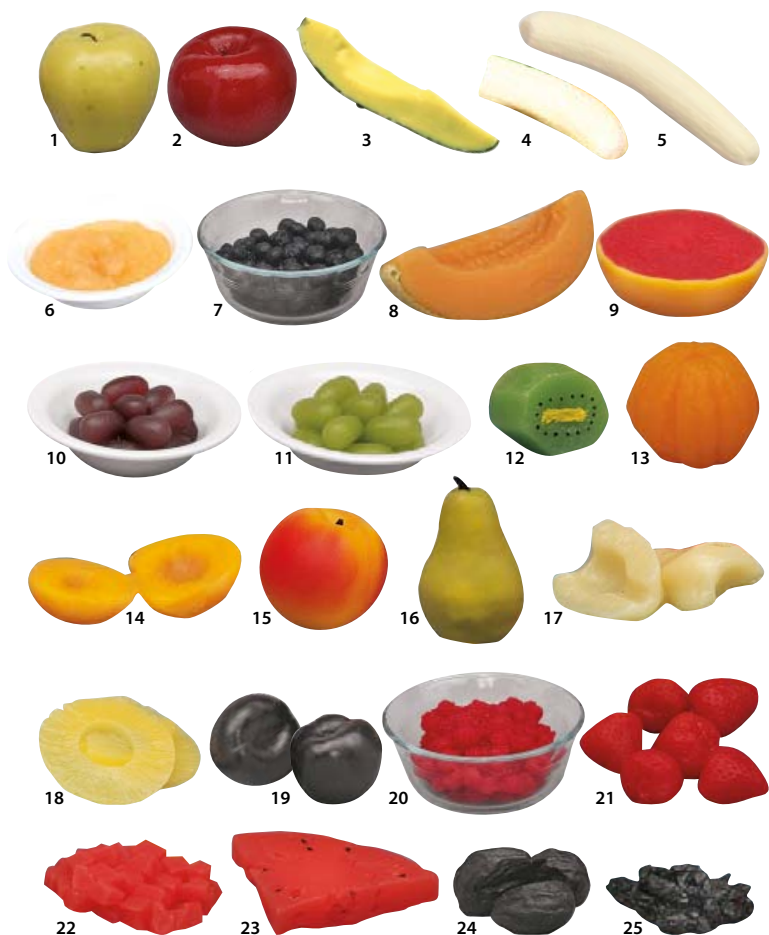
Nasco Life/form® food replicas are great visual aids and hands-on teaching tools. Whether you are discussing a high-fibre diet, diabetes education, or just planning great menus, this guide will help you



expand your use of our Life/form® food replicas. 280 x 216mm, 42 pages, softcover, spiral-bound, © 2011. Nutrition data is provided by The Nutrition Company using their FoodWorks® nutrient analysis software (WA18303 - special order only).

**WA29109 Nasco Replica Nutrition Guide \$27.50**

Prices Shown Include the GST



## Fruits

1	WA23614	Apple, Golden Delic., whole, 7cm dia., 170g	<input type="checkbox"/>	\$27.50
2	WA16084	Apple, whole, 7 cm dia., 170g	<input type="checkbox"/>	\$27.50
3	WA00854	Avocado, slice, 10cm dia.	<input type="checkbox"/>	\$20.90
4	W06712	Banana, half, without skin, 85g	<input type="checkbox"/>	\$12.10
5	WA00749	Banana, whole, without skin, 170g	<input type="checkbox"/>	\$20.90
6	W07402	Apple sauce, canned, in bowl, ½ cup	<input type="checkbox"/>	\$20.90
7	WA20486	Blueberries, in bowl, ¾ cup, 180ml	<input type="checkbox"/>	\$27.50
8	WA03488	Cantaloupe, slice w rind, 13cm dia.	<input type="checkbox"/>	\$27.50
9	W06635	Grapefruit, pink, half, 9cm dia.	<input type="checkbox"/>	\$20.90
10	WA26760	Grapes, red (15), in bowl, 84g	<input type="checkbox"/>	\$20.90
11	WA18844	Grapes, green (15), in bowl, 84g	<input type="checkbox"/>	\$20.90
12	WA18113	Kiwi fruit, whole, peeled, 4cm dia.	<input type="checkbox"/>	\$20.90
13	W05829	Orange, small, peeled, 6cm dia.	<input type="checkbox"/>	\$12.10
14	W05654	Peach, 2 halves, canned, 5cm dia.	<input type="checkbox"/>	\$20.90
15	WA09748	Peach, whole, fresh, 114g	<input type="checkbox"/>	\$27.50
16	WA15278	Pear, whole, fresh, 185g	<input type="checkbox"/>	\$27.50
17	W05655	Pears, 2 halves, canned	<input type="checkbox"/>	\$12.10
18	W06633	Pineapple, slices, 80g	<input type="checkbox"/>	\$12.10
19	WA09749	Plums, whole, fresh (2)	<input type="checkbox"/>	\$20.90
20	WA15276	Raspberries, in bowl, 240ml	<input type="checkbox"/>	\$20.90
21	W06357	Strawberries, whole (6)	<input type="checkbox"/>	\$20.90
22	WA09751	Watermelon, cubes, 1¼ cup, 300ml	<input type="checkbox"/>	\$20.90
23	WA16960	Watermelon, wedge, 160g	<input type="checkbox"/>	\$33.50
24	WA09747	Prunes, cooked, medium (3)	<input type="checkbox"/>	\$20.90
25	W06685	Raisins, 2 tbsp., 30ml	<input type="checkbox"/>	\$12.10



## Vegetables

1	W06683	Asparagus, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
2	WA18150	Beans, baked, 1/3 cup, 80ml	<input type="checkbox"/>	\$12.10
3	W05646	Beans, green, cooked, ½ cup	<input type="checkbox"/>	\$12.10
4	WA18315	Beans, kidney, cooked, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
5	W05651	Beets, cooked, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
6	W05765	Broccoli, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
7	WA18982	Carrots, baby, raw, 1 cup, 240ml	<input type="checkbox"/>	\$20.90
8	W05650	Carrots, cooked, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
9	WA23612	Carrot, sticks (2), 20g each	<input type="checkbox"/>	\$20.90
10	W07367	Cauliflower, cooked, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
11	W05767	Celery, stick, 14cm	<input type="checkbox"/>	\$12.10
12	WA28362	Chickpeas, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
13	W06639	Corn, sweet, on cob, 140g	<input type="checkbox"/>	\$20.90
14	W05644	Corn, kernels, canned, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
15	WA23608	Cucumber, slices, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
16	WA15275	Green peppers, rings (3), 140g	<input type="checkbox"/>	\$20.90
17	WA23613	Red peppers, rings (3), 140g	<input type="checkbox"/>	\$20.90
18	W05652	Lettuce, Iceberg, large leaf	<input type="checkbox"/>	\$20.90
19	WA22097	Lettuce, Romaine, medium leaf	<input type="checkbox"/>	\$20.90
20	WA25994	Onion, slice, 40g	<input type="checkbox"/>	\$12.10
21	W05647	Peas, frozen, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
22	W07364	Salad, tossed, in bowl, 2/3 to 1 cup	<input type="checkbox"/>	\$20.90
23	W05827	Spinach, cooked, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
24	WA28131	Sweet Potato, chunks, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
25	W05763	Tomato, slice, 7.6cm dia.	<input type="checkbox"/>	\$20.90
26	W07408	Tomato, whole, fresh, 196g	<input type="checkbox"/>	\$20.90

## Food Replicas are great for use in demonstrations of:

- Nutritive Values of Food Portions • Calorie Values and Weight Control • Principles of Menu Planning • Identification of Foods
- Correct Sizes of Food Portions • Replicas are moulded from actual foods • Food replicas are latex-free • Store in plastic bags when not in use • Use the Food Replicas like real food - apply sauces, dressing, etc., and then clean up with warm water!



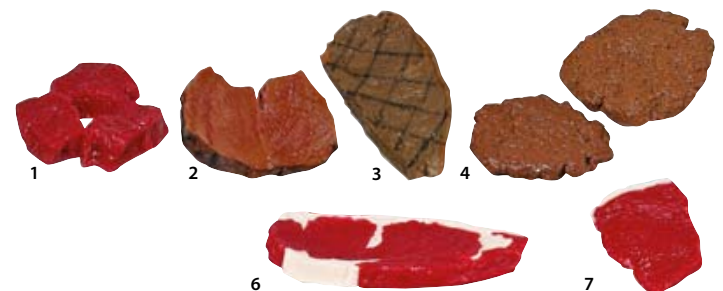
# food replicas

Dinnerware not included (except where noted) \* Limited stock available



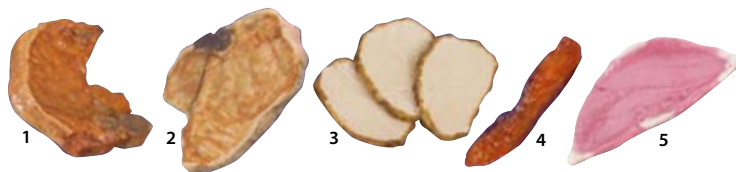
## Potatoes

1	W05766	Potato, whole, before baking, 175g	<input type="checkbox"/>	\$20.90
2	W05832	Potatoes, french fried, 1/2 cup, 120ml	<input type="checkbox"/>	\$20.90
3	W06643	Potatoes, mashed, 1/2 cup, 120ml	<input type="checkbox"/>	\$12.10
4	WA18285	Potatoes, mashed, 1 cup, 240ml	<input type="checkbox"/>	\$20.90
*	W06644	Potatoes, whipped, 1/2 cup, 120ml	<input type="checkbox"/>	\$12.10



## Beef

1	WA04167	Beef, cubes, raw (3), 28g each	<input type="checkbox"/>	\$20.90
2	W05770	Beef, roast, slice, cooked, 85g	<input type="checkbox"/>	\$12.10
3	WA28110	Steak, strip, grilled, 225g	<input type="checkbox"/>	\$33.50
4	WA12532	Hamburger, broiled, 85% lean, 85g	<input type="checkbox"/>	\$12.10
5	W05771	Hamburger, fried, 115g	<input type="checkbox"/>	\$12.10
6	W05637	Steak, strip, raw, 225g	<input type="checkbox"/>	\$20.90
7	W07399	Steak, sirloin, raw, lean with fat, 85g	<input type="checkbox"/>	\$12.10



## Pork

1	W05642	Pork chop, fried, 70g	<input type="checkbox"/>	\$20.90
2	WA12533	Pork chop, loin, cooked, 85g	<input type="checkbox"/>	\$20.90
3	WA24917	Pork, tenderloin, cooked, sliced, 85g	<input type="checkbox"/>	\$20.90
4	W05773	Bacon, slice, fried, 10g	<input type="checkbox"/>	\$12.10
5	W07392	Ham, slice, cold, 55g	<input type="checkbox"/>	\$20.90



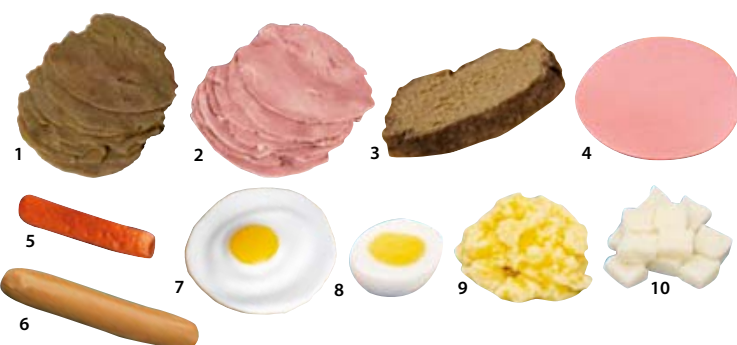
## Poultry

1	WA03063	Chicken, barbecued, 85g	<input type="checkbox"/>	\$20.90
2	WA19037	Chicken, nuggets, 85g	<input type="checkbox"/>	\$20.90
3	WA15319	Chicken, breast, grilled, skinless, 85g	<input type="checkbox"/>	\$27.50
4	W05817	Chicken, drumstick, fried, 85g	<input type="checkbox"/>	\$20.90
5	W06653	Chicken, sliced, light meat, cooked, 30g	<input type="checkbox"/>	\$12.10
6	WA13626	Turkey, slice, light meat, cooked, 55g	<input type="checkbox"/>	\$20.90
7	W05818	Chicken, thigh, fried, 85g	<input type="checkbox"/>	\$12.10
8	W05819	Chicken, breast, fried, 85g	<input type="checkbox"/>	\$12.10
*	W06656	Chicken, slice, cooked, 56g	<input type="checkbox"/>	\$12.10



## Seafood

1	W05775	Shrimp, boiled (4), 30g each	<input type="checkbox"/>	\$12.10
2	WA20491	Tuna, canned, 1/4 cup, 60ml	<input type="checkbox"/>	\$12.10
3	WA13616	Fish fingers, fried (4), 28g each	<input type="checkbox"/>	\$20.90
4	W05820	Perch, broiled, 85g	<input type="checkbox"/>	\$20.90
5	W05774	Fish Patty, broiled, 85g	<input type="checkbox"/>	\$12.10
6	WA24188	Salmon, poached, 85g	<input type="checkbox"/>	\$20.90



## Luncheon Meats & Eggs

1	WA26763	Beef, roast, deli slice, 60g	<input type="checkbox"/>	\$20.90
2	WA25990	Ham, deli slice, 60g	<input type="checkbox"/>	\$20.90
3	WA04166	Meat loaf, slice, cooked, 85g	<input type="checkbox"/>	\$20.90
4	W05772	Bologna, slice, 30g	<input type="checkbox"/>	\$12.10
5	WA18237	Pork, sausage, raw, single-link, 30g	<input type="checkbox"/>	\$12.10
6	W07144	Wiener, single link, 40g	<input type="checkbox"/>	\$12.10
7	W05656	Egg, fried, sunny-side up	<input type="checkbox"/>	\$12.10
8	W05768	Egg, hard boiled, 1/2	<input type="checkbox"/>	\$12.10
9	WA16978	Eggs, scrambled	<input type="checkbox"/>	\$20.90
10	WA17482	Tofu, raw, 30g	<input type="checkbox"/>	\$12.10





## Combination Foods

1	W06648	Bread with peanut butter, white, 2 tbsp.	<input type="checkbox"/>	\$20.90
2	WA18283	Macaroni and cheese, 1 cup, 240ml	<input type="checkbox"/>	\$20.90
3	WA18318	Lasagna, 7.5 x 10cm	<input type="checkbox"/>	\$33.50
4	W07387	Spaghetti with meatballs (2), 1 cup	<input type="checkbox"/>	\$20.90
5	WA26759	Nachos, 15-20 chips w. 30ml cheese	<input type="checkbox"/>	\$27.50
6	W07386	Soup, vegetable, in bowl, 1 cup	<input type="checkbox"/>	\$20.90
7	WA13628	Soup, chicken noodle, in bowl, 1 cup	<input type="checkbox"/>	\$33.50
8	WA16080	Pizza, cheese, 14cm section, 210g	<input type="checkbox"/>	\$33.50
9	WA16982	Rice, fried, 1 cup, 240ml	<input type="checkbox"/>	\$33.50
10	W07379	Pizza, sausage & pepperoni, 14cm sect., 210g	<input type="checkbox"/>	\$20.90
11	WA24149	Chicken, stir fried, 1 cup, 240ml	<input type="checkbox"/>	\$33.50
12	W07388	Stew, beef w vegetables, in bowl, 1 cup	<input type="checkbox"/>	\$20.90



## Beverages

1	W06355	Orange juice, in glass, 120ml	<input type="checkbox"/>	\$12.10
2	WA13608	Apple juice, in glass, 120ml	<input type="checkbox"/>	\$20.90
3	W06356	Tomato juice, in glass, 120ml	<input type="checkbox"/>	\$12.10
4	WA19034	Soft drink, cola with ice, in glass, 360ml	<input type="checkbox"/>	\$62.00
5	WA08845	Beer, in glass, 360ml	<input type="checkbox"/>	\$33.50
6	WA25800	Red wine, in glass, 120ml	<input type="checkbox"/>	\$49.70
7	LF01120	Whisky, in glass, 45ml	<input type="checkbox"/>	\$20.90
8	WA15280	Coffee, decaffeinated, in cup, 150ml	<input type="checkbox"/>	\$33.50
9	WA26775	Alcohol Kit, consists of beverages 1,2,3	<input type="checkbox"/>	\$104.80



## Desserts

1	WA23607	Cheesecake, slice, 128g	<input type="checkbox"/>	\$20.90
2	WA18999	Cake, chocolate, slice, frosted, 126g	<input type="checkbox"/>	\$46.20
3	W07375	Pie, apple, 2 crust, 10cm section, 135g	<input type="checkbox"/>	\$20.90
4	W07376	Pie, cherry, 2 crust, 10cm section, 135g	<input type="checkbox"/>	\$20.90
5	WA05260	Cookie, chocolate chip, 5cm dia.	<input type="checkbox"/>	\$12.10
6	WA20556	Chocolate bar, 40g	<input type="checkbox"/>	\$20.90
7	W07393	Jelly, in bowl, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
8	W05830	Ice cream, vanilla, ½ cup, 120ml	<input type="checkbox"/>	\$12.10
9	WA13612	Ice cream, chocolate, ½ cup, 120ml	<input type="checkbox"/>	\$20.90
10	WA03492	Candy bar, small	<input type="checkbox"/>	\$12.10
11	WA21286	Muesli bar, plain, 30g	<input type="checkbox"/>	\$12.10
12	WA20492	Cake, yellow, frosted, 75g	<input type="checkbox"/>	\$20.90
13	WA20553	Donut, glazed, 7.5cm dia., 45g	<input type="checkbox"/>	\$12.10



## Fats

1	WA02349	Butter pats (5)	<input type="checkbox"/>	\$20.90
2	WA24147	Canola oil, in spoon, 1 tbsp., 15ml	<input type="checkbox"/>	\$12.10
3	W06688	French dressing, in spoon, 1 tbsp., 15ml	<input type="checkbox"/>	\$12.10
4	WA15282	Margarine, 1 tbsp., 15ml	<input type="checkbox"/>	\$12.10
5	WA15318	Margarine, 1 tsp., 5ml	<input type="checkbox"/>	\$12.10
6	W06691	Mayonnaise, in spoon, 1 tsp., 5ml	<input type="checkbox"/>	\$12.10
7	WA26761	Mayonnaise, 1 tbsp., 15ml	<input type="checkbox"/>	\$12.10

For a range of Mentone Educational's products and catalogues please visit our website

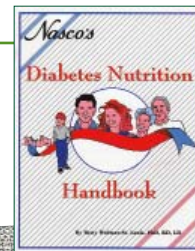
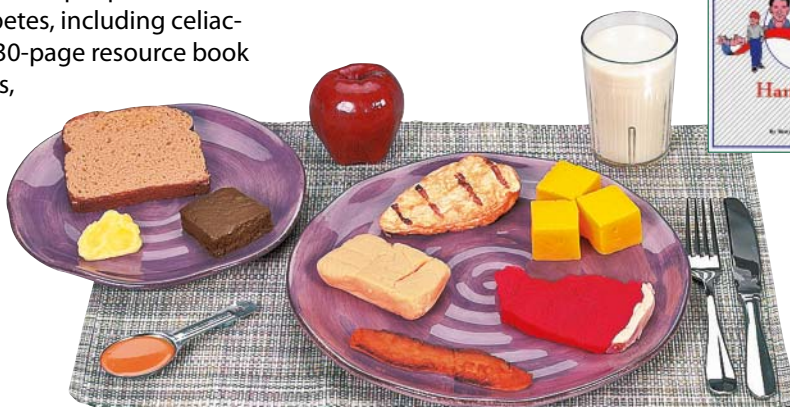
5% discount when you signup online

[www.mentone-educational.com.au](http://www.mentone-educational.com.au)



Diabetes affects an estimated 1 million (about 5%) of the people in Australia. This teaching kit explains the different types of diabetes, including celiac-spruce disease (gluten enteropathy diabetes). The 30-page resource book defines diabetes mellitus and provides menu guides, exercise suggestions and seven blackline masters.

- apple
- bacon
- bread, whole wheat
- brownie
- cheese cubes
- chicken breast
- dressing, French
- margarine
- milk, skim
- salmon
- sirloin steak



**\$147.40**

**\$20.90**

- banana, whole
- bread, whole wheat
- broccoli
- bun, hamburger
- butter
- cake, angel food
- carrot sticks
- cereal, cornflakes
- cheese, cottage
- cheese, Swiss
- chicken breast
- chicken leg
- chicken thigh
- cornbread
- dressing, French
- egg, fried
- egg, hard cooked, half
- fish, broiled
- gelatin
- grapefruit, half
- hamburger
- ice cream, chocolate
- juice, orange
- ketchup
- milk, skim
- onion, slice



- orange
- peach, whole
- peaches, canned
- peanut butter
- peas, frozen
- pork chop
- potato, baked
- raisins
- rice, brown
- salad
- strawberries
- yams

**\$494.20**

- asparagus
- bacon, 2 slices
- beans, baked
- beans, green
- beets
- bologna
- bread with peanut butter
- cake, yellow with icing
- cereal, bran flakes
- cheese, American
- cheese, cubed
- chili
- corn, whole kernel
- crackers, graham
- crackers, soda
- grapes, red
- hamburger/beef patty
- ice cream
- juice, tomato
- pastry, raspberry Danish
- pie, apple



- pork chop
- potatoes, mashed
- roast, eye of round
- soup, vegetable
- spaghetti
- steak
- tuna
- wiener

**\$494.20**

**\$977.90**

## Fruit and Vegetable Rainbow Foods Kit

Create a rainbow with Life/form® food replicas!  
A colourful, unique offering of 15 vegetables and 22 fruits. Use this kit for food recognition, portion control, and general nutrition education.  
Great for all ages. Resealable bags are included for storage. Kit includes a total of 37 food replicas:



### Fruits

- apple, golden delicious
- apple, red
- applesauce
- banana, half
- banana, whole
- blueberries
- cantaloupe
- grapes, green
- juice, orange
- kiwi
- orange
- peach, whole
- peaches, 2 halves
- pear, whole
- pears, 2 halves
- pineapple slices
- plums
- prunes
- raisins
- raspberries
- strawberries
- watermelon wedge

### Vegetables

- asparagus
- beans, green
- beans, lima
- beets
- broccoli
- carrots
- cauliflower
- corn, canned
- corn, on the cob
- cucumber slices
- okra
- peas
- pepper, red
- tomato slice
- yams

**WA24486 Fruit and Vegetables Rainbow Foods Kit** **\$594.60**

## How Much Fat?

### Test Tube Display & Food Replica Set

Dramatic visual aids to help demonstrate how much fat is found in common foods. This set includes the How Much Fat? Test Tube Display - Part I (WA16053) and Fats and Food Replica Kit (WA19651) which contains realistic replicas for all the foods illustrated in the Test Tube Display.

*Includes all products listed below:*

- bologna, slice
- cheese, slice
- chicken breast, grilled
- haddock, broiled
- hamburger bun
- hamburger patty, broiled
- hamburger patty, fried
- lettuce, leaf
- milk, skim, in glass
- milk, whole, in glass
- tomato, slice
- wiener



**WA19652 Fat Test Tube Display & Food Replica Set** **\$259.80**

**WA19651 Fats and Food Replica Kit** **\$176.50**

**WA16053 How Much Fat? Test Tube Display** **\$87.30**

## How Much Sugar?

### Test Tube Display & Food Replica Set

Dramatic visual aids to help demonstrate how much sugar is found in common foods. Kit includes the How Much Sugar? Test Tubes (WA16055) and the Sugar and Foods Replica Kit (WA21008) which contains realistic replicas for all the foods illustrated in the Test Tube Display.

*Includes all products listed below:*

- apple pie
- brownie
- cereal
- chocolate bar
- coca cola, in glass
- cookie
- honey syrup
- ice cream
- jelly, in bowl
- toaster pastry



**WA21009 Sugar Test Tube Disp. & Food Replica Set** **\$326.10**

**WA21008 Sugar and Food Replica Kit** **\$237.10**

**WA16055 How Much Sugar? Test Tube Display** **\$98.00**



## Snack Kit

This kit is full of healthy food replicas that can be used to encourage clients to choose nutritious snacks instead of junk food. Comes with handy plastic storage container.

- almonds
- apple, golden delicious
- banana
- carrot sticks
- celery
- cheese, Swiss
- grapes
- milk
- orange
- peanut butter
- pear
- peppers
- pretzels
- raisins

WA29086 Snack Kit **\$189.60**



## Healthy Salad Kit

A variety of healthy food replicas for creating a healthy salad or to stack in a sandwich. Start with a basic salad containing iceberg lettuce, two cucumber slices, and two cherry tomatoes. Then choose any of the additional replicas you want to add, and use scissors to prepare the size you want.

- avocado slice
- carrots, 2 sticks
- celery
- dressing, French
- dressing, ranch
- egg, hard cooked
- lettuce, romaine
- oil, olive
- pepper, red, 1 ring
- pepper, green, 1 ring
- salad, tossed
- strawberries, 3

WA29122 Healthy Salad Kit

**\$134.70**



## Common Meals Kit

This kit offers the opportunity to assemble three square meals and snacks and offers additional foods to change up the daily menu or offer better choices to those you teach. A nice assortment of food replicas to add to your collection or use all by themselves.

- biscuit
- bran, raisin
- bread, whole grain
- crackers, speciality
- rice, long grain & wild
- spaghetti, whole grain
- corn on the cob
- pea pods
- salad
- yams
- blackberries
- melon, honeydew
- oranges, mandarin
- pineapple, chunks
- dressing, French
- margarine
- peanut butter
- cheese, cottage
- cheese, string
- milk, white, skim
- milk, white, whole
- eggs, scrambled
- cashews
- pork tenderloin
- tilapia
- cake, angel food
- cookie, chocolate chip
- ice cream, vanilla

WA28381 Common Meals Kit

**\$444.80**



## Fibre Food Package

This food replica package focused on increasing fibre in the diet. Both high and low-fibre food replicas are provided for demonstrating how changing food selections can increase fibre content of the diet.

### The low-fibre replicas:

- apple sauce, in bowl
- carrots, cooked
- cornflakes, in bowl
- hard roll
- orange juice
- peach halves, canned
- rice, white
- tomato juice

### The high-fibre replicas:

- apple
- beans, kidney
- bran muffin
- bread, whole-wheat, slice
- broccoli
- carrot sticks (2)
- chilli with beans, in bowl
- oatmeal, in bowl
- orange
- popcorn
- prunes
- rice, brown
- strawberries (6)
- tomato, whole

WA12619 Fibre Food Package

**\$336.60**





## Fat and Muscle Replicas

### Body Fat Replicas

Grossly dramatic replicas of human fat are shocking but strongly motivating attention getter. Made of soft, pliable, long lasting vinyl plastic, the replicas have a profound memorable effect when passed around among the group. Replicas represent approximate volume of real fatty tissue; weights vary.

WA04313 Body Fat Replica, 2.3kg **\$171.60**

WA07173 Body Fat Replica, 0.45kg, on base **\$48.20**

WA14533 Body Fat Replica, 0.45kg **\$60.90**

### 0.45kg Body Muscle Replica

Designed to show the muscle configuration developed through exercise. Made of long lasting vinyl plastic. 0.45kg. Replicas represent approximate volume of real muscle tissue; weights vary.

WA14573 Body Muscle Replica, 0.45kg **\$55.00**

WA24038 Body Muscle Replica, 2.6kg **\$158.30**



### Obesity Model

This model shows Pear and Apple shaped bodies in two cross-sections (one left, one right) of the hip area. These models illustrate the effects of obesity such as compression from visceral fat on the colon, common iliac artery and veins, ureter, small intestine and femoral nerve, plus more.

Pear size: 10 x 14 x 9cm, Apple size: 10 x 15 x 9cm

Card size: 16 x 21cm.

GPA3600 Obesity (2pt) **\$148.90**

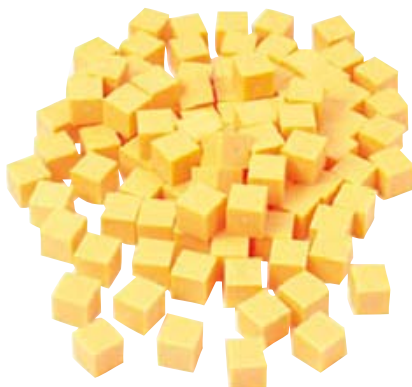


### Artery Model

4-stage cross-section of an artery demonstrating atherosclerosis, in which the narrowing of the artery is due to a build up of fatty tissue (cholesterol) and plaque. The 4-stages consist of: normal artery, fatty streak, fibrous plaque, and blockage. The stages cause a decrease in blood flow, which can then lead to a blood clot or thrombus. All stages rotate on a hinge pin.

Model size: (4) 3.5cm dia. x 2.2cm (8.8cm), Card size: 16 x 13cm.

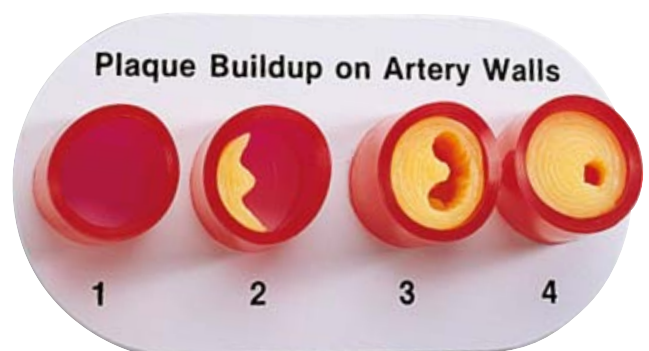
GPA2650 Artery (4pt) **\$73.70**



### Fat Cubes

Small plastic cubes, representing one gram of fat, allow clear, visual comparison of fat content during lecture demonstrations or in static displays. Pack of 100, 1g each.

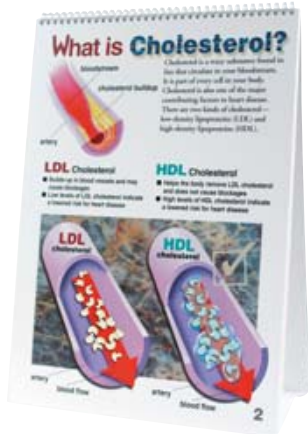
TB17349 **\$5.20**



### Artery Section with Blockage

Model depicting the various stages of plaque build-up on artery walls. 16 x 8cm.

WA09742 **\$58.90**



## Cholesterol Flip Chart

Many people do not know what steps they can take to maintain healthy cholesterol levels. This flip chart and booklet explain the facts about "good" and "bad" cholesterol and the health risks associated with high cholesterol levels. Booklet is 16 pages. Flip chart is six panels, 30 x 43cm in size.

43117 **\$150.70**



## High Blood Pressure - Flip Chart

High blood pressure can be controlled through diet, exercise, lifestyle changes, and prescribed medications. This flip chart and booklet explain risk factors associated with high blood pressure and give strategies for preventing and controlling it. Booklet is 16 pages. Flip chart is six panels, 30 x 43cm in size.

43116 **\$150.70**

## Cholesterol Checks Easel Display

Hand painted models of arterial cross sections and a diseased heart, patients and students can easily see the damage cardiovascular disease can cause. An excellent tool for explaining how cholesterol can lead to heart attacks. Measures 23 x 30cm.

79735 **Cholesterol Checks Easel Display \$190.30**



## Death of an Artery Easel Display

These hand painted, cross-sectional, 3-D models of arteries show patients and students the various stages of plaque buildup. The interior size of each vessel diminishes, making it easy to explain a process that can eventually result in death. Measures 23 x 30cm.

79149 **Death of an Artery Easel Display \$190.30**

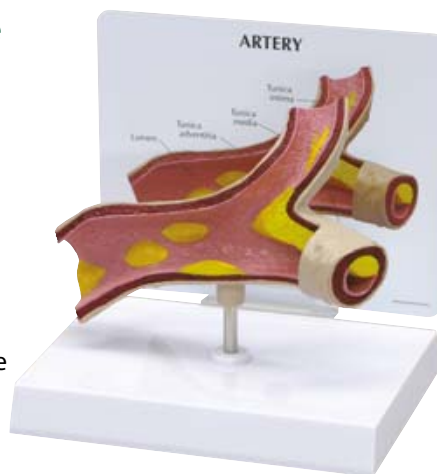


## How Much Salt? Test Tube Display

Displays the amount of salt our body needs daily, the average amount people eat, the amount listed in Dietary Goals, as well as the amount of salt (in milligrams) in the following foods: potato, potato chips, canned chicken

noodle soup, homemade soup, pork chop, ham, fast food deluxe burger, a typical picnic meal, and canned chow mein. The tube display comes with a short guide and ideas for use.

WA16056 **\$87.30**



## Artery

Oversized "Y" section of artery, with cut-away, showing gradual build-up of cholesterol deposits. Model size: 16 x 5 x 10cm, Card size: 16 x 13cm.

GPA2600 **\$97.10**

## Occluded Artery Model

Reveal the inside of an artery with this 10x-larger-than-life, artery model showing a constricted passage clogged with plaque. Turn the model over and the lifelike red blood cells pack tightly around the small opening, just as they would in an artery restricted by arteriosclerosis. Measures 7 x 17cm

79145 **\$123.25**



## Deluxe Occluded Artery Model

Demonstrating the benefits of a healthy cholesterol level and the deadly effects of high cholesterol, this model will leave an impression that lectures and textbooks cannot. The model's two tubes represent a normal artery and an artery constricted by plaque. When the model is turned over, the blood in the healthy artery flows swiftly to the top, but the blood in the occluded artery slows and even stops completely. Made from a durable plastic, measuring 18 x 30 x 8cm.

79153 **Deluxe Occluded Artery Model \$265.54**







## Clogged Artery Model

This unique model vividly demonstrates what happens inside a clogged artery. The inside passage of this artery, made of BIOLIKE 2™ synthetic tissue, is severely constricted by layers of plaque. Measures 3 x 8cm.

26526 \_\_\_\_\_ **\$118.96**



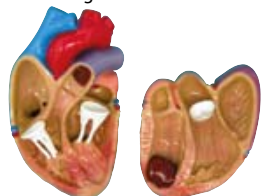
## A Day's Worth of Fat

Containing simulated blood and fat, this heart-shaped bottle shows the approx. amount of fat consumed in a day. Based on a diet of 2,200 calories with 40% of calories from fat. Brings awareness of the dangers of a high-fat diet. Measures 8 x 12 x 6cm.

79728 \_\_\_\_\_ **\$100.97**



Cut section illustrates enlarged and failing heart muscle



Myocardial Infarction with blood clot and necrotic tissue

## Mini Heart Set

This model set contrasts a normal heart with ones showing Myocardial Infarction and Congestive Heart Failure. The myocardial infarction heart demonstrates a partially healed, thinned, and discoloured infarcted area, including a thrombus in the apex of the heart. The remaining heart demonstrates congestive heart failure as a result of hypertension. The left ventricle hypertrophy and the correspondingly enlarged and distorted shape of the heart are shown both internally and externally. All models are approximately 50% actual size and the set comes with a descriptive card. Model sizes: Normal & MI 102 x 57 x 44mm, CHF 102 x 63 x 57mm, Card size: 159 x 209mm

GPA2550 Heart, Mini Set (3pt) \_\_\_\_\_ **\$156.30**

## 4 Piece Diabetes Set

A four piece model indicating the structures and organs with the vascular effects due to diabetes. Includes a sectioned model of Bowman's capsule (kidney), an artery, a nerve, and eye (posterior section). Model size without handle: 89 x 50 x 54mm  
Handle size: 125 x 46mm,  
Card size: 165 x 133mm

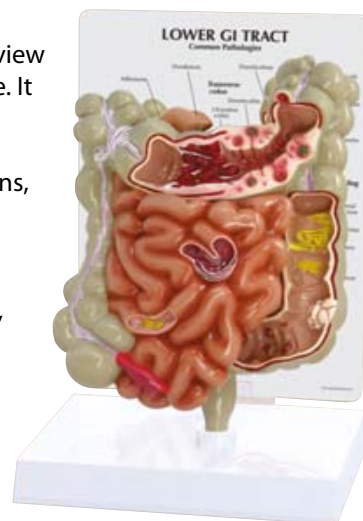


GPA4011 4 Piece Diabetes Set \_\_\_\_\_ **\$68.80**

## Colon and GI Tract

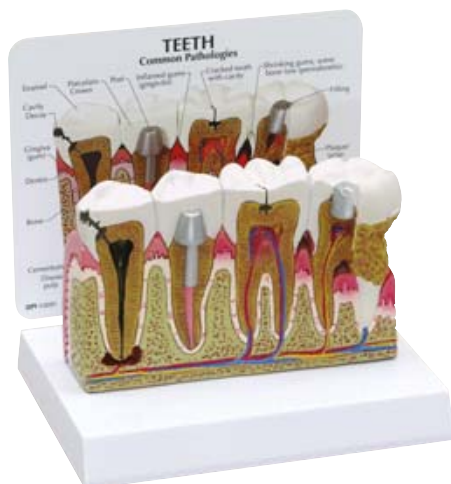
This model shows a cut-away view of the small and large intestine. It shows the following common pathologies: adhesions, appendicitis, bacterial infections, cancer, Crohn's disease, diverticulitis, polyps, spastic colon, and ulcerative colitis. Model Size: 152 x 64 x 197mm, Card Size: 159 x 209mm

GPA3342 \_\_\_\_\_ **\$158.30**



## Teeth

Oversized model of the premolars and molars features many common dental problems. Problems include: abscess, advanced periodontitis, cavity, crown, decay, filling, gingivitis, plaque, and severe bone loss. Model size: 139 x 51 x 89mm, Card size: 165 x 133mm



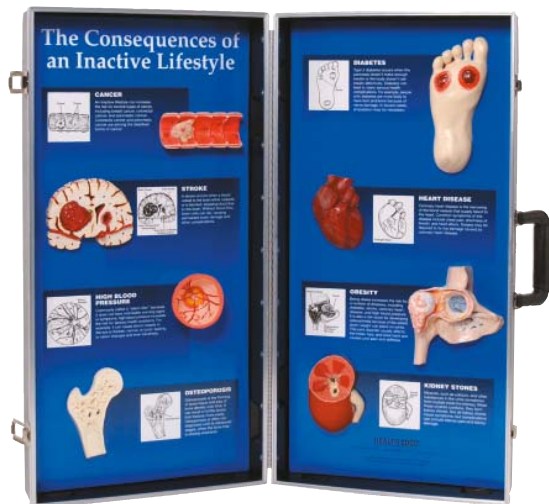
GPA2860 Teeth \_\_\_\_\_ **\$131.80**



## Hypertension Model Set

This set contains miniatures of the half brain, eye, heart, kidney and artery models. The education card illustrates the effects associated with hypertension: glaucoma, arthrosclerotic, arterial plaque, kidney failure and stroke. Model stands 189mm tall, Card size: 159 x 209mm

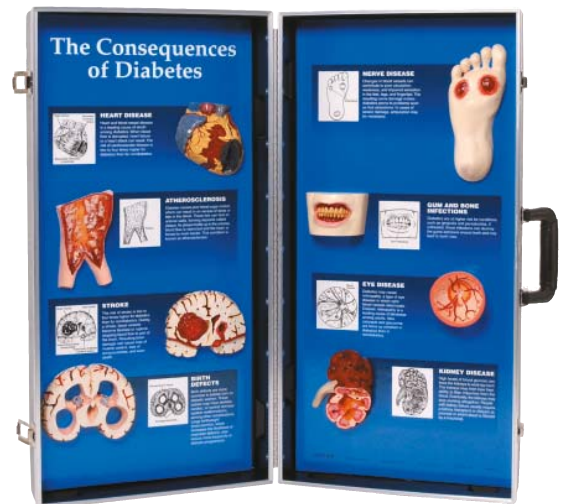
GPA4000 Hypertension Model Set \_\_\_\_\_ **\$169.40**



## The Consequences of an Inactive Lifestyle

This 3D display shows many of the negative health consequences of an inactive lifestyle. Each permanently mounted, hand-painted model has a brief description of the consequences it represents. 71 x 69cm opened.

79621 **\$657.94**



## The Consequences of Diabetes

Hand painted, 3D models with straightforward annotations that explain the negative effects diabetes can have on the body. A great tool for promoting awareness of this potentially devastating disease. 71 x 69cm opened.

79620 **\$657.94**



## Clever Catch Food and Nutrition Ball

Toss around this ball to spice up your nutrition program. Covered with 95 questions about food and nutrition. Comes with answer sheet and suggestions for play. Grade 4-7, measures 60cm in diameter.

79689 **\$34.96**



## The Consequences of Obesity

This 3D display uses hand painted models to explain the dangers of obesity. Models are permanently mounted in a wooden carrying case and accompanied by text, describing each condition. 71 x 69cm opened.

79645 **\$657.94**

## Exercise Clever Catch Ball

This colourful, inflatable ball has 98 questions relating to health and fitness printed on its surface. It comes with an answer sheet and instructions. Grade 6-9, measures 60cm in diameter.

79680 **\$34.96**



## Nutrition Toss Up Ball

Learning about nutrition can be fun. Covered with pictures of 35 different foods, this ball will help to identify foods, food groups and what certain foods contribute to the diet. Comes with instructions for different activities and

an answer sheet. Grade 6-Adult, measures 60cm in diameter.

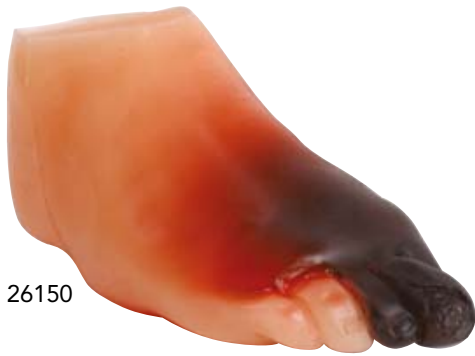
79024 **\$34.96**

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26101



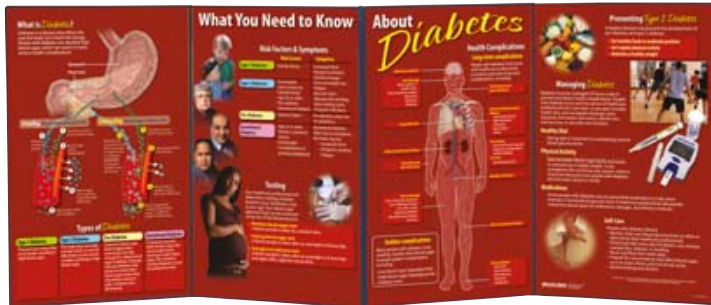
## Diabetic Foot Model

The original Diabetic Foot Model represents a foot with three ulcers in various stages of development as well as other features commonly associated with diabetes. Carrying case and instruction card included.

## Severe Diabetic Foot

Based on the Diabetic Foot Model, the Severe Diabetic Foot Model demonstrates more severe consequences of diabetes, such as an amputated toe, Charcot foot deformity, severe infection and gangrene. Comes with carrying case and instruction card.

- 26101 Diabetic Foot Model \_\_\_\_\_ **\$194.10**  
 26150 Severe Diabetic Foot Model \_\_\_\_\_ **\$194.10**  
 26160 Diabetic Foot Set (Diabetic Foot & Severe Diabetic Foot) \_\_\_\_\_ **\$349.42**

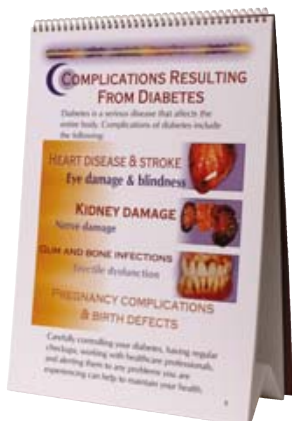


## Diabetes - Folding Display

Information about risk factors, symptoms, and complications of diabetes, this folding display is a valuable resource for health educators. Explains the different types of diabetes and describes how the disease can be treated.

Includes 25 informative handout minitexts. 147 x 57cm opened.

- 79302 Diabetes - Folding Display \_\_\_\_\_ **\$178.31**



## Diabetes - Flip Chart

This booklet and flip chart explains the different types of diabetes along with warning signs and risk factors of this condition. Information on testing, complications resulting from diabetes, and disease management is also included. The booklet has 16 pages and the flip chart has six panels, 30 x 43cm in size.

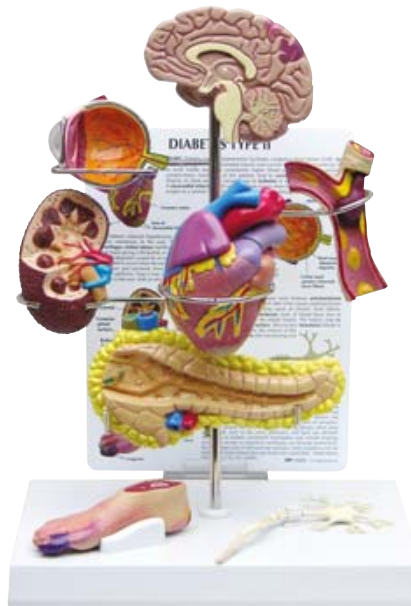
- 43130 \_\_\_\_\_ **\$150.70**



## Unhealthy Foot Care

The unhealthy foot care kit helps teach the importance of proper foot care and nutrition to people with diabetes. This foot replica shows the distal end of the foot with an invasive wound on the bottom of foot and surface inflammation around the big toe & second toe. Life-size foot constructed of soft, lifelike material with flexible toes. Includes 4-page booklet.

- WA21216 \_\_\_\_\_ **\$69.80**



## Diabetes Type II Model

Miniature brain, eye, heart, kidney, artery, pancreas, neuron, and foot models. The education card illustrates effects associated with Type II Diabetes: stroke, non-inflammatory disease of the retina, hypertensive heart disease, hardening of the kidney, hardening of the arteries, insulin resistance, neuropathy, and foot ulcerations. Model stands 25cm tall, Card size: 16 x 21cm.

- GPA4010 \_\_\_\_\_ **\$214.20**



## Obesity - Folding Display

Examines obesity and its common causes, treatment options and health risks associated, through colourful illustrations and detailed summaries. Explains how to determine and classify body mass index. Includes 25 informative handout minitexts and one Body Mass Index tear pad. 147 x 57cm opened.

- 79319 \_\_\_\_\_ **\$178.31**



# health charts

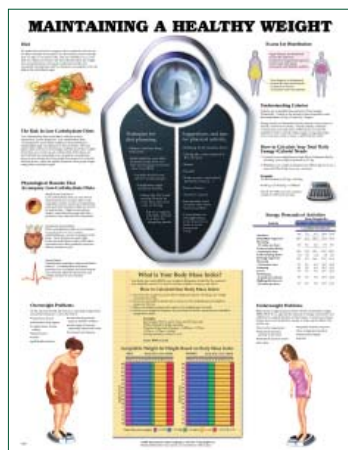
## Anatomical Charts

51 x 66cm

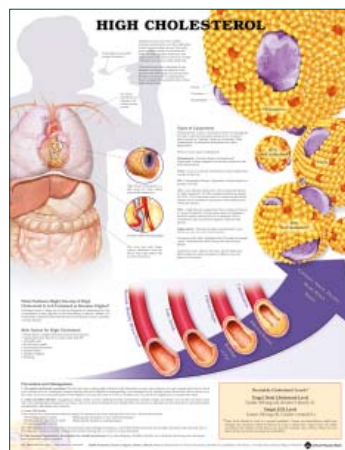
Soft Lamin. \$23.00ea Hard Lamin. \$27.50ea



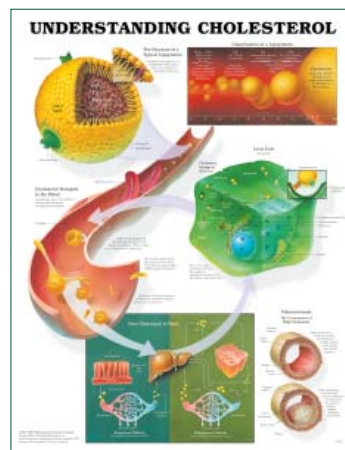
**ROBE** Risks of Obesity



**MAIN** Maintaining a Healthy Weight



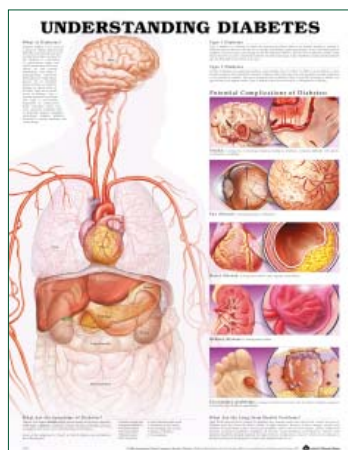
**HCHO** High Cholesterol



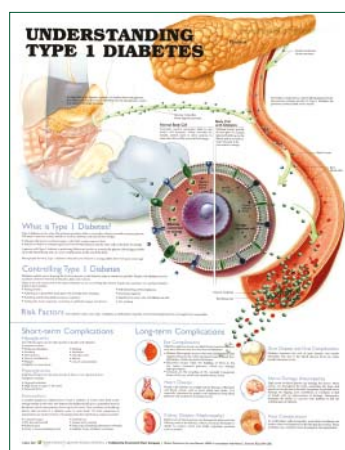
**UCHO** Understanding Cholesterol



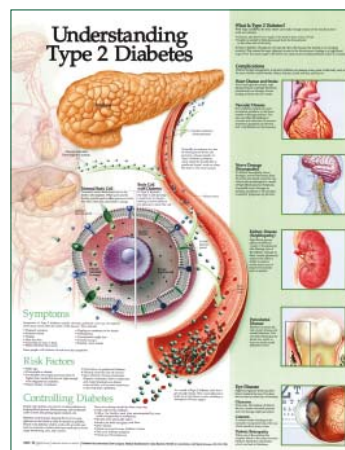
**KEYS** Keys to Healthy Eating



**UDIA** Understanding Diabetes



**UDIA1** Understanding Type 1 Diabetes

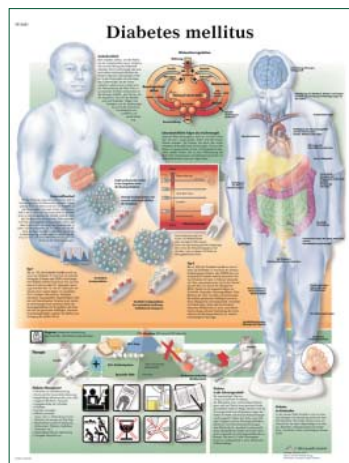


**UDIA2** Understanding Type 2 Diabetes

## 3B Charts

50 x 67cm

Laminated \$22.99ea



**VR1441** Diabetes



**VR1121** Osteoporosis



**VR1452** Cholesterol



**VR1361** Hypertension



# body weight & fat measurement



## Harpenden Skinfold Caliper

Ideal for measurement of subcutaneous fat. Designed to exert a constant pressure of 10g/mm with each division on the scale measured to 0.1mm. Sturdy metal construction with contoured hand grip, comes in a wooden case with velvet type lining.

PE014 \_\_\_\_\_ **\$411.10**

## Harpenden SkinFold Caliper - Body Assessment Software

This software has been developed for use with Harpenden Skinfold Calipers. It can be used to measure and track body fat composition, BMI and BMR composition, lean body mass and body fat mass. This software allows the monitoring of changes so that training or weight loss programs can be modified accordingly.

PE068 \_\_\_\_\_ **\$106.30**



## Myo Body Tape

Loop the tape around the leg or waist, attach the free end to the unit, then press the central button to tighten the tape. This tape can be used for measuring the circumference of the head, the hips, arms, legs and waist. Tape is graduated in mm and measures from 0-200cm.



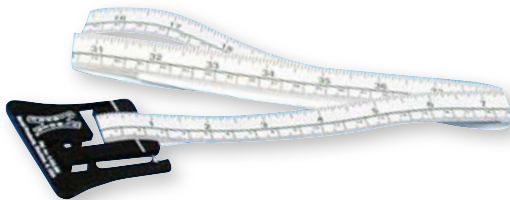
PE078 Measurement Tape, MyoTape \_\_\_\_\_ **\$12.65**



## Slim Guide Skinfold Caliper

This body fat tester has a convenient trigger operation with pistol grip handle. The direct reading scale measures from 0 to 85mm and is accurate to 0.5mm. Durable, accurate and easily used by students. Complete instructions included.

PE067 Slim Guide Skinfold Caliper \_\_\_\_\_ **\$30.40ea**  
5 or more \_\_\_\_\_ **\$24.70ea**



## Figure Finder Tape Measure

The Figure Finder Tape Measure applies 100g of tension, designed to give accurate readings when measuring circumference. The tape measures up to 154cm.

PE024 Figure Finder Tape Measure \_\_\_\_\_ **\$20.25**

## Cloth Measurement Tape

Cloth Measurement Tape which locks in place and releases by pressure on central button. Extends to 200cm.

PE079 Measurement Tape, Flexible \_\_\_\_\_ **\$10.15**



## Platform Medical Scale

### 150kg x 500g

This accurate dial clinic scale features an all steel construction with a durable baked enamel finish. Its large, easy to read dial is graduated up to 150kg in 500g increments. The nonslip platform cover gives added safety. Stores easily when not in use. Suitable for use in assessment rooms under supervision only. Not suitable for general use in gyms.

PE059 Scale, Platform \_\_\_\_\_ **\$291.50**



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