

Healthy Lifestyle Visual Symbols

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Using this resource

This resource is designed to support health professionals to incorporate visual symbols into sessions. The symbols can be used flexibly. For example, they could be:

- added to a person's existing daily visual schedule
- used to create new visual supports, such as exercise programs, meal preparation sequences, or meal and snack schedules
- used to visually represent appointment or session structure
- used to support health education by reinforcing key concepts.

This resource also includes a selection of templates (e.g. session schedules) that you can use. You can also create your own templates.

To create reusable visual supports, you can print the symbols, laminate them if desired, cut them out, and add hook-and-loop dots to the back so they can be easily moved and reused.

Symbols are most appropriate for people who already use or are familiar with picture communication supports. All images in this resource are PCS® (Picture Communication Symbols) from Tobii Dynavox. PCS® is one of many symbol libraries available. Where possible, use the symbol library that the person is already familiar with. Some people may also prefer photographs or other more realistic images, so always choose the type of visual support that is most meaningful for the individual.

Picture Communication Symbols for Diet



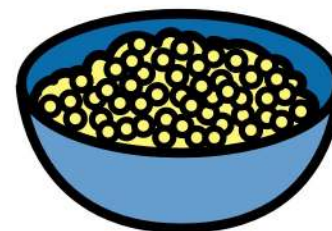
rice



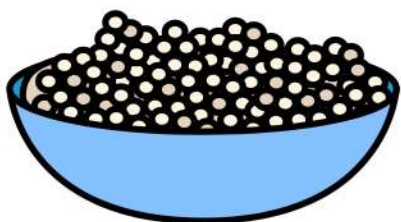
brown rice



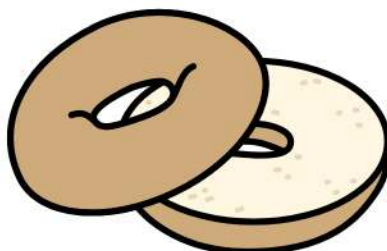
pasta



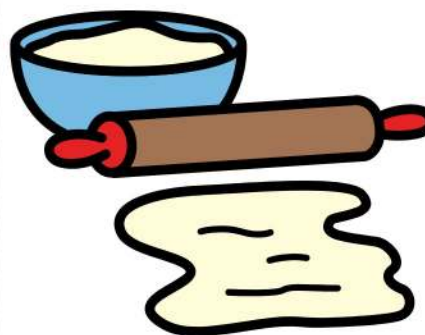
COUSCOUS



quinoa



bagel

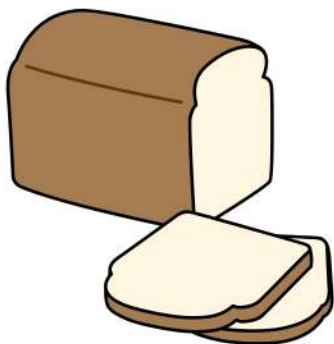


dough



noodles

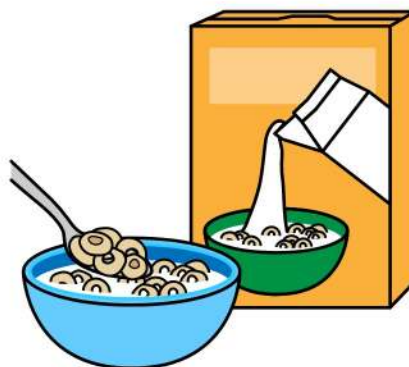
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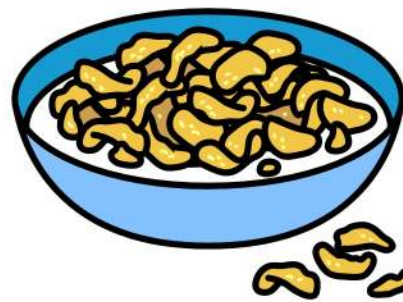
bread



brown bread



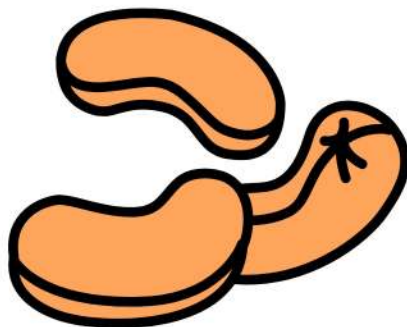
oat cereal



cereal



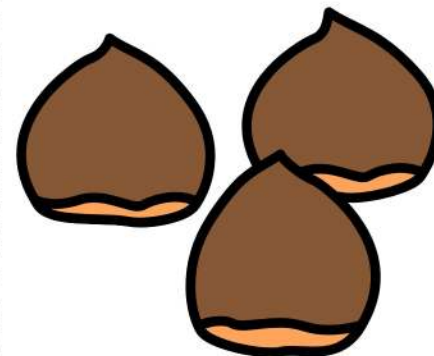
nuts



cashew nuts

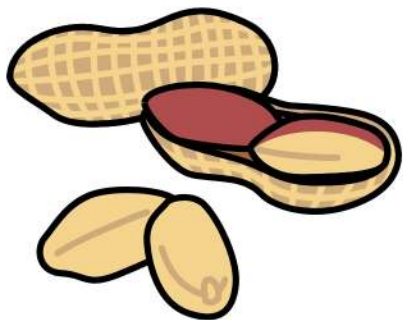


hazel nuts

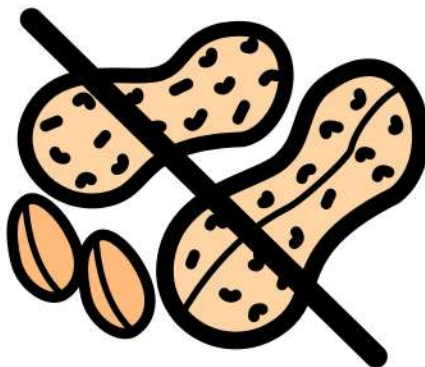


chestnuts

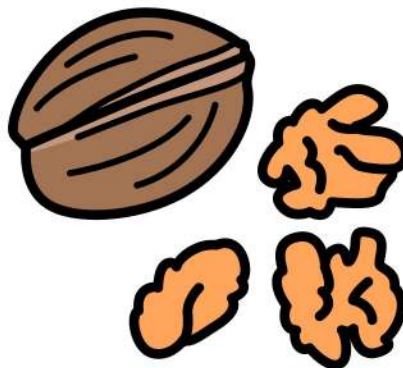
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peanuts



no peanuts



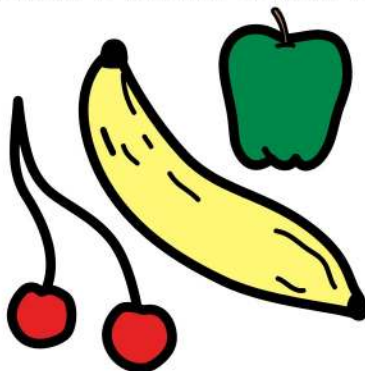
walnuts



pumpkin seeds



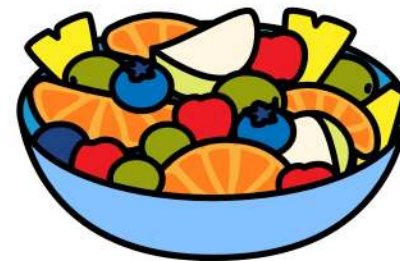
sunflower seeds



fruit

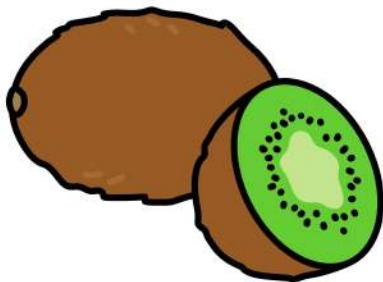


fruit juice

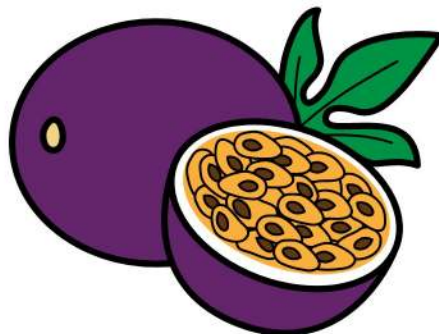


fruit salad

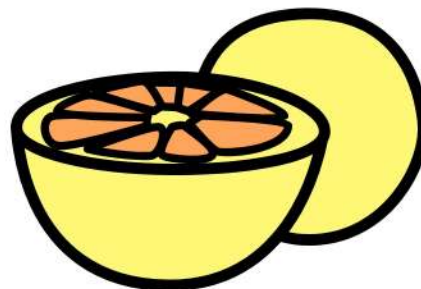
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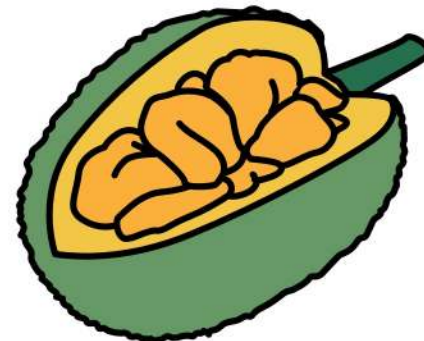
kiwi fruit



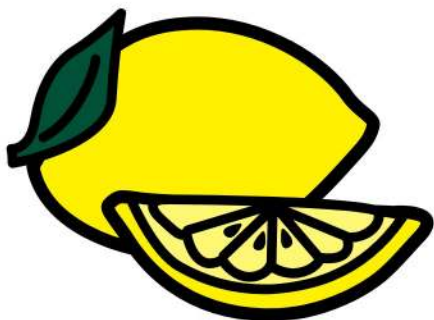
passion fruit



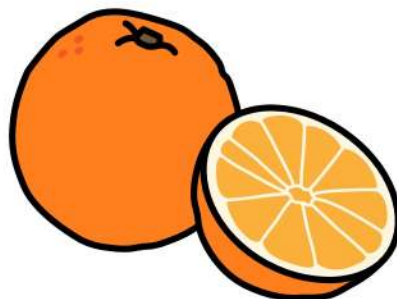
grapefruit



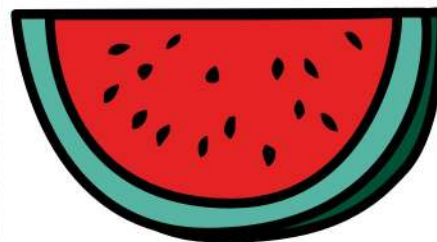
jackfruit



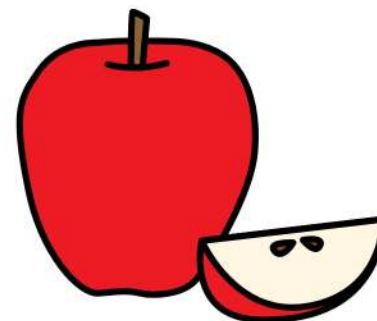
lemon



orange

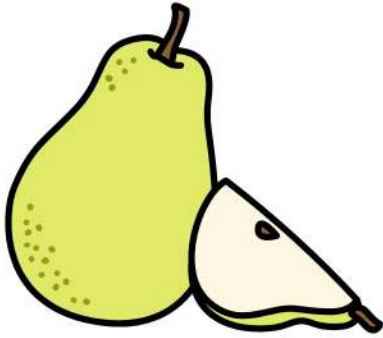


watermelon

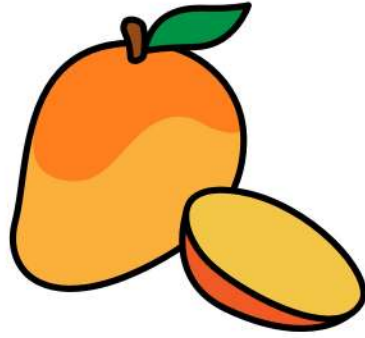


apple

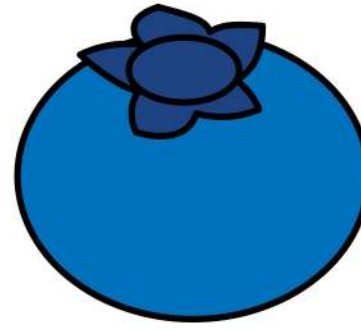
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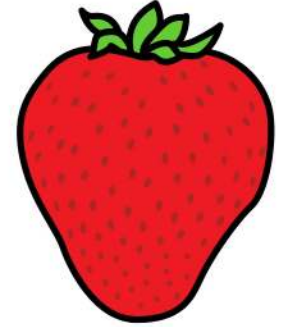
pear



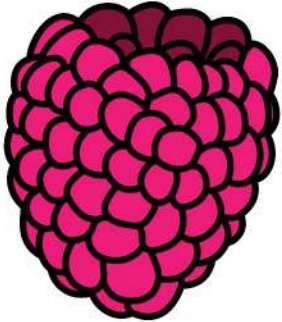
mango



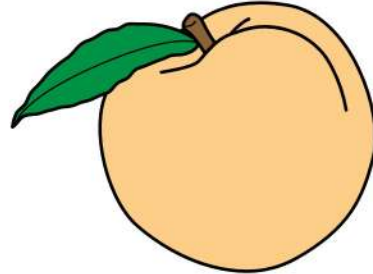
blueberry



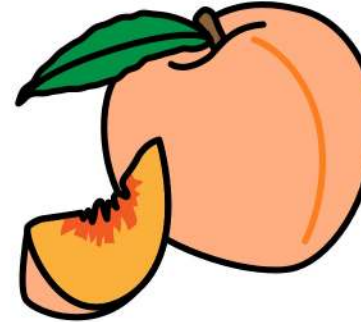
strawberry



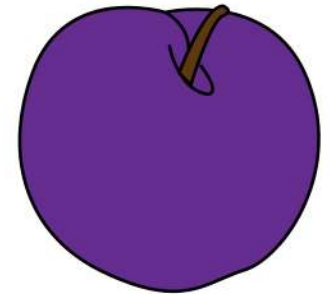
raspberry



nectarine

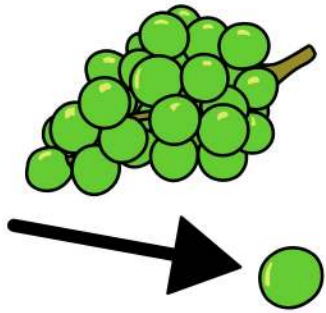


peach

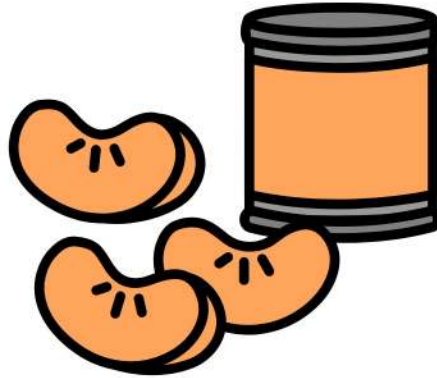


plum

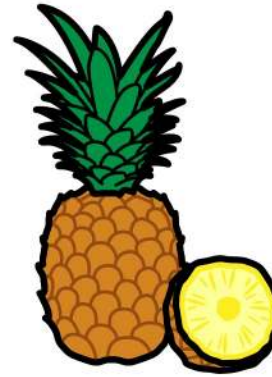
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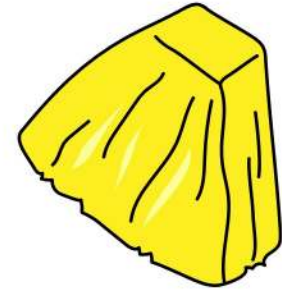
grape



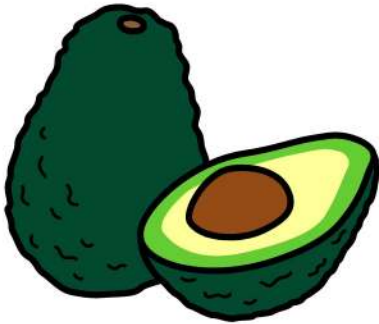
mandarin



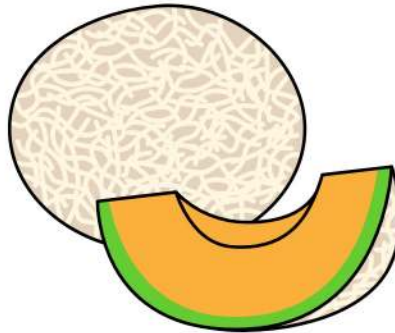
pineapple



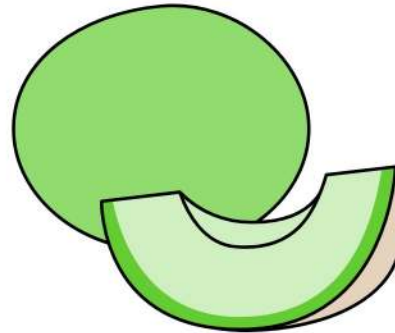
pineapple chunk



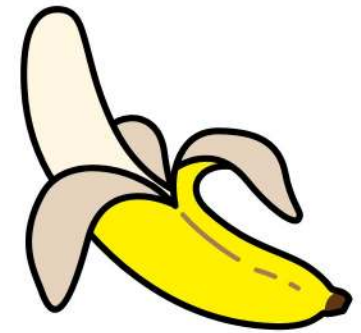
avocado



melon

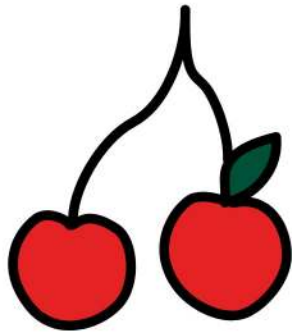


honeydew melon



banana

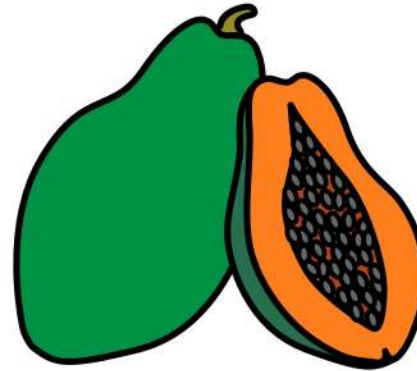
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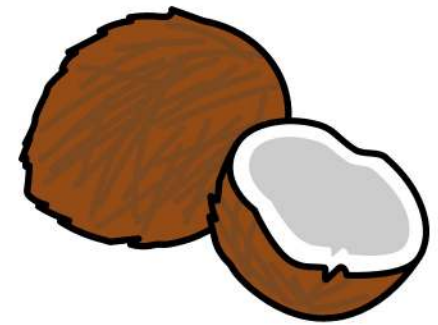
cherry



pomegranate



papaya



coconut



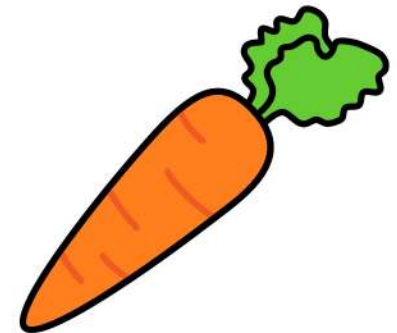
vegetables



vegetable soup



mixed vegetables



carrot

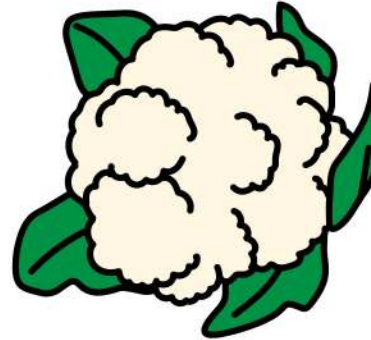
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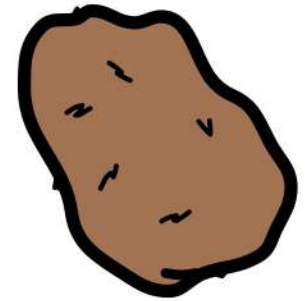
broccoli



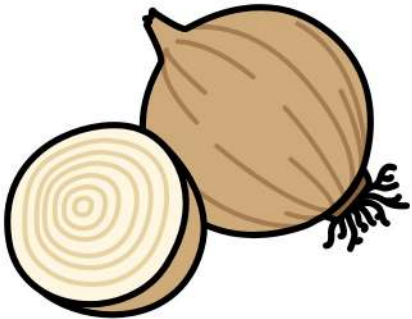
spinach



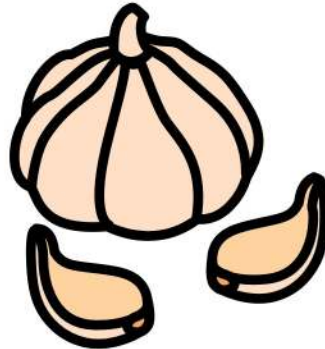
cauliflower



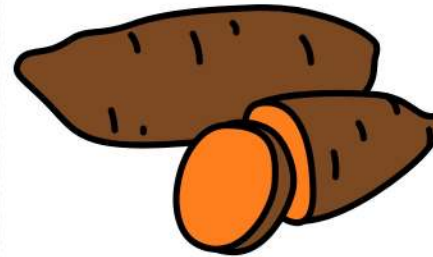
potato



onion



garlic



sweet potato

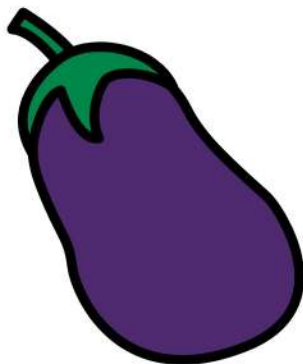


pumpkin

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zucchini



eggplant



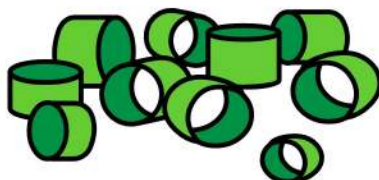
corn



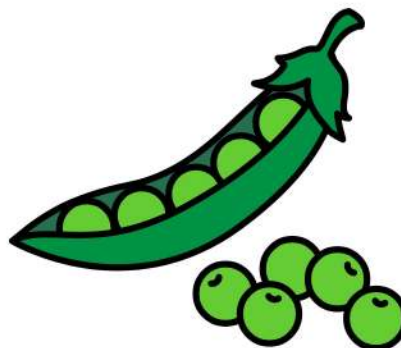
green beans



leek



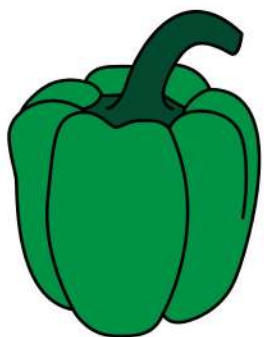
chives



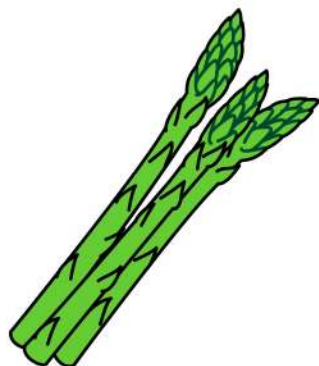
peas



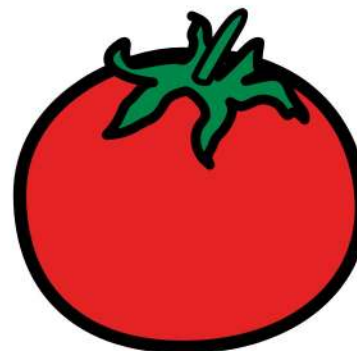
red bell pepper



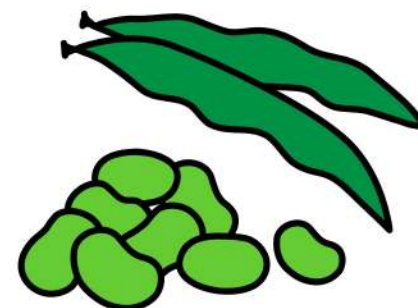
bell pepper



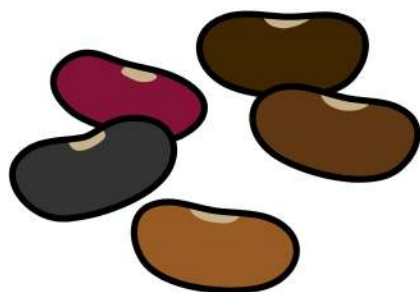
asparagus



tomato



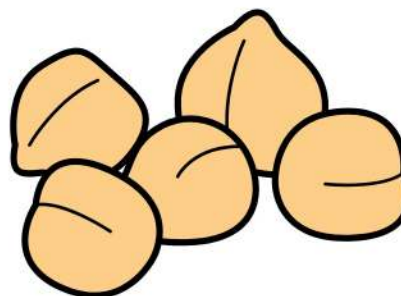
fava beans



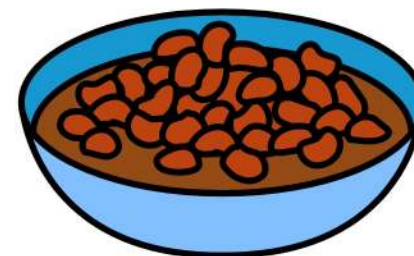
beans



beans



chickpeas



beans



salad



dairy



dairy allergy



milk



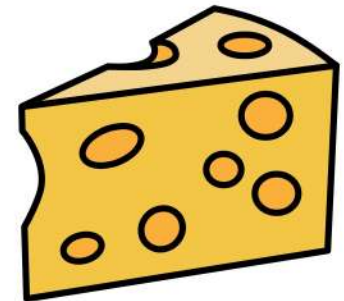
chocolate milk



soy milk



skim milk

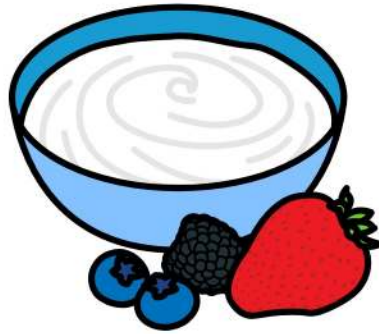


cheese

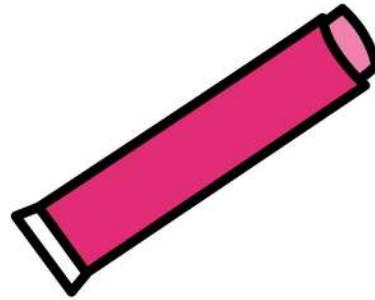
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calcium



yogurt



yogurt tube



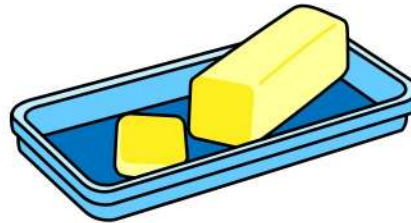
frozen yogurt



vanilla yogurt



ice cream



butter

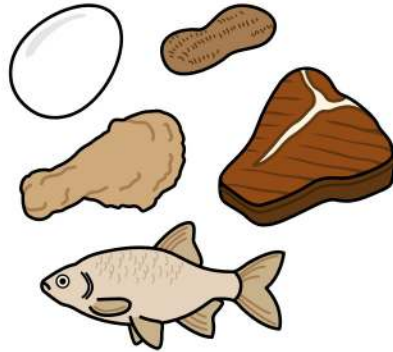


smoothie

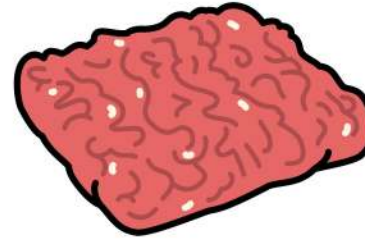
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meat



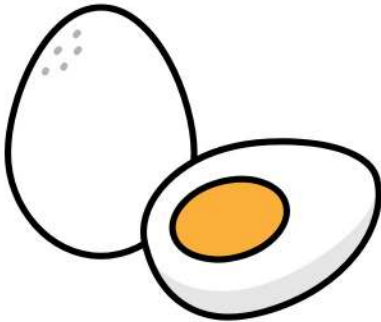
protein



mince meat



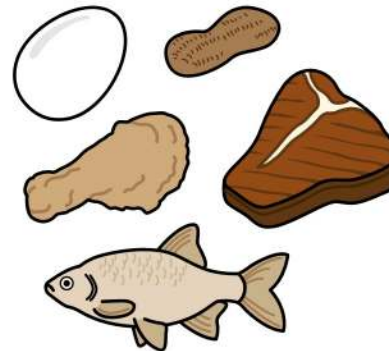
spaghetti



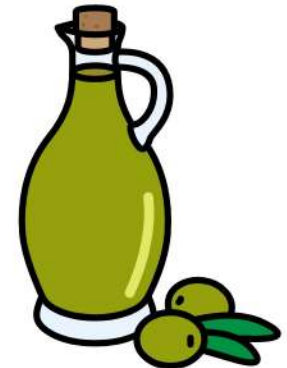
boiled egg



protein powder

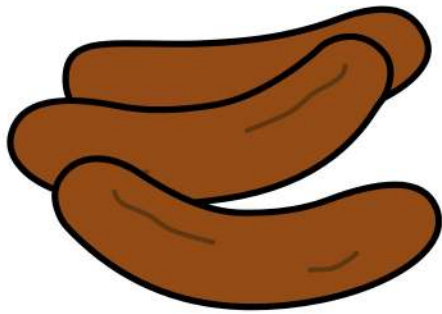


protein



olive oil

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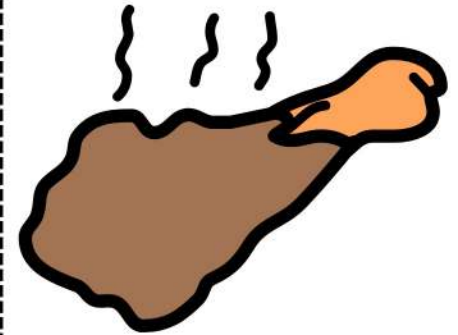
sausage



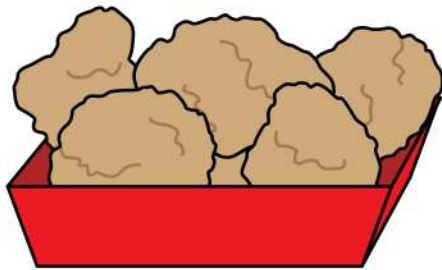
steak



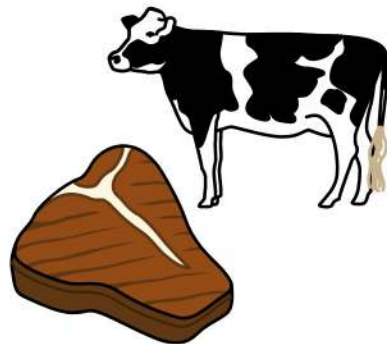
chicken



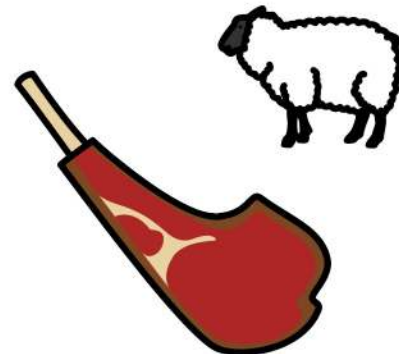
chicken drumstick



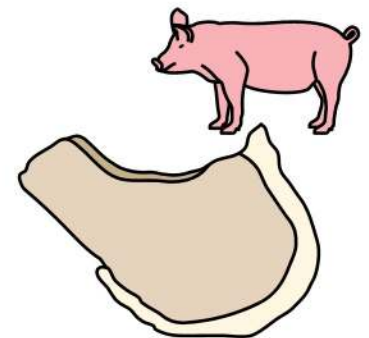
chicken nuggets



beef

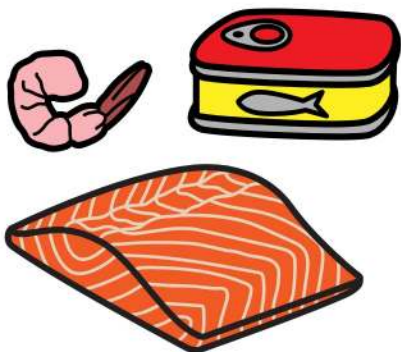


lamb

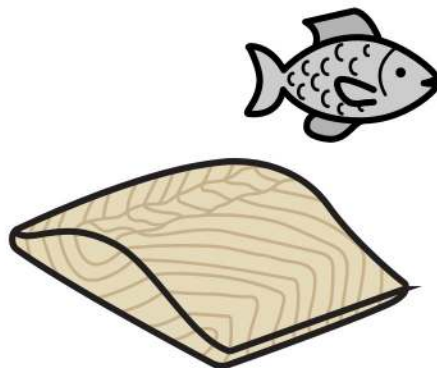


pork

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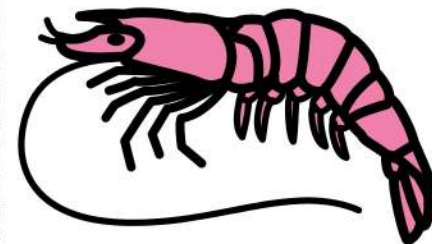
seafood



fish



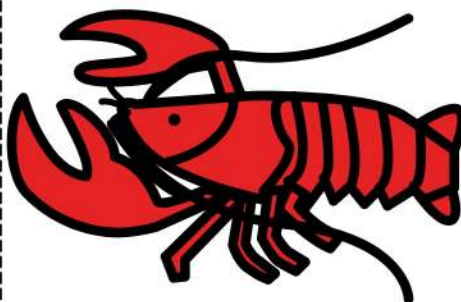
fish



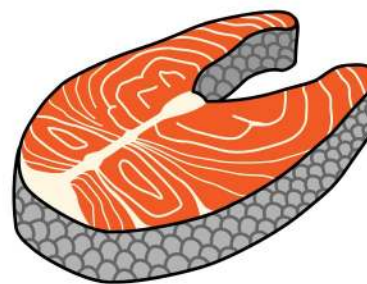
prawn



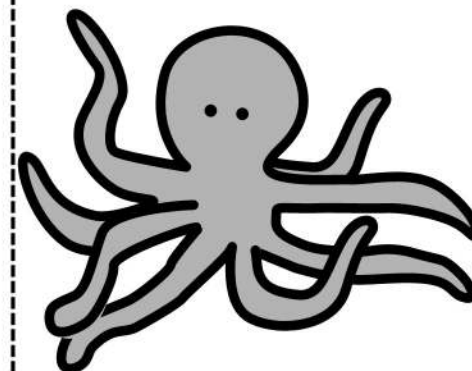
crab



lobster

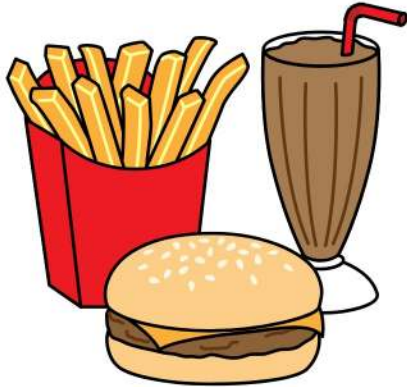


salmon steak



octopus

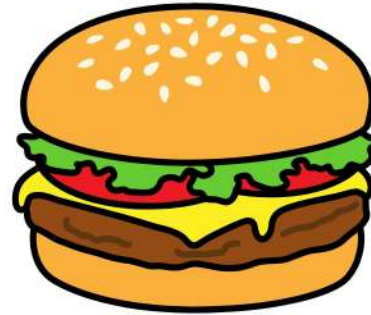
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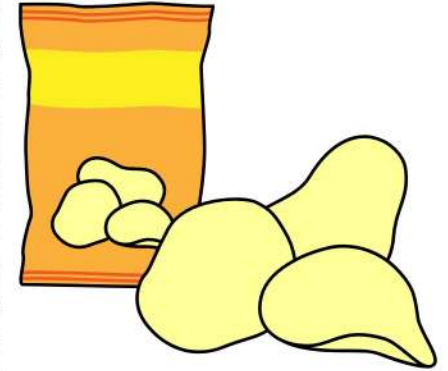
fast food



fast food



burger



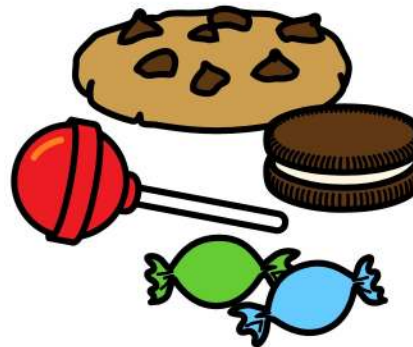
chips



fries



chocolate



sweets

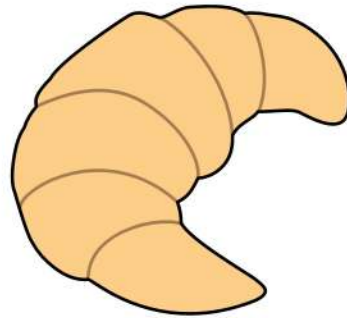


donut

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pastry



croissant



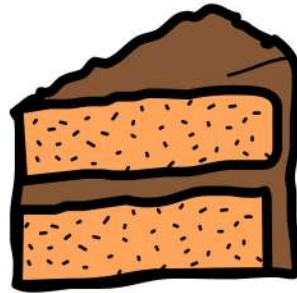
unhealthy



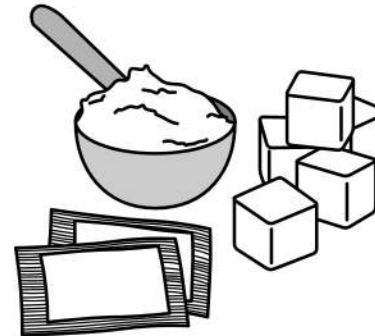
unhealthy



soft drink



cake



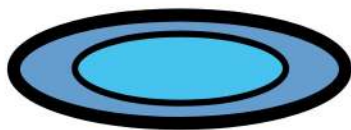
sugar



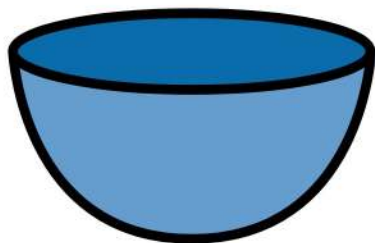
Nutrition Facts	
Serving Size	
Amount Per Serving	
Calories 200	
	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 40g	13%
Dietary Fiber 11g	40%
Sugars 6g	
Protein 15g	

calories

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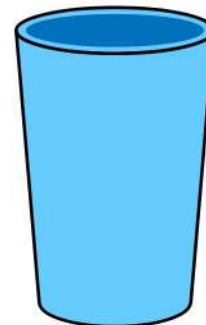
plate



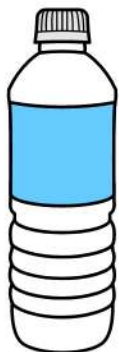
bowl



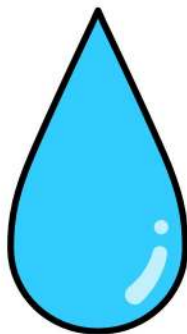
mug



glass



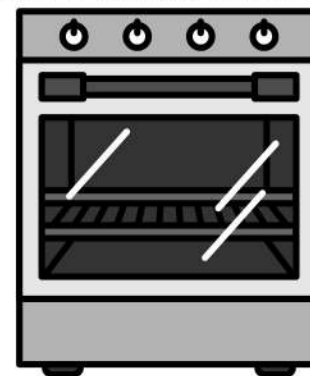
water bottle



water

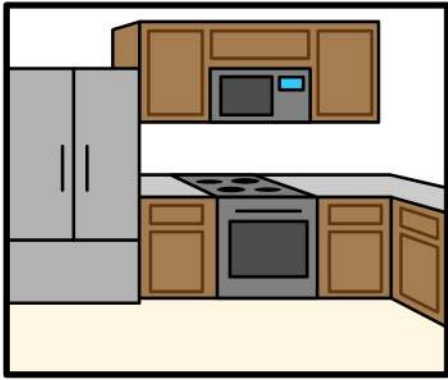


oven

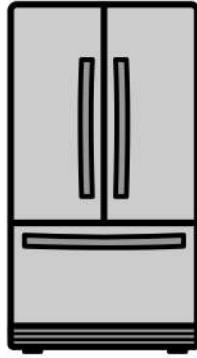


oven

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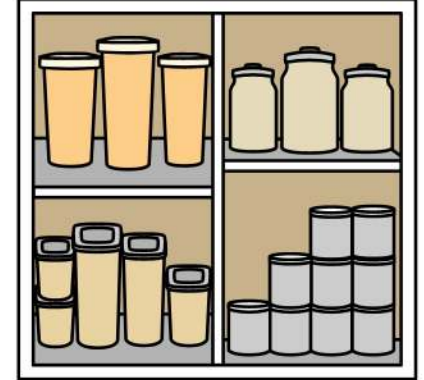
kitchen



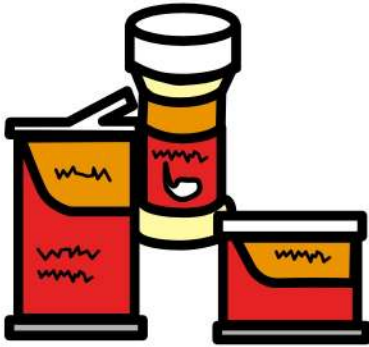
fridge



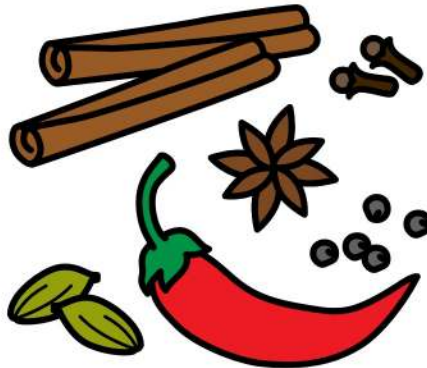
fridge



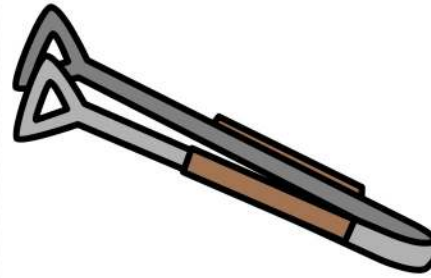
pantry



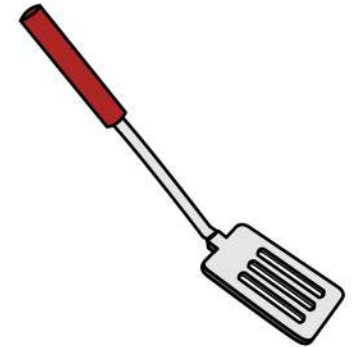
spices



spices

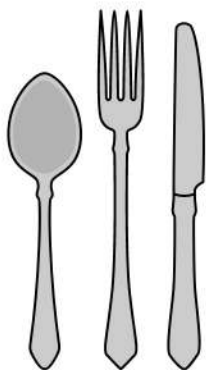


tongs



spatula

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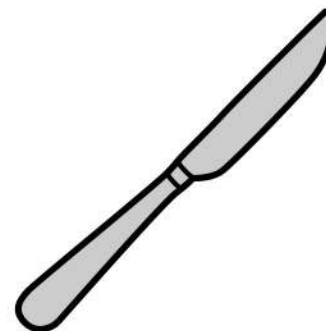
cutlery



fork



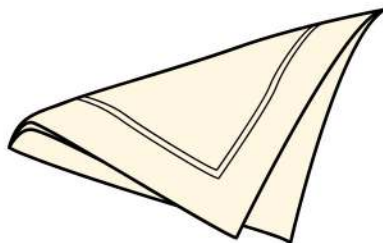
spoon



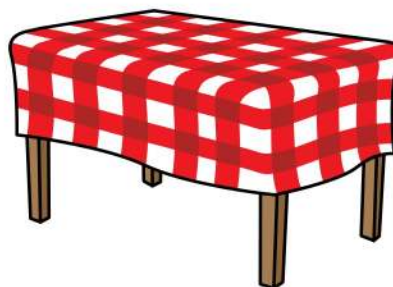
knife



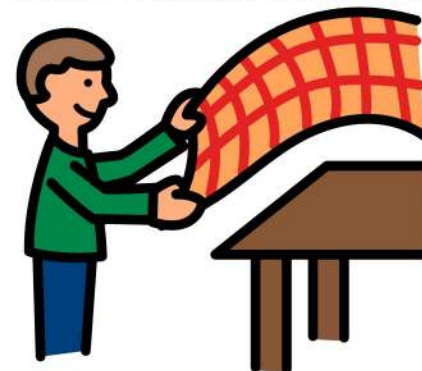
knife



napkin

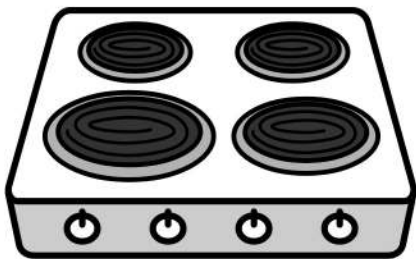


tablecloth

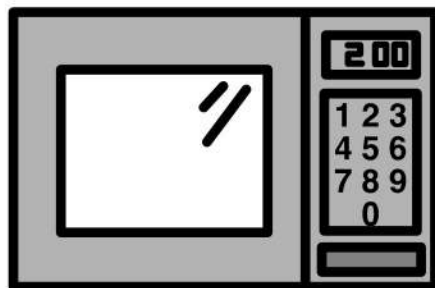


put on tablecloth

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stove



microwave



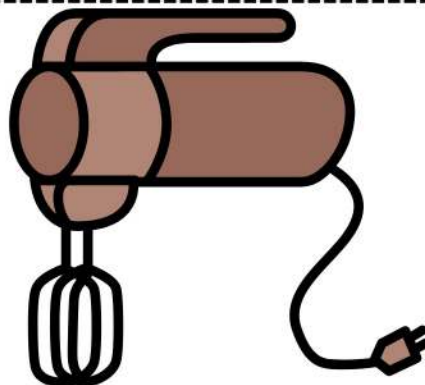
toaster



blender



kettle



mixer



mixer



oven mitt

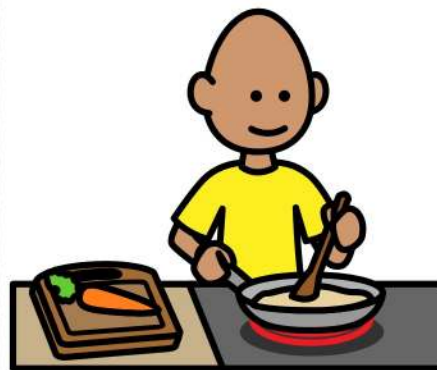
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cook



cook



cook



cook



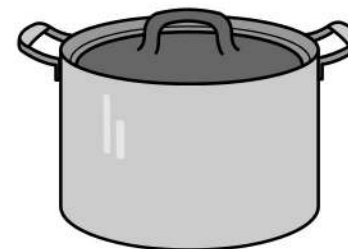
boil



fry



frying pan

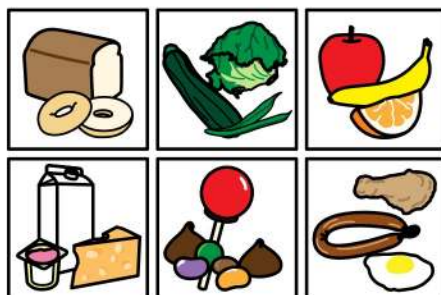


pot

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food groups



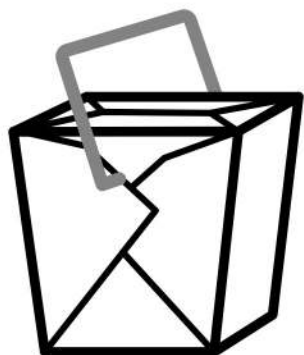
food groups



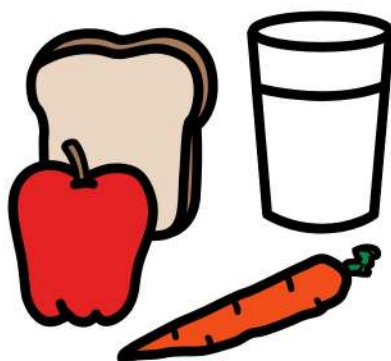
food pyramid



food pyramid



takeaway food



healthy food



thumbs down



thumbs up

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cut food



cut meat



stir



mix



mix



shake

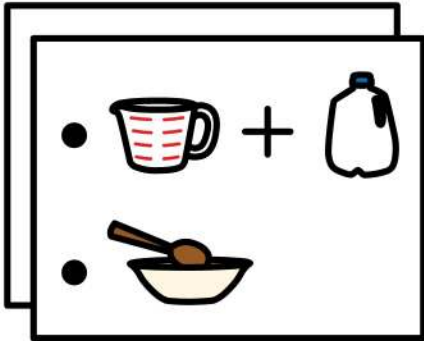


bake

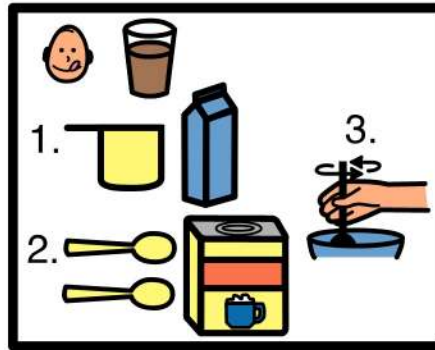


food delivery

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recipe



recipe



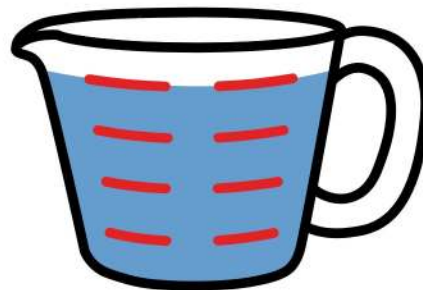
1 teaspoon



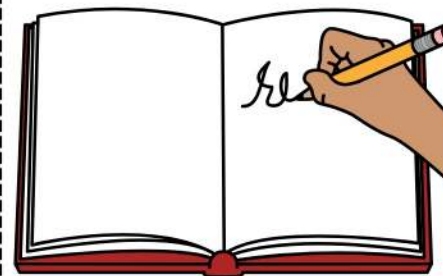
1/2 teaspoon



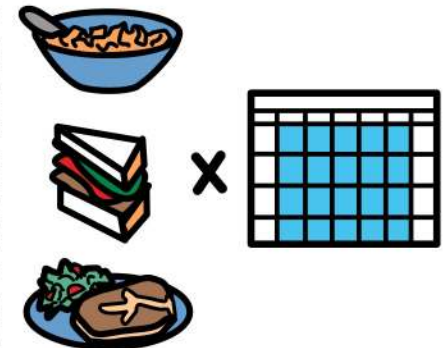
1/4 teaspoon



1 cup



food diary



meal plan



meal



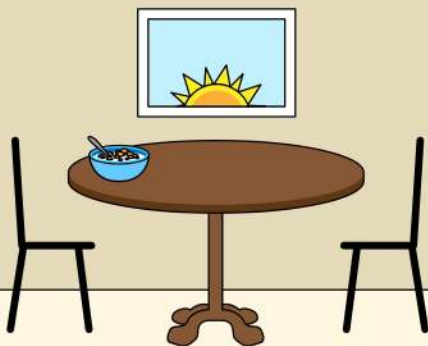
vegetarian



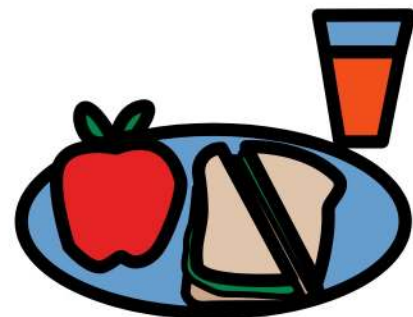
vegetarian



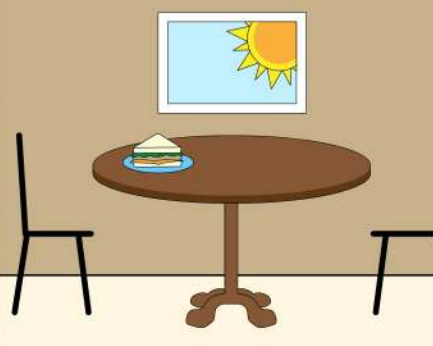
breakfast



breakfast



lunch



lunch



dinner

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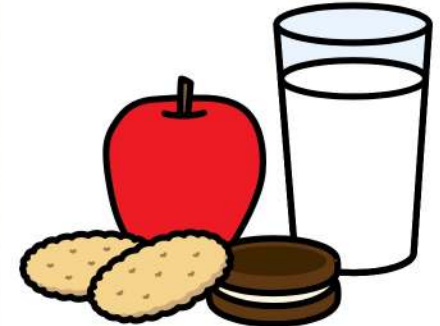
dinner



dinner



snack



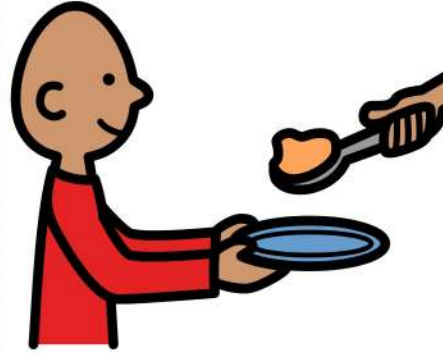
snack



snack



more drink

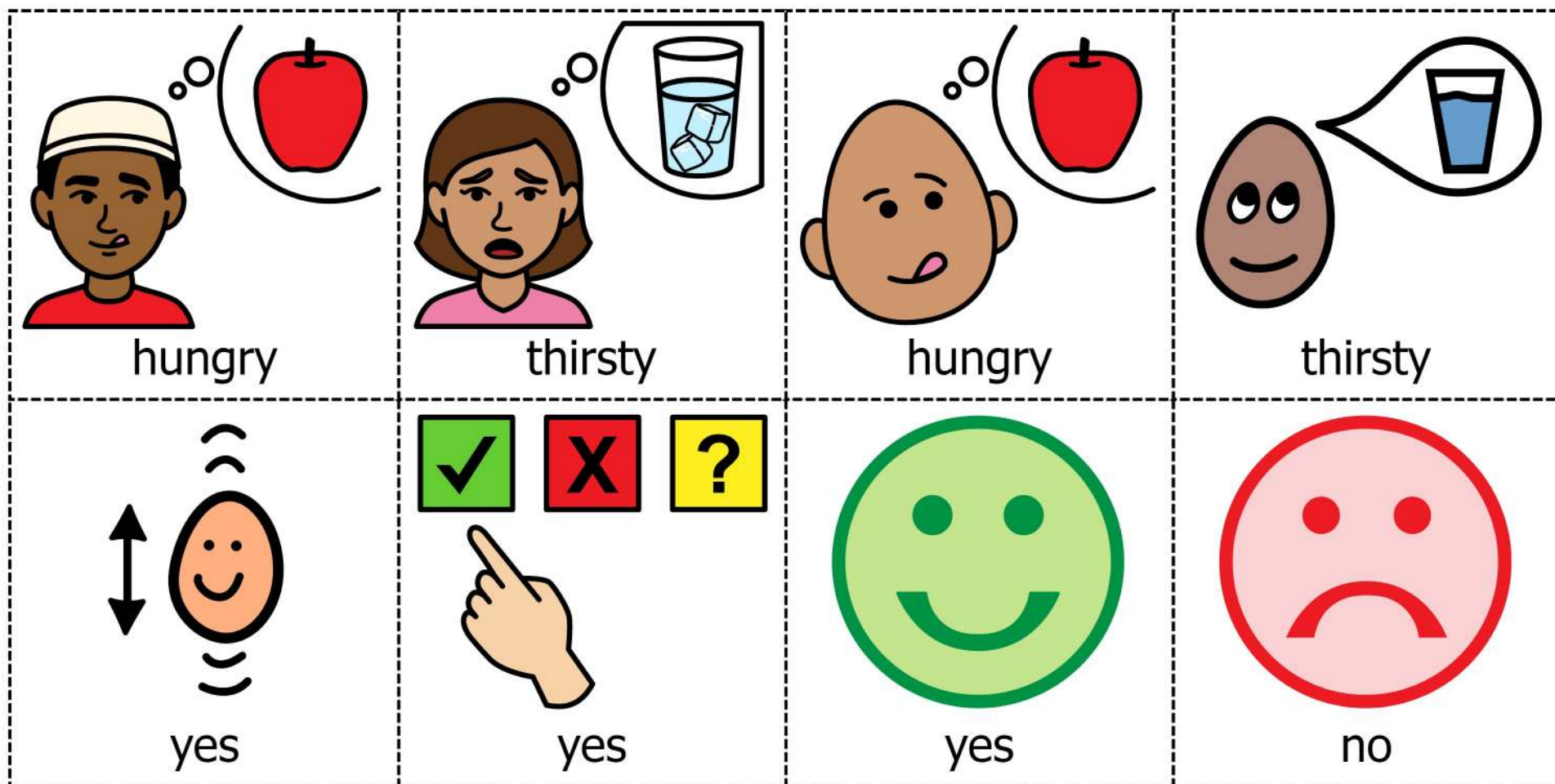


more food

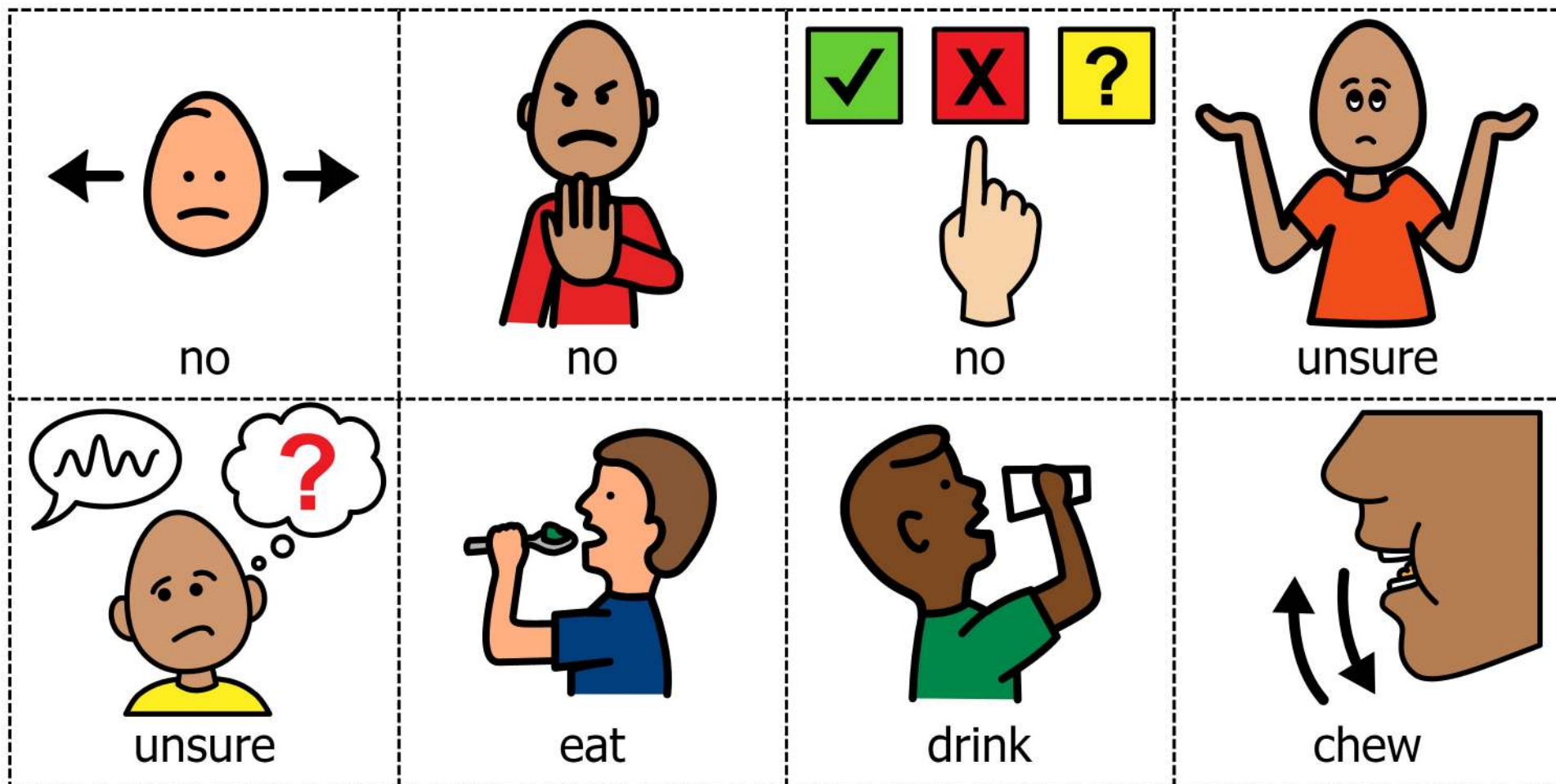


no more

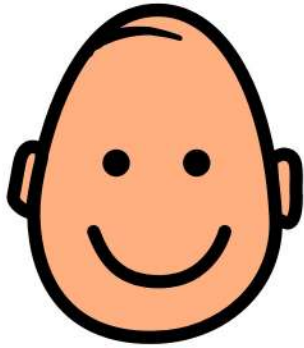
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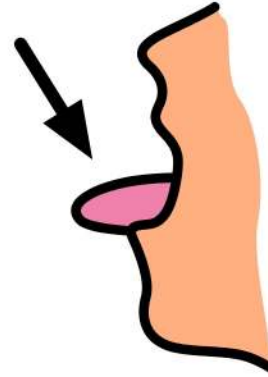
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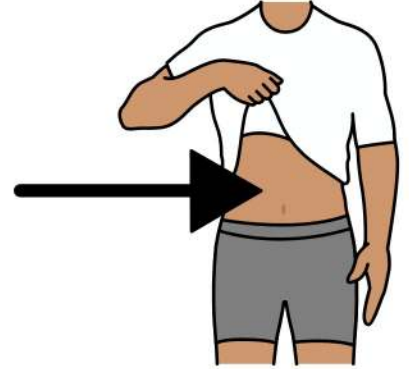
good



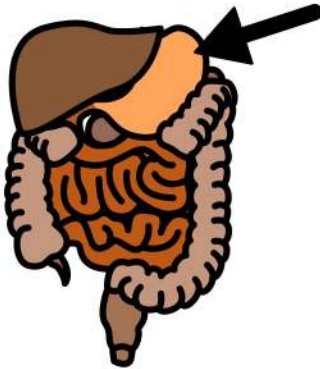
mouth



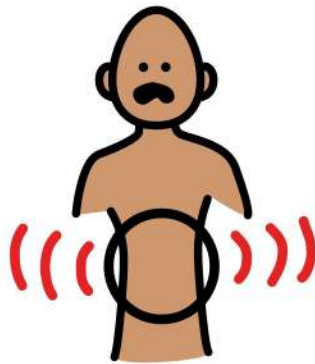
tongue



tummy



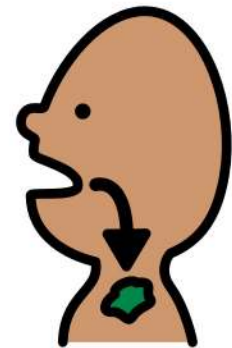
stomach



stomach ache



teeth



swallow



commode



toilet



constipated



poop



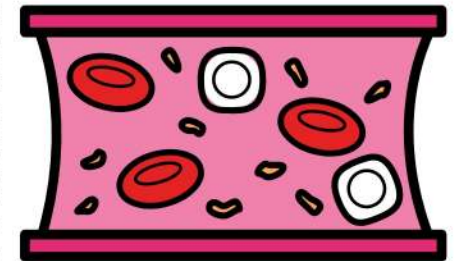
wee



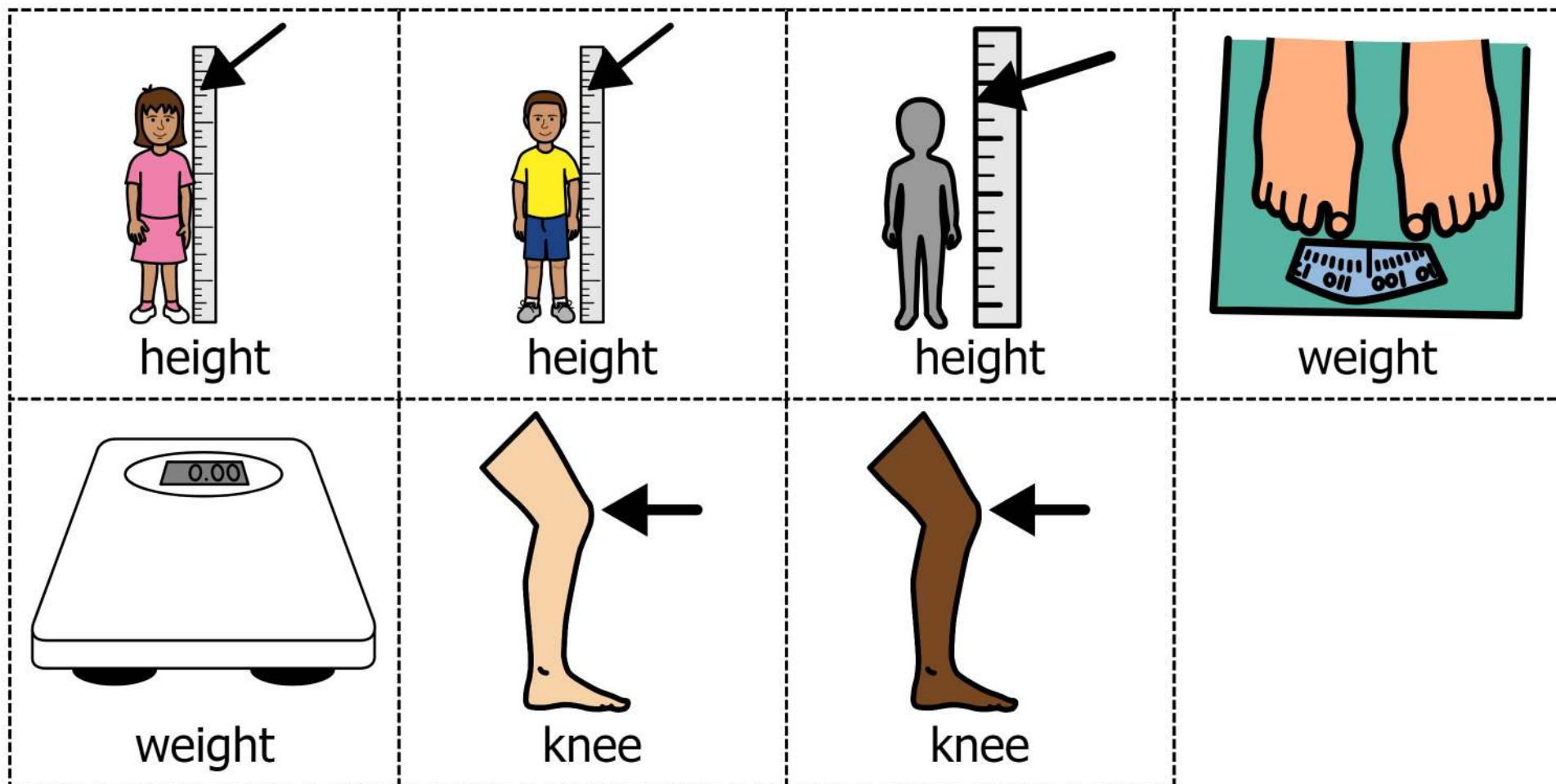
wee



diarrhoea



cholesterol



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Picture Communication Symbols for Physical Activity



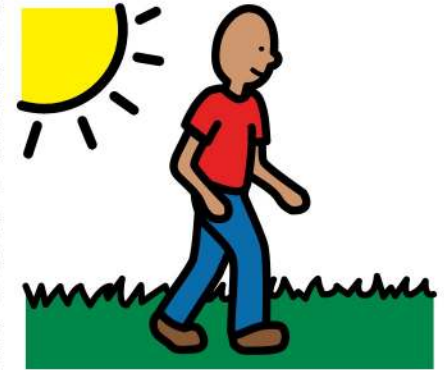
walk



walk



walk



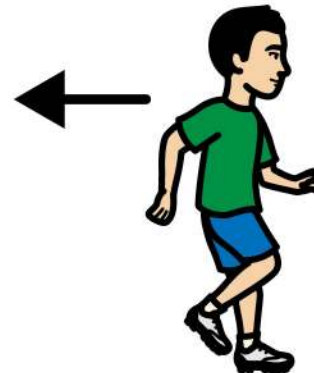
walk



walk



walk dog



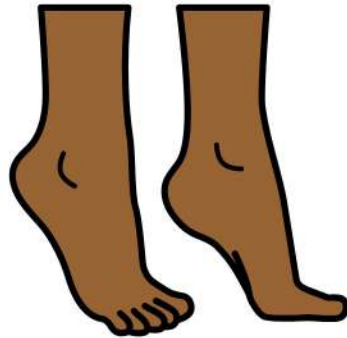
walk backward



hill walking



go for walk



tip toe



walk on tiptoe



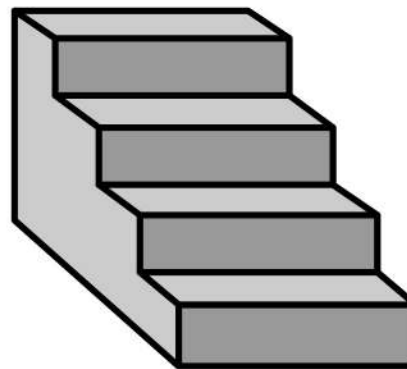
walk on heels



run



run



stairs



nature walk



treadmill



treadmill



exercise bike



exercise bike



row



stair climber



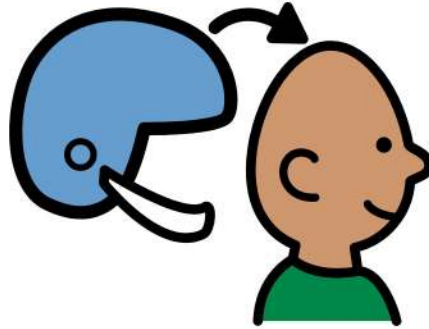
cycling



jump rope



bicycle helmet



put helmet on



scooter



exercise bike



tricycle



bike



tandem bike



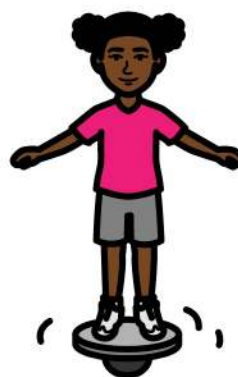
stand on one leg



balance board



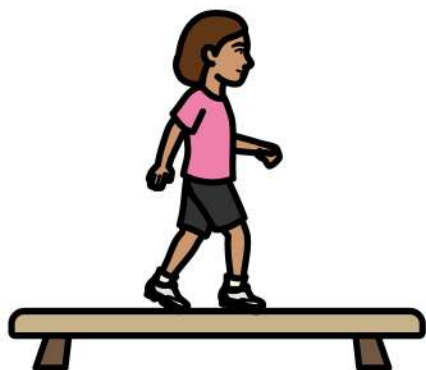
sit on ball



balance board



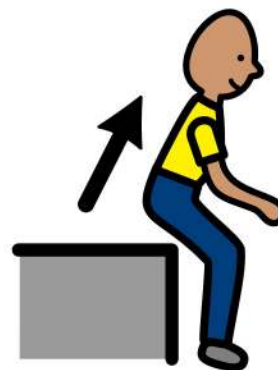
walk on stones



walk on beam



stand up



stand up



stand up



squat



exercise on ball



deep squat



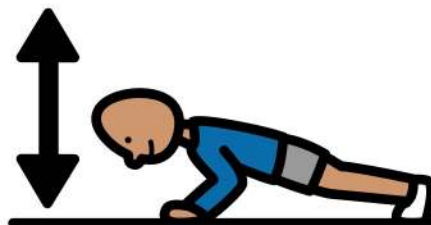
lunge



lunge



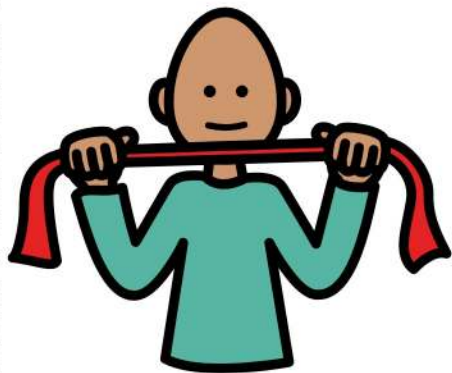
bridge



push up



kneel



stretch theraband



lift



lift barbell



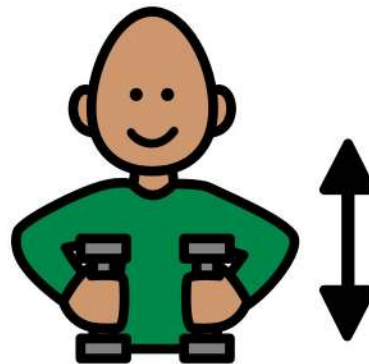
lift barbell



lift weights



lift weights



lift weights

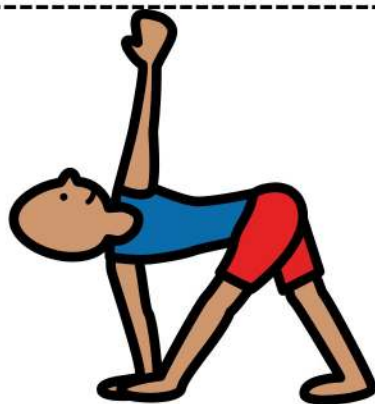


lift weights

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lift weights



stretch



stretch



shift weight



stretch



stretch



stretch



stretch

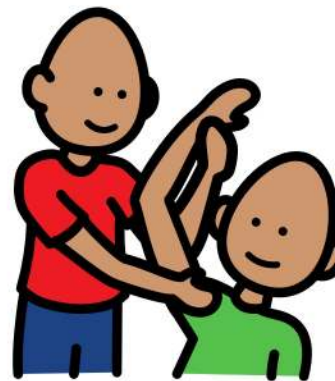
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stretch



downward dog



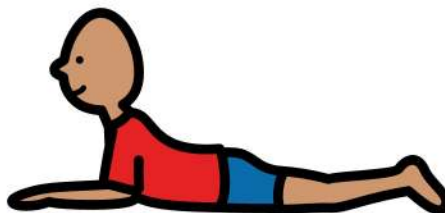
stretch



stretch



stretch first



cobra

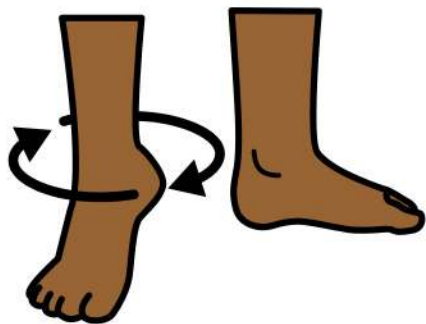


kneel



touch toes

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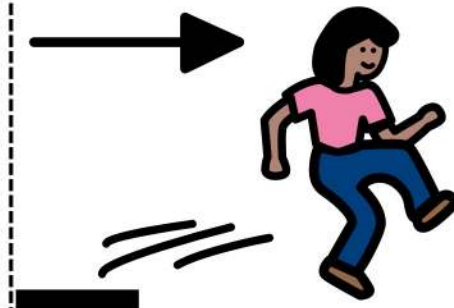
ankle exercise



jump



jump high



jump far



hop



hop



skip



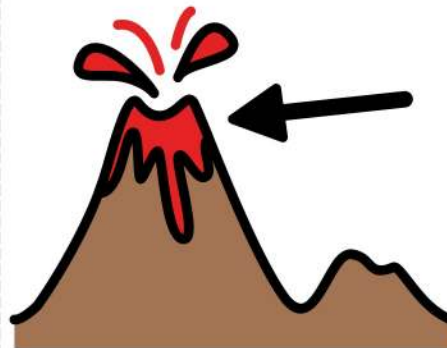
hopscotch



jump into hoop



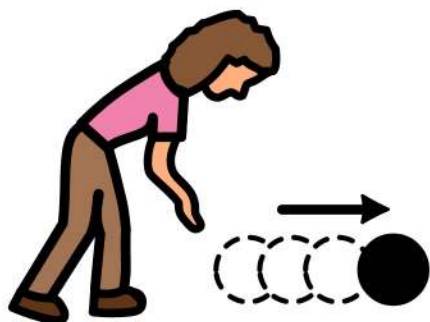
jumping jack



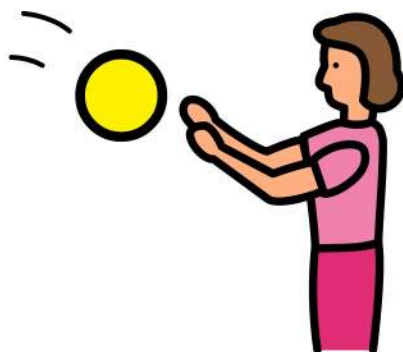
floor is lava



throw



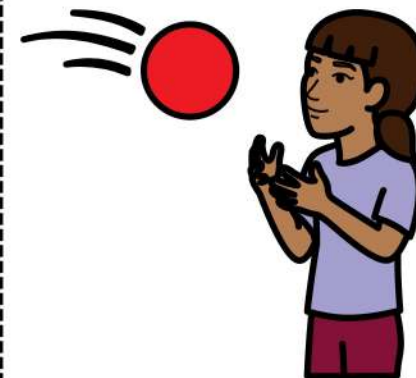
roll



catch



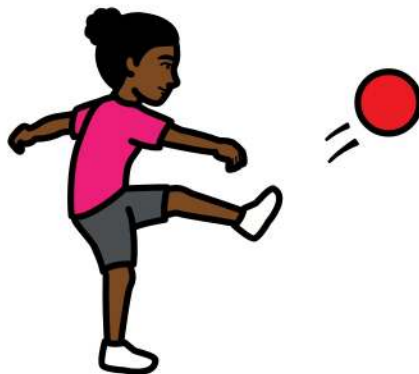
catch



catch



bounce ball



kick



kick



shoot



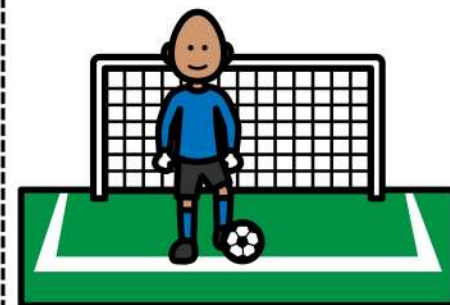
throw and catch



header



dribble



goal kick

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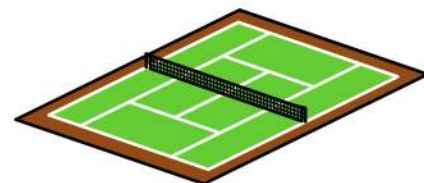
forehand



tennis



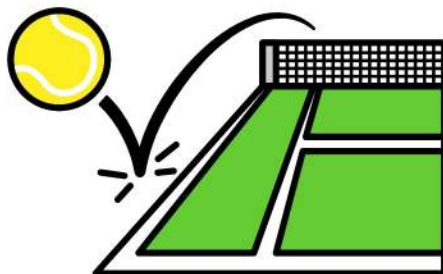
tennis ball



tennis court



tennis serve



out



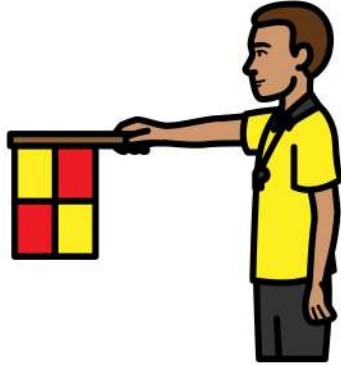
basketball



soccer goalie



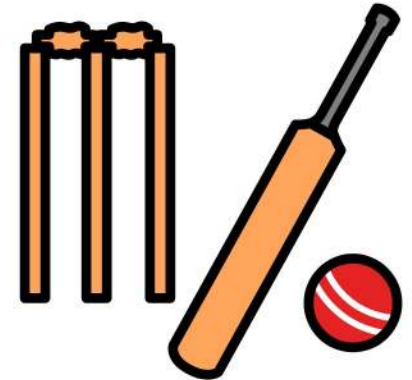
soccer



offside



football



cricket

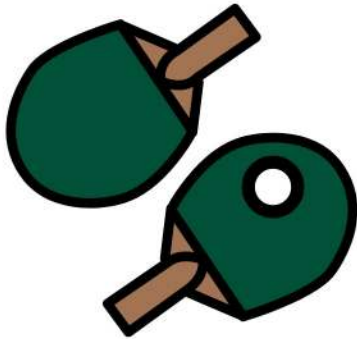


table tennis



table tennis

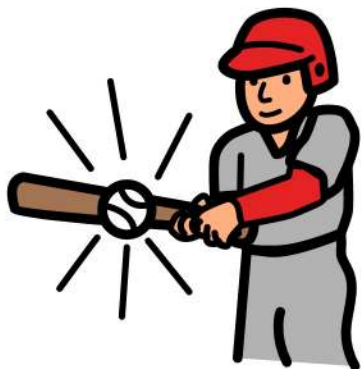


table tennis



golf

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baseball



badminton



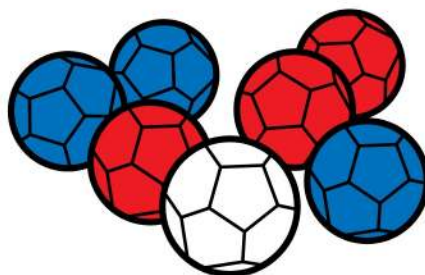
boxing



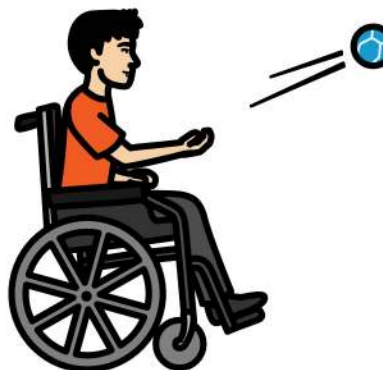
fencing



curling



boccia



boccia



boccia

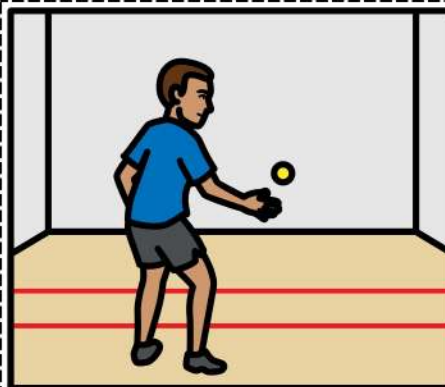
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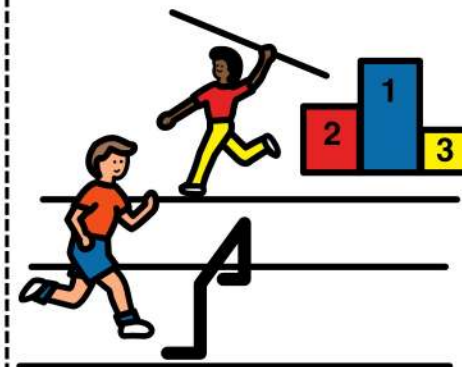
netball



ice skating



handball



athletics



athletics



gymnastics



gymnastics



canoeing

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swimming



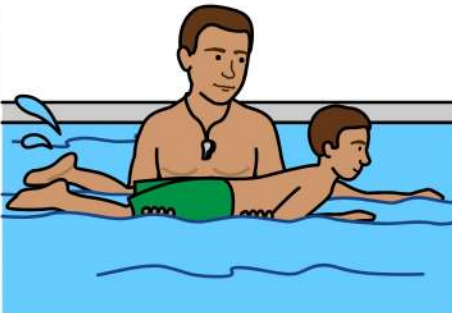
swimming



backstroke



freestyle



swimming



butterfly stroke



breast stroke



rock climb

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dance



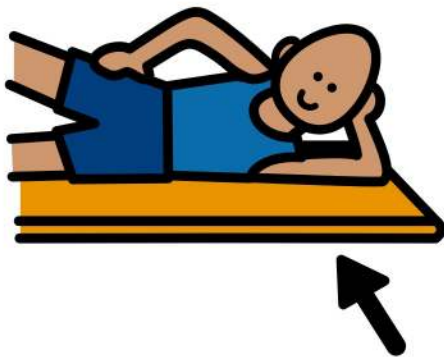
dance



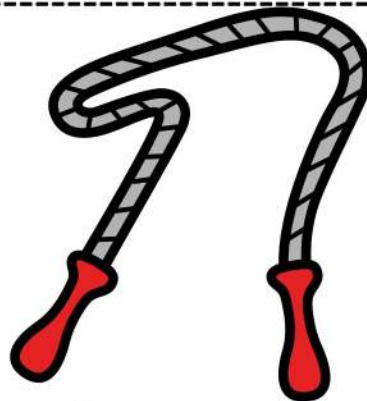
dance



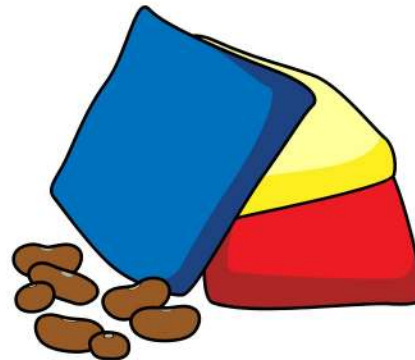
ballet dancer



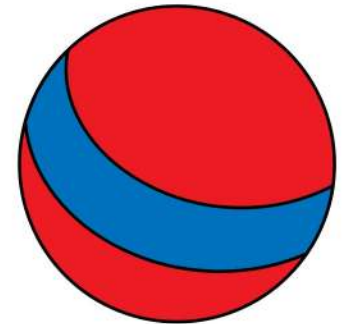
exercise mat



jump rope



bean bags



ball

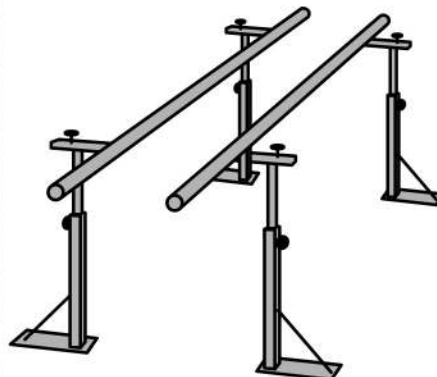
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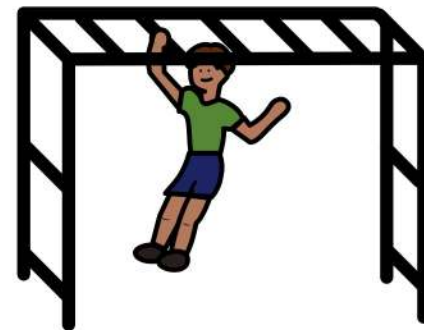
climb



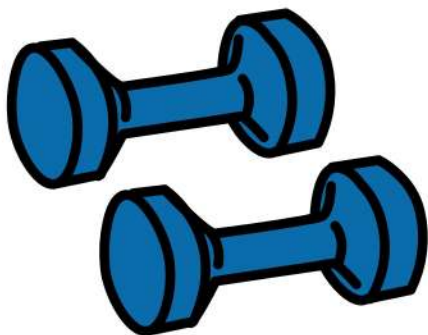
climb



parallel bars



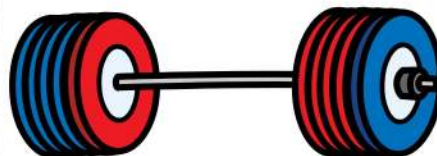
bars



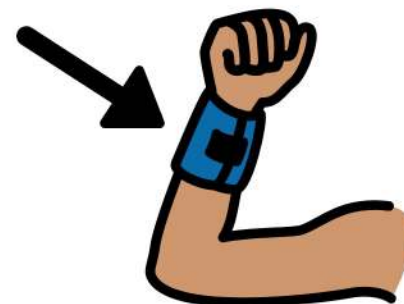
weights



ankle weights

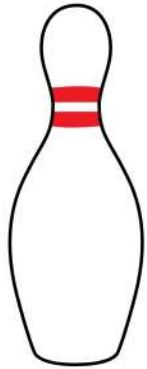


weights

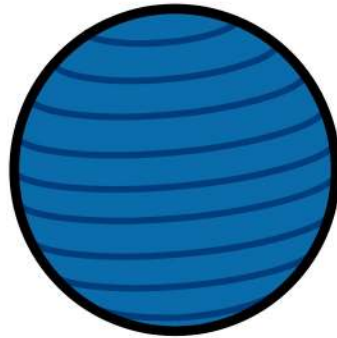


wrist weights

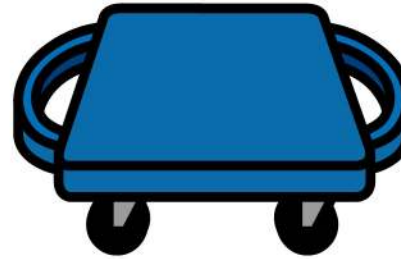
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bowling pin



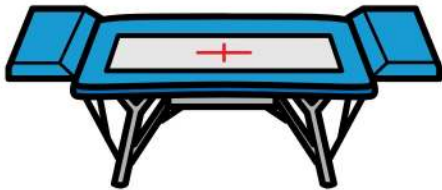
exercise ball



scooter board



trampoline



trampoline



running shoes



AFO



gait trainer

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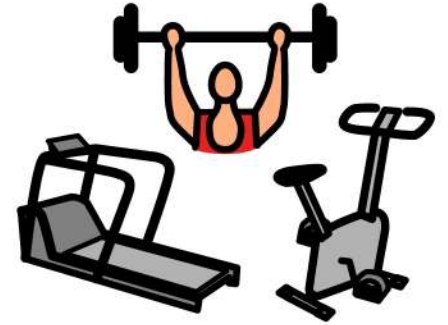
walk in gait
trainer



standing frame



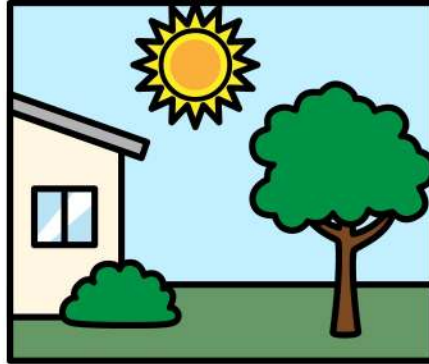
standing frame



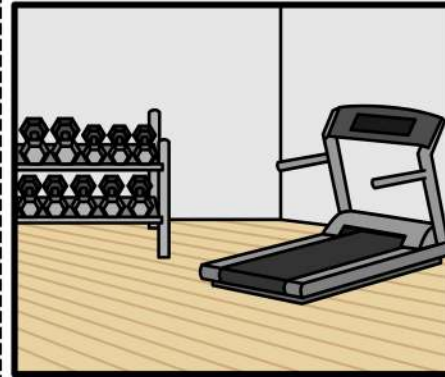
exercise



exercise class



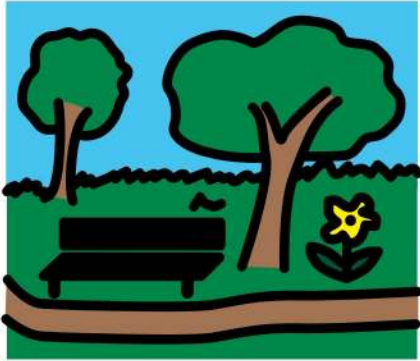
outside



gym



gym class



park



playground



coach



coach



tennis trainer



physiotherapist

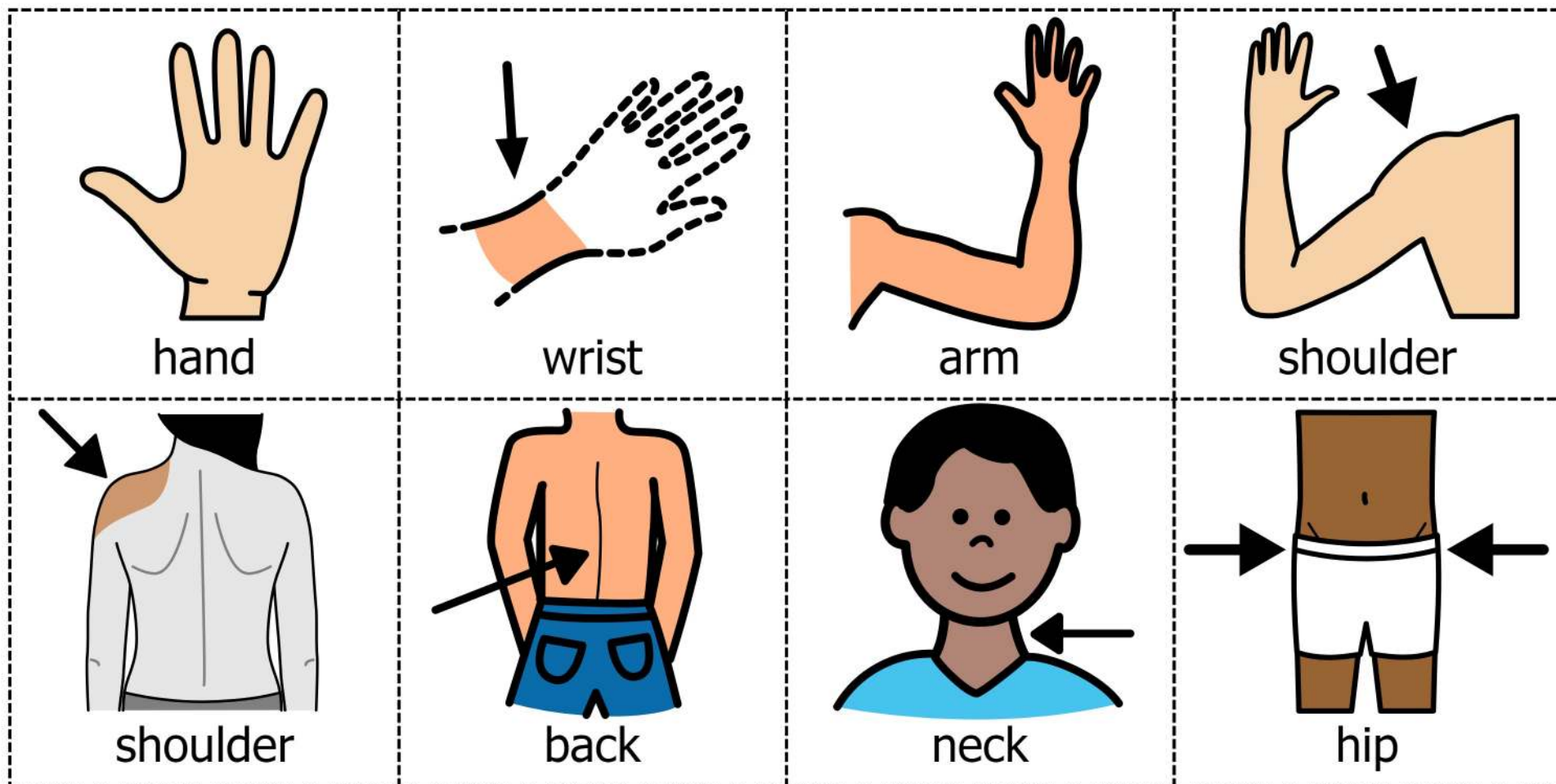


physiotherapist

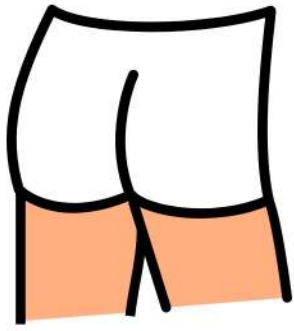


outside play

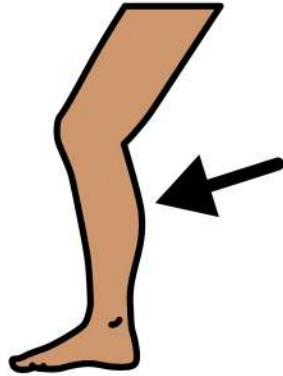
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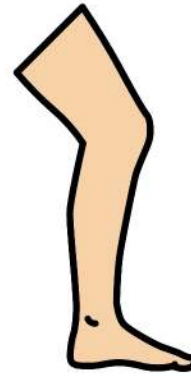
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bottom



calf



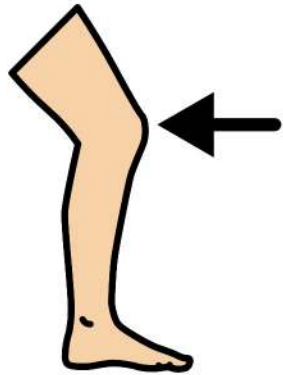
leg



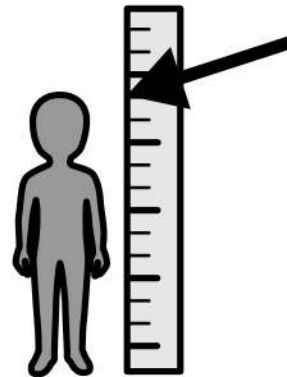
foot



ankle



knee

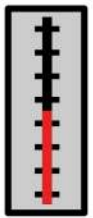


height



weight

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blood pressure



stethoscope



stopwatch



stopwatch



film



film



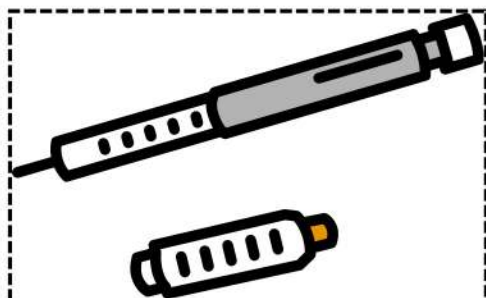
measure



achieve

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Picture Communication Symbols for Diabetes Management



insulin cartridge



diabetes



diabetes



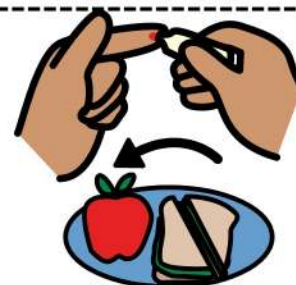
blood glucose
monitor



continuous
glucose monitor



check blood
glucose level before
breakfast



check blood
glucose before
lunch

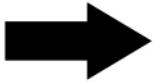


check blood
glucose before
dinner

Plan



Done



To do

An empty square box with a black border, intended for writing a task.An empty square box with a black border, intended for writing a task.An empty square box with a black border, intended for writing a task.An empty square box with a black border, intended for writing a task.

Finished

An empty square box with a black border, intended for writing a task.An empty square box with a black border, intended for writing a task.An empty square box with a black border, intended for writing a task.An empty square box with a black border, intended for writing a task.



