King's College Hospital
NHS Foundation Trust

Cardiac rehabilitation diet and weight management resources

Information for patients

We have compiled the resources below to help you to manage your diet and weight.

If you have any questions or concerns about any of this information, please contact a member of the team on 020 3299 3495 or email us at kch-tr.cardiacrehab@nhs.net

NHS resources

How to lose weight – weight loss tips and advice (Better Health)

Tips to help you lose weight

Eating a balanced diet

Alcohol units

Calories in alcohol

Tips on cutting down on alcohol

10 stress busters

Self-help tips to fight tiredness

5 steps to mental wellbeing

British Heart Foundation resources

Healthy eating plan: tips to help you get your diet back on track

Mediterranean diet meal plan and recipes

Diet and diabetes: how can I eat healthily?

Can you eat too much fruit? How much should you have?

How to cut back on sugar without noticing

Watch: What are free sugars? (Heart Matters magazine)

Counting calories: will it help you to lose weight?

Is salt bad for you? How much should you have a day?

High cholesterol – symptoms, causes and levels

Royal College of Psychiatrists resource

Sleeping well

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**
Email: **kings.pals@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net

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