The information in this leaflet and the advice given to you by your dietitian can help keep your heart and blood vessels healthy.
You may have had a heart attack, have high cholesterol levels or other symptoms that can increase your risk of heart disease or a stroke, in which case you may find this leaflet useful.

A cardio-protective diet is based on healthy eating and includes oily fish (omega 3 fats), plenty of fruit and vegetables, a reduction in salt and a reduction in total fat, particularly saturated fat. This leaflet also looks at food products for cholesterol reduction and practical changes that you can make to your diet and your lifestyle.

**What is Cholesterol?**

Quite often people with heart or blood vessel problems have a high cholesterol level. You may be on medication called a ‘statin’ to reduce your cholesterol.

Cholesterol is a type of fat made by the body in the liver and is needed in small amounts to transport other fats around your body. However, too much cholesterol can result in your blood vessels becoming blocked leading to heart disease. National guidelines recommend that people who are at high risk or already have heart disease or diabetes should aim for a total cholesterol level of 4mmol/l or below (your GP or Consultant will consider your individual circumstances before deciding at what level your cholesterol is too high).

High density lipoprotein (HDL) cholesterol is known as ‘good cholesterol’ as it transports fat away from your heart and blood vessels. The recommended level for HDL cholesterol is above 1.3mmol/l.

Low density lipoprotein (LDL) cholesterol is known as ‘bad cholesterol’ as it transports fat to your heart and blood vessels. The recommended level for LDL cholesterol is 2mmol/l or below.

Triglycerides are another type of fat produced in the body which can become raised if you are overweight or have a high alcohol intake. Too much sugar can increase your triglycerides further. Your triglyceride level is recommended to be 1.7mmol/l or less.

Following the cardio-protective diet and being active can help keep your cholesterol and triglycerides at a healthy level.

**Fat**

There are several different types of fat in the diet and there is evidence to suggest that vegetable or unsaturated fats are better for our heart and blood vessels than saturated fats.

- **Monounsaturated fats** include olive, rapeseed or groundnut oil. These help lower LDL cholesterol and increase HDL cholesterol and are the least harmful fats.

- **Polyunsaturated fats** include sunflower or corn oil and omega 3 oils (found in oily fish). These help lower LDL cholesterol, but they can potentially reduce HDL cholesterol.

- **Saturated fats** include butter and lard and are also found in processed meats like sausages or corned beef, fat on meat, chicken skin and full fat milk products including cheese. These increase total cholesterol and increase LDL cholesterol.

It is better for your heart and blood vessels to use small amounts of mono or polyunsaturated fats in your diet instead of saturated fats.
Omega 3 Fats

Omega 3 fats are found mainly in oily fish. The omega 3 fats are changed by the body into docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) which lower blood pressure and cholesterol by reducing the narrowing and stickiness of blood vessels. Vegetarian sources of omega 3 fats are flax seed, linseed oil, rapeseed oil, walnut oil, whole pumpkin seeds and plain nuts like walnuts, pecans, peanuts or almonds. Unfortunately research has not confirmed if vegetarian sources of omega 3 fats are converted into DHA and EPA as efficiently as the oily fish sources, but they can still be taken as part of a healthy diet and are low in saturated fat.

Current recommendations are:

At least 1 portion of oily fish and 1 portion of white fish per week.

A portion is about 140g or 5-6ozs of cooked fish.

Oily fish includes mackerel, kippers, pilchards, salmon, sardines, trout, herring and fresh tuna (but not tinned tuna).

Due to contamination of the fish with heavy metals and pollutants found in the oceans maximum weekly amounts of fish have been recommended, these are:

- For the general public no more than 4 portions of oily fish or 1 portion of swordfish, shark or marlin.
- For women or girls who may become pregnant, who are pregnant or are breast feeding no more than 2 portions of oily fish and no swordfish, shark or marlin.
- For women who are pregnant no more than four medium sized cans of tuna a week (about 140g tuna per can when drained).

Trans Fats

Trans fats increase the risk of heart disease. They are found naturally at low levels in some foods, such as those from animals, including meat and dairy products. They may also be produced during the manufacturing process of vegetable oil hydrogenation. This oil can then be used in foods like biscuits, cakes and pastries.

Most people in the UK do not eat a lot of trans fats. On average, we eat about half the recommended maximum. Food manufacturers in the UK have lowered the levels of hydrogenated vegetable oil they use and we consume less of the trans fat containing foods.
Ideas on How to Change the Type and Amount of Fat in Your Diet

- Use a low fat polyunsaturated or preferably a monounsaturated spread.
- Grill, casserole, poach, steam, bake or microwave food without fat rather than frying.
- Use low fat milks and yoghurts.
- Avoid hard cheeses and cream cheeses like Brie or Camembert. Use low fat alternatives e.g. half fat cheese, cottage cheese, processed low fat cheese spreads or light cream cheese.
- Cut the visible fat off meat and remove the skin from poultry, if possible before cooking.
- Have pastries, pies, crisps, cakes, biscuits, chocolate and cream for occasional treats only.
- Eat less red meat and include more chicken, fish and pulses like peas, beans and lentils in main meals.
- Have oily fish like sardines, pilchards or salmon on toast, in sandwiches or on jacket potatoes for a meal.
- Use mayonnaise, salad cream and dressings in very small amounts occasionally, even the low fat varieties.
- Avoid adding extra fat to a meal e.g. putting spread or margarine on vegetables including potatoes or grated cheese on spaghetti Bolognese.

Remember - all fats have the same number of calories so use them in small amounts, even the healthier ones.

Products with Plant Sterols/Stanols

These products may be better known as Benecol, Danacol and Flora Pro-active but there are many new brands being produced. The supermarkets also have their own brands.

There is some evidence to show that a daily intake of stanol or sterol products can reduce total cholesterol by up to 10-20%, although the long-term effects have not been established. If you do wish to try them it is important to eat the correct amount for maximum benefit (the equivalent of 2-3g of stanol/sterol per day), so check each product for how much and how often you should take them. They also occur naturally in vegetable oils, nuts, seeds and grains.

Many of these products can be expensive and they are not essential to reducing your risk of heart disease or stroke. Making the changes suggested in this leaflet can be as effective.

It may be that if you are on a ‘statin’, your cholesterol will have come down, making sterol or stanol products unnecessary.
**Dietary Advice for a Healthy Heart and Circulation**

**Milk and Dairy Products**

Although these can be a source of saturated fat, they are an important part of a balanced diet. Use low fat varieties such as semi skimmed, 1% fat milk or skimmed milk, low fat or diet yoghurts and low fat cheese and cheese spreads. They provide calcium which keeps bones and teeth healthy and strong as well as helping control your blood pressure.

Aim for 2-3 portions per day. A portion = 200ml of milk or 125g pot of yoghurt or 30g of cheese.

**Soya**

Including soya products within the diet can result in a small, yet significant reduction in blood cholesterol. 25g of soya each day is required to have the necessary effect and below are suggestions on how this can be achieved in your diet.

- Changing milk and milk products to low fat calcium fortified soya versions such as yoghurts, milk or fruit smoothies.
- Including soya beans as a portion of vegetables with meals.
- Using veggie mince or tofu instead of meat, fish or cheese.

5g of soya can be found in 150ml of soya milk, 125g soya yoghurt, 40g of soya beans or 60g of firm tofu.

You may find that making these changes to your diet are impractical or unpalatable. If this is the case please be reassured that changing other areas of your diet such as the type and amount of fat can have similar or more beneficial influences on reducing your risk of heart disease or other circulatory conditions.
Fruit and Vegetables

The benefits of fruit, vegetables and salad are well researched and eating more of these can reduce the risk of heart disease, stroke and certain types of cancer.

The current recommendation for fruit and vegetables is to have at least “5-A-Day”. That means at least 5 portions of fruit, vegetables and/or salad every day from fresh, frozen, tinned or dried sources.

Fruits and vegetables contain substances known as anti-oxidants. These help prevent damage to the heart and blood vessels.

It has also been found that the natural amounts of potassium found in fruits and vegetables can also help reduce your blood pressure.

Ideas to Increase Your Fruit and Vegetable Intake

- Add dried or fresh fruit to your breakfast cereal.
- Snack on a mixture of fruit and vegetables (tomatoes, cucumber, peppers, mushrooms) in between your meals.
- Add salad to sandwiches or as a side dish with a jacket potato.
- Have a mixture of different coloured fruit and vegetables during the day.
- Try fruit kebabs or stewed fruit with low fat yoghurt for pudding.

If you have diabetes, remember to spread your fruit out over the day by having one portion at a time.

How much is a Portion?

<table>
<thead>
<tr>
<th>Vegetables e.g. cauliflower, cabbage, peas, carrots, swede, courgettes, broccoli, green beans (Not including potatoes)</th>
<th>3 tablespoons</th>
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</thead>
<tbody>
<tr>
<td>Salad</td>
<td>1 dessert bowl</td>
</tr>
<tr>
<td>Whole fresh fruit</td>
<td>1 apple</td>
</tr>
<tr>
<td></td>
<td>1 pear</td>
</tr>
<tr>
<td></td>
<td>1 orange</td>
</tr>
<tr>
<td></td>
<td>1 banana</td>
</tr>
<tr>
<td></td>
<td>1 peach</td>
</tr>
<tr>
<td>Tinned fruit, fruit salad, stewed fruit</td>
<td>3 - 4 large tablespoons</td>
</tr>
<tr>
<td>Large fruits</td>
<td>1 slice melon or pineapple</td>
</tr>
<tr>
<td></td>
<td>½ grapefruit</td>
</tr>
<tr>
<td>Small fruit</td>
<td>2 plums</td>
</tr>
<tr>
<td></td>
<td>2 kiwi</td>
</tr>
<tr>
<td></td>
<td>1 cupful grapes, cherries, strawberries</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Fruit juice</td>
<td>1 small glass or carton</td>
</tr>
</tbody>
</table>
Dietary Advice for a Healthy Heart and Circulation

Fibre

Fibre is a type of carbohydrate found in plant-based foods. It is important to choose high fibre varieties on a daily basis. Fibre comes in two forms soluble and insoluble. Both are essential for health, but soluble fibre is the type which can help to reduce your cholesterol.

Try to have a source of soluble fibre at each meal or snack:
- **Grains and cereals**: Oats, oat bran, oatmeal, oat based breakfast cereals, pearl barley, barley flakes.
- **Bread**: multi-grain, oat cakes.
- **Pulses**: including peas, beans, chickpeas and lentils.
- **Potatoes**: sweet potato.
- **Fruit and vegetables**: A variety, aiming to achieve at least 5 portions daily.

Insoluble fibre with plenty of fluid (8-10 cups per day) is important in maintaining good bowel health and is found in wholegrain breads, high fibre cereals, brown rice and wholewheat pasta. Check your food labels. Foods that are classed as high fibre must contain at least 6g of fibre per 100g.

Salt

The current recommendations for salt intake are no more than 6g per day or 2.4g sodium. High salt foods include salted snacks like crisps or peanuts, tinned and packet soups and sauces, tinned, cured or smoked meat e.g. ham, bacon, tinned and smoked fish and cheese. If you have high blood pressure reducing the salt in your diet will help.

There are a number of different salts e.g. sea salt, table salt, garlic salt, vegetable salt. They will all have the same harmful effect on your blood pressure if you consume too much of them.

Salt alternatives are not advised as they often contain very high amounts of potassium* which some groups of people can not remove from the body effectively e.g. older people, those on specific medications or people with kidney disease. These products also do not help reduce the salty taste you are used to.

(*Potassium found in normal foods can be processed by the body and does not need restricting unless your doctor or dietitian has advised you differently.)

Ideas to Reduce the Intake of Salt

Taste your food before adding salt; if possible do not add it.
- Use little or no salt in cooking.
- Look for ‘low salt’ or ‘no added salt’ on food labels.
- Use tinned vegetables that are not in salted water.
- Use tinned fish in water or tomato sauce where possible (avoid brine).
- Avoid high salt foods – see above.
- Flavour your meals by using herbs, spices, lemon juice, vinegar, garlic and pepper instead of salt.
- Try to cook with fresh ingredients rather then relying on processed foods or readymade meals.
Dietary Advice for a Healthy Heart and Circulation

Guide to food labels

Food labelling can appear confusing and sometimes misleading so it is best to treat claims on packaging with caution. Instead try to use the table and handy hints below as a quick reference guide for checking labels when shopping.

Try to choose foods which are lowest in fat, saturated fat, sugar and salt by looking at the ‘per 100g’ information:

<table>
<thead>
<tr>
<th></th>
<th>Low</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>3g or less</td>
<td>20g or more</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g or less</td>
<td>5g or more</td>
</tr>
<tr>
<td>Sugar</td>
<td>5g or less</td>
<td>15g or more</td>
</tr>
<tr>
<td>Salt</td>
<td>0.3g or less</td>
<td>1.5g or more</td>
</tr>
</tbody>
</table>

The table above is colour coded using ‘traffic lights’, which are often used on the front of food packages. They may help you to choose the healthier options. Try to choose foods with more ‘green’ labels. Foods that fall between the ‘red’ and ‘green’ (amber labels) contain moderate amounts.

Handy Hints

- Take care when looking at ‘per portion’ food labels. Remember to compare the portion size on the label to that actually eaten.
- Wherever possible try to look at all four nutrients (e.g. fat, saturated fat, sugar and salt) on food labels. This will help you to have a healthy, balanced diet. For example, a food may be low in fat but may have high levels of sugar and salt.
- ‘Guideline Daily Amounts’ (GDA’s) are also used on food labels. Many use percentages of the GDA that a portion of food provides for fat, saturated fat, sugar and salt. For example:

| Calories | 300kcal | 15% (of total daily guideline) |

Take care when looking at these figures as they are guidelines for adults with a healthy weight. For fat, saturated fat, salt and sugar these figures also represent a maximum daily amount, rather than a goal to aim for.

If you are trying to lose weight, GDA’s may not be the most helpful guide to use. Please contact your dietitian for further weight reduction advice.
Here are some examples of healthier food choices:

<table>
<thead>
<tr>
<th></th>
<th>Best Choices</th>
<th>Eat Occasionally</th>
<th>Best Avoided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and cereals</td>
<td>Wholemeal flour, crackers, crisp breads and bread. Granary bread, oatmeal,</td>
<td>White flour and bread. White rice, plain semi sweet</td>
<td>Croissants, pastries, brioche, savoury cheese biscuits, garlic bread,</td>
</tr>
<tr>
<td></td>
<td>porridge oats, wholegrain breakfast cereals, brown and basmati rice, pasta.</td>
<td>sweet biscuits e.g. rich tea, morning coffee or</td>
<td>dumplings, sugar coated cereals*.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>digestives.</td>
<td></td>
</tr>
<tr>
<td>Fruit and vegetables</td>
<td>All fresh &amp; frozen vegetables. Tinned vegetables (in water without salt),</td>
<td>Avocado pears, olives. Oven chips, potato mashed with</td>
<td>Chips, sauté or roast potatoes. Buttered vegetables. Vegetables in cheese</td>
</tr>
<tr>
<td></td>
<td>dried or tinned peas. Fresh, frozen and dried fruit. Tinned fruit (preferably</td>
<td>semi skimmed milk and/or spread, instant mash.</td>
<td>sauce.</td>
</tr>
<tr>
<td></td>
<td>in juice). Potatoes - jacket varieties, boiled, sweet potato, mashed</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>without fat and with skinned milk.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat, poultry and</td>
<td>Chicken (without the skin), turkey, veal, lean ham, pork, beef. Quorn,</td>
<td>Liver, kidney, bacon, lean lamb, game, rabbit, low fat</td>
<td>Poultry skin. Visible fat on meat, salami, sausage, duck, pâté, luncheon</td>
</tr>
<tr>
<td>alternatives</td>
<td>tofu, soya, beans &amp; lentils.</td>
<td>sausages. Scrambled, boiled or poached eggs without fat.</td>
<td>meat, streaky bacon, meat pies and pasties, burgers, corned beef, crackling.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Omelettes with minimal cooking fat.</td>
<td>Fried eggs, quiche, Scotch eggs, Lasagne.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>All fresh/frozen white fish, e.g. haddock, plaice, cod, scallops, mussels,</td>
<td>Squid, octopus, canned fish in oil or brine, scampi,</td>
<td>Fish fried or in batter. Taramasalata, fish paste.</td>
</tr>
<tr>
<td></td>
<td>lobster, crab, tinned tuna in water or tomato sauce.</td>
<td>shellfish, fish roe, prawns, shrimps, processed fish in</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>sauce e.g. cod in a butter or low fat cheese sauce.</td>
<td></td>
</tr>
<tr>
<td>Oily fish</td>
<td>All un-smoked varieties, e.g. mackerel, salmon, sardines, whitebait,</td>
<td>Smoked mackerel, kippers or salmon. Anchovies canned in</td>
<td></td>
</tr>
<tr>
<td></td>
<td>herrings, pilchards, trout – fresh or tinned in water or tomato sauce,</td>
<td>brine.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fresh tuna.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuts, seeds and</td>
<td>Chestnuts, pumpkin/ sunflower/sesame seeds.</td>
<td>Brazils, walnuts, pine nuts, cashews, pistachios,</td>
<td>Coconut, salted nuts, crisps, deep-fried snacks e.g. pakoras, spring-</td>
</tr>
<tr>
<td>savoury snacks</td>
<td>(All types including the ‘Best Choices’ are high in calories and should be</td>
<td>macadamias. Hazelnuts, unsalted peanuts, almonds, pecans.</td>
<td>rolls, Bombay-mix.</td>
</tr>
<tr>
<td></td>
<td>limited)</td>
<td>Mixed nuts and seeds.</td>
<td></td>
</tr>
</tbody>
</table>
# Dietary Advice for a Healthy Heart and Circulation

<table>
<thead>
<tr>
<th>Milk and Milk Products</th>
<th>Best Choices</th>
<th>Eat Occasionally</th>
<th>Best Avoided</th>
</tr>
</thead>
</table>

| Fats and oils | Mono-unsaturated spreads and oils e.g. olive, rapeseed and groundnut. | Polyunsaturated spreads. Oils e.g. corn, soya, safflower, sunflower, walnut. | Butter, lard, suet, dripping, ghee, coconut or palm oil. Re-used oil. All fried foods. |


| Drinks* | Tap water, tea, coffee, mineral, flavoured water, diluted no added sugar squash, unsweetened fruit juice*. | Packet or tinned soup, Bovril, Oxo, alcoholic drinks*, low fat malted drinks*, low fat drinking chocolate*, diet fizzy drinks. | Cream soups, full fat malted drinks*, fizzy drinks*, Irish coffees* and cream liqueurs*. |

*If you have diabetes or raised triglyceride levels, be extra cautious with these foods.*
Dietary Advice for a Healthy Heart and Circulation

Alcohol

Alcohol is not necessary as part of a healthy balanced diet. A small amount is acceptable, but too much will affect your triglyceride levels and your weight. Try to stay within sensible recommended limits:

- 3-4 units per day for men
- 2-3 units per day for women
- Have two alcohol free days each week and avoid binge drinking.

<table>
<thead>
<tr>
<th>1 Unit</th>
<th>1.5 Units</th>
<th>2 Units</th>
<th>3 Units</th>
<th>9 Units</th>
<th>30 Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal beer</td>
<td>Small glass of wine</td>
<td>Strong beer</td>
<td>Strong beer</td>
<td>Bottle of wine</td>
<td>Bottle of spirits</td>
</tr>
<tr>
<td>Half pint (284ml) 4%</td>
<td>(125ml) 12.5%</td>
<td>Half pint (284ml) 6.5%</td>
<td>Large bottle / can (440ml) 6.5%</td>
<td>(750ml) 12.5%</td>
<td>(750ml) 40%</td>
</tr>
<tr>
<td>Spirits</td>
<td>Alcopops</td>
<td>Normal beer</td>
<td>Large glass of wine</td>
<td>Medium glass of wine</td>
<td></td>
</tr>
<tr>
<td>1 measure / shot (25ml) 40%</td>
<td>1 Bottle (275ml) 5%</td>
<td>Large bottle / can (440ml) 4.5%</td>
<td>(250ml) 12.5%</td>
<td>(175ml) 12.5%</td>
<td></td>
</tr>
</tbody>
</table>

Smoking

Smoking can increase your risk of heart disease and strokes. If you smoke, now is a good time to stop. Your doctor or practice nurse will be able to help you with this or you can contact the NHS stop smoking line on 0800 169 0 169.

Be Active

Cholesterol levels and your weight are influenced by how active you are. Try to be as active as you can to strengthen heart muscles and help reduce cholesterol levels. The current recommendations for 19-64 year olds and those over 65 who are generally healthy and have no medical conditions that effect their mobility, are that:

- Adults should aim to be active daily.
- Adults should aim to take part in moderate intensity activity for at least 2½ hours over a week in bouts of 10 minutes or more; examples include brisk walking and cycling.
- An alternative is taking part in 75 minutes of vigorous intensity activities spread across the week; examples include running, swimming or football.
- Adults should also aim to take part in physical activity at least twice a week to improve muscle strength; examples include lifting or moving heavy loads such as groceries or exercising with weights.
Dietary Advice for a Healthy Heart and Circulation

If you have any concerns about introducing the recommendations overleaf because of medical conditions or current low levels of activity please seek advice from a medical practitioner, qualified physiotherapist or exercise consultant.

**Weight**

Being a healthy weight is important to your health. Carrying extra body fat, especially around your middle increases your risk of heart disease and diabetes. Your Dietitian will advise you if you need to lose weight.

**Medication**

Grapefruit and grapefruit juice have been found to interact with a number of medications including some statins and Warfarin, possibly changing their effect.

Cranberries and cranberry juice contain high levels of vitamin K which can affect your INR (International Normalised Ratio) levels, therefore are best avoided if you are on Warfarin. Glucosamine and St John’s Wort are nutritional supplements which should also be avoided due to their effects on your INR.

Please consult with your local pharmacist for further information regarding your medication.

Individual or multi vitamins have been proven by research to be of **no** benefit in heart health unless you are diagnosed with a deficiency of one of the vitamins. Taking very large doses of vitamins can lead to gastrointestinal symptoms like diarrhoea and therefore are not advised.

For omega 3 supplements there are no benefits of taking them to prevent heart disease or strokes.

**Example Meal Plan**

**Breakfast**
- Porridge with raisins and semi skimmed milk
- Wholemeal or granary toast with olive oil spread
- A cup of tea with semi skimmed milk

**Snack**
- 1 apple

**Lunch**
- Granary toast with sardines in tomato juice
- A pot of diet yoghurt with added hazelnuts
- A small glass of fruit juice

**Snack**
- 10 cherry tomatoes

**Evening meal**
- Stir fry using chicken and a range of vegetables cooked with a little vegetable oil
- Served with brown rice
- Low fat natural yoghurt and fruit salad
Dietary Advice for a Healthy Heart and Circulation

Additional Literature Available From Your Dietitian

How to eat less salt

Useful websites

British Heart Foundation - http://www.bhf.org.uk/
The Stroke Association - http://www.stroke.org.uk
British Dietetic Association - http://www.bda.uk.com/
British Hypertension society - http://www.bhsoc.org/
NHS choices – 5 a day - http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx

Personal Targets

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**PALS**

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for patients and their families to help with any questions or concerns about local health services.

You can contact the service by direct telephone line on 01926 600054 or using the phone links which are available in both hospitals or calling in at the office located in the main entrance at Warwick Hospital.

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print – please contact our PALS office.

As a key provider of healthcare and as an employer, the Trust has a statutory obligation to promote and respect equality and human rights. This is set out in various pieces of legislation including: Race Relations (Amendment) Act 2000, Disability Discrimination Act (2005), Sex Discrimination Act (1975) and Age Discrimination Act (2006)

If you have any queries about your diet, please contact us:

**Dietetic Department**
George Eliot Hospital
Nuneaton
Tel 024 76865098

**Dietetic Department**
Warwick Hospital
Warwick
Tel: 01926 495321 Ext 4258

<table>
<thead>
<tr>
<th>Author</th>
<th>Registered Dietitian</th>
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<tbody>
<tr>
<td>Department</td>
<td>Dietetics</td>
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<tr>
<td>Contact no</td>
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<tr>
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Approved by SWFT Patient Information Group