



Healthy eating – further information and advice

General information

For tailored advice about healthy eating the best professional to speak with is a Dietitian.

They are qualified to give advice in one-to-one consultations, run group sessions, help you with menu planning and to produce guidelines for in-house caterers. To find out more about the dietetic services in your area, contact the dietetic department at your local NHS hospital or call your public health team within your county council.

For private consultations contact the

[British Dietetic Association](#)

Other sources of information include:

Change for Life provides a wealth of information about healthy living including eating well and being active. They produce recipes and 'smart tools' such as the couch to 5K podcast, all free of charge.

[Change 4 Life](#)

[NHS Live Well 5-a-day campaign](#)

[Eat well plate](#)

[WebMD](#)

[My fitness pal](#)

[Weight watchers](#)

[Department of Health](#)

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HEARTBEAT**

bhf.org.uk

The British Heart Foundation neither endorses nor guarantees the suitability of any organisation.

Individuals should contact their doctor for specific advice on any medical problems.