

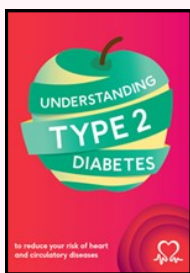
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Welcome to our re-launched leaflet bulletin featuring some of our most frequently requested materials. All of the titles can be downloaded free of charge by clicking on the link in the description.

The materials can also be ordered in hard copy from the Library and Knowledge Service at King's Mill Hospital. To place an order, please contact the Service on 01623 622515 Ext 4009 or email us at [library.sfht@nhs.net](mailto:library.sfht@nhs.net). Orders can be sent to GP practices and health centres via internal transport or can be collected from the library.

If you have any questions about any of the materials featured in the bulletin, please contact us.

### UNDERSTANDING TYPE 2 DIABETES British Heart Foundation; September 2018



This A6 [leaflet](#) explains what diabetes is, and the symptoms and risks associated with it. It explains how to manage type 2 diabetes by eating a healthier diet, getting portion sizes right, cutting back on sugar, looking at food labels and moving more.

### TAKING CONTROL OF FOOD PORTIONS AND LABELS British Heart Foundation; February 2019



This A6 [leaflet](#) explains what portion control is, shows how to measure portion size and states how many portions of various foods should be eaten per day. It shows how to read food labels and ingredient lists, and explains what various nutrition claims really mean.

### TAKING CONTROL OF ALCOHOL British Heart Foundation; December 2018



This A6 [leaflet](#) outlines the risks of drinking too much alcohol. It explains about alcohol units and how to keep track of them and offers suggestions for simple swaps that can be made to reduce alcohol and calorie intake. It also contains information on drinking and stress and alcohol and medication.

### TAKING CONTROL OF SUGAR British Heart Foundation; December 2018



This A6 [leaflet](#) explains how eating too much sugar can cause weight gain and obesity, which increases the risk of having a heart attack, stroke and developing type 2 diabetes. It explains the different types of sugar and suggests simple changes to reduce sugar intake. It also contains information on food labels and sugar in alcohol.