

Small Changes for Health 2006



Week 16

Beans, beans are good for your heart... This colorful, old rhythm from childhood has some truth to it. The bean is one of the most nutritious foods you can eat. Beans, which belong to the legume family, are high in protein. Unlike other protein sources, beans are very low in fat and have absolutely no cholesterol. Beans contain lots of vitamins and minerals including folate, potassium, iron, and magnesium. That's why this week's small change focuses on beans.



Your Small Change: Eat beans at least two times this week. Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 16

Your Small Change: Eat beans at least two times this week.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments:

Please return the bottom half of this form to
Health Promotion in Room 910, at the end of this week.

