

Small Changes for Health 2006

Week 20



Since lettuce is the second most popular vegetable in the United States, this week's small change should not be hard to follow. With so many different types of lettuce to choose from, it is important to remember that the darkest leaves provide the most nutrients. Romaine, for example, has seven times more vitamin A and C than iceberg lettuce.

Vitamin A is an antioxidant, which may protect you from cancer and slow the aging process. Dark-colored leafy greens also provide fiber, potassium, and fiber. Lutein, which helps vision and plays a protective role against cataracts, is also found in greens. With lettuce contributing all these nutrients with few calories and no fat, this week's small change is sure to lead to big changes in your health!

Source: www.eatright.org

Your Small Change: Eat a leafy green salad at least 5 days 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 20

Your Small Change: Eat a leafy green salad at least 5 days 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.

