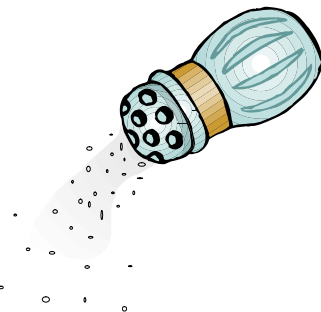




Small Changes for Health 2006

Week 21

The average intake of salt among people is well above the recommended amount of 2 teaspoons per day. Eating too much sodium, most of which comes from salt, can lead to high blood pressure. High blood pressure or hypertension can lead to the development of heart disease, kidney disease, and strokes. Some sodium is needed in the diet, and it can be easily obtained from the salt that is naturally present in foods like milk, cheese, unprocessed meats, and bread. To keep your sodium intake within the recommended range, avoid adding salt to foods and try to eat foods in their unprocessed and natural states.



Your Small Change: For this week, avoid adding salt to your foods at the table.

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 21

Your Small Change: For this week, avoid adding salt to your foods at the table.

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.

