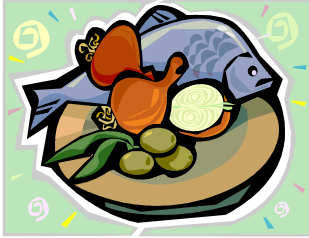


## Small Changes for Health 2006

Week   23  



The 2005 Dietary Guidelines for Americans recommend that all Americans try to eat at least 2 servings of fish per week. Scientific evidence suggests that those people who eat 2 or more servings of fish per week have decreased risk of mortality from heart disease. Fish not only provides your body with a good source of heart healthy omega-3 fats, but is also an excellent source of lean protein, B-vitamins, Vitamin D, and zinc. Fish is comparable in price to beef and pork but is much lower in fat and calories. So start getting more “bang” for your buck and eat a variety of different kind of fish at least 2 times this week.

**Your Small Change: For this week, make sure that you eat at least 2 servings of fish this week.**

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   23  

**Your Small Change: For this week, make sure that you eat at least 2 servings of fish 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:

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

