

Small Changes for Health 2006

Week 27



Research suggests that phytochemicals, pronounced "fight-o-chemicals," work together with other nutrients found in fruits and vegetables to help slow the aging process and reduce the risk of many diseases, including cancer, heart disease, stroke, high blood pressure, cataracts, osteoporosis, and urinary tract infections. One of the many advantages of consuming fruits and vegetables is that the brightly colored skins contain a variety of phytochemicals not presently found in supplements. The different colored skins on fruits and vegetables provide different health benefits. This is why it is important to eat a wide variety of fruits and vegetables. So this week aim to increase your fruit and vegetable intake to at least 4 servings a day! (Information on phytochemicals obtained from www.dole5aday.com.)

Your Small Change: For this week, make sure that you eat at least 4 servings of fruits and/or vegetables everyday.

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 27

Your Small Change: For this week, make sure that you eat at least 4 servings of fruits and/or vegetables everyday.

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.

