

**Small Changes for Health 2006**

Week 32



We all know that meat can be pretty expensive, but did you know that excessive consumption of meat may come at a cost to your health as well? As an animal product, meat contains saturated fat which has been linked to both heart disease and certain types of cancer. The excess protein from large amounts of meat can be converted to fat by the body, possibly causing weight gain. Your kidneys must also work harder to flush out the excess wastes created when you eat large amounts of protein. Additionally, some valuable nutrients like calcium can also be flushed out and lost in this process. To enhance your health, cut back on your meat consumption this week.

**Your Small Change: For this week, make sure that you eat at least 2 meatless lunches or dinners.**

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 32

**Your Small Change: For this week, make sure that you eat at least 2 meatless lunches or dinners.**

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.

