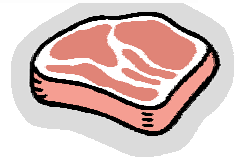


Small Changes for Health



Week 35

One way you can improve your health is through the selections you make for your meals, especially your meat choices. Any animal-based product can be a source of saturated fat and cholesterol. However, choosing chicken, turkey or fish instead of beef or pork can help reduce the amount of fat and cholesterol taken in.



Additionally, if you prepare leaner meats in healthy ways such as baking, broiling or boiling instead of frying, you can reduce your dietary fat even more. Meat does not always have to be a part of your meals either. You can substitute beans, nuts, tofu or other meat replacements and have a meal that is tasty as well as low in fat and cholesterol. This week's small change challenges you to make more healthy choices when it comes to your meats.

Your Small Change: Make sure you limit your red meat servings to no more than 4 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 35

Your Small Change: Make sure you limit your red meat servings to no more than 4 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.

