

**Small Changes for Health**



Week 38

Like fruits, all vegetables are packed with nutrients. Some have more nutrients than others do. Different colored vegetables provide your body with different health benefits. Many of us are in a rut, and consume the same old vegetables over and over again. Unless we routinely eat a variety of vegetables that include the most nutrient-dense choices, we may be shortchanging ourselves on some key phytonutrients. Remember, the phytonutrients in vegetables help to protect the body against disease. So, for this week, we ask you to step outside your comfort zone and try something new. You just might like it!



**Your Small Change: Make sure you try at least 1 new vegetable 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. You can also retrieve the supporting Small Changes for Health handout online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 38

**Your Small Change: Make sure you try at least 1 new vegetable 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.

