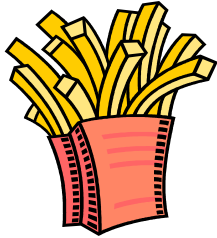


Small Changes for Health 2006



Week 5



Fried foods contain saturated fat and many contain some trans fats. Both of these types of fat increase your risk for heart disease by raising your LDL or “bad cholesterol,” and decreasing your HDL or “good cholesterol.” Eating a diet high in fried foods causes narrowing of the arteries which makes the heart have to pump harder to move blood throughout the body. Eating a diet

high in fried food eventually makes the movement of blood through the arteries about as efficient as sucking chili through a straw. Preparing and ordering food that is baked instead of fried will help decrease your risk of developing heart disease. This week’s change focuses on decreasing the amount of fried food you consume in your diet.

Your Small Change: For this week, avoid eating fried foods for at least 1 day.

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 5

Your Small Change: For this week, avoid eating fried foods for at least 1 day.

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.

