

Small Changes for Health 2006

Week 6



It's official... nuts may be good your heart. At least that is what the U.S. Food and Drug Administration says. According to the 2003 FDA qualified health claim, scientific evidence suggests "that eating 1.5oz per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease." Incorporating 1.5oz (1/3 cup) of nuts into your diet each day is easy. A single handful is all it takes. With this in mind your change for this week is....

**Your Small Change: Make sure you eat a handful of nuts on at least 3 days this week.**

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 4

**Your Small Change: Make sure that you walk up at least 2 flights of stairs 5 days 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.

