

Small Changes for Health 2006

Week 8



People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases, including obesity, high blood pressure, diabetes, heart disease and cancer. Grains provide many nutrients that are vital for the health and maintenance of our bodies. Scientists and health experts agree that every bit of whole grain you eat contributes to your health. For optimum health benefits, try for three or more servings a day.

Your Small Change: Substitute a whole grain product for a refined product, i.e., whole wheat bread instead of white bread, everyday 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 8

Your Small Change: Substitute a whole grain product for a refined grain product everyday 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.

