



I can make one small change to improve my health!

Choose one:

- Drink four or more glasses of water each day.
- Limit fruit juice to one small cup each day.
- Avoid sugary drinks, like soda or punch.
- Switch from regular milk to low fat or nonfat milk.
- Eat a variety of fresh, frozen, or canned fruits each day.
- Eat two or more fresh, frozen, or canned vegetables each day.
- Grill, broil or bake meats, poultry, and fish. Take the skin off chicken before or after it is cooked.
- Eat whole grains at least half the time, like oatmeal, brown rice, corn tortillas and whole wheat bread.
- Use liquid oils from plants, such as canola, olive, or corn oil.
- Limit use of solid fats such as lard, margarine, butter, or shortening.
- Eat fewer fried foods.
- Be active each day, like walking, dancing, or taking the stairs.



At your next visit, tell us about your one small change.