"Smart" Card

Show this card to your health care provider during your next visit.

Fruits and Vegetables

I am making an effort to eat at least 3½ cups of fruits and vegetables every day. I have several questions for you:

1. How would I benefit from eating at least 3½ cups of fruits and vegetables every day?

2. Are there any fruits or vegetables that I should avoid? Which ones?

Handout 2d: Eat Smart, Live Strong
Revised November 2012
Physical Activity

I am also trying to participate in at least 30 minutes of physical activity most days. I have some questions for you:

1. How would I benefit from participating in at least 30 minutes of physical activity most days?

2. Are there any precautions I should take or any activities I should avoid? Which ones?