



"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?



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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?



"Smart" Card continued

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Physical Activity

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