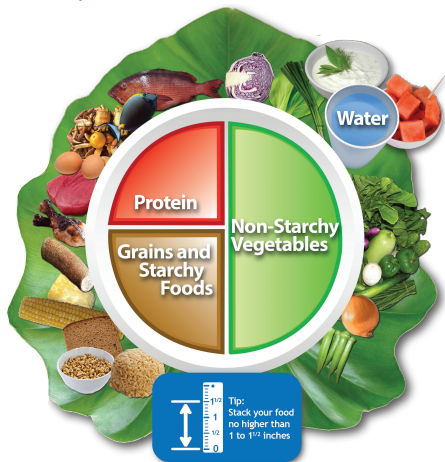


# Making good food choices

Name \_\_\_\_\_

Date \_\_\_\_\_



## My goals:

### • Build better meals by:

- Making half my plate vegetables.
- Drinking water or coconut water instead of sugary drinks.
- Eating high fiber foods, such as beans, brown rice, and oatmeal.
- Eating 3 meals a day, space meals about 4 to 5 hours apart.
- Eating more local foods including vegetables such as broccoli, kangkong, pumpkin leaves, tapioca buds, spinach, and cabbage.

### • Eat less:

- Sweets, such as baked goods, candies, and ice cream.
- Fried or fast foods.
- Foods high in salt such as chips, bacon or added soy salt.

I will start on (date): \_\_\_\_\_

I will try to make these changes \_\_\_\_\_ days per week.

Doctor's signature: \_\_\_\_\_