

Doctor: Hi Becky. How are you today?

Becky: I'm feeling well, thank you. I am a little worried about my weight, though.

Doctor: Let's see. Your BMI is a little high, but it's even more important to talk about your health habits. Do you exercise?

Becky: I know I should exercise for 30 minutes 3 times a week to have a healthy heart. I try to go to the gym 3 times a week, but sometimes I'm too busy.

Doctor: Good. Remember, even if you can't go to a gym every day, you can try to be more active. Walk instead of driving. Take the stairs instead of the elevator. Jump rope with your children.

Becky: I can try to be more active every day.

Doctor: How about your diet? What foods do you usually eat?

Becky: I eat a lot of cereal, dairy, pasta and salads.

Doctor: Okay. Do you eat five servings of fruits and vegetables a day?

Becky: Usually not.

Doctor: It is a very good idea to eat more fruits and vegetables, especially if you are worried about your weight. Fruits and vegetables have fiber. Fiber will cause you to feel full, and you will not be as hungry. Fruits and vegetables are great to put on cereal, instead of sugar. You can also put them on salads, instead of cheese, dressing and other foods that have more fat. Try to eat a side of vegetables instead of a side of pasta. You will feel full after you eat, and vegetables do not have as many carbohydrates or calories.

Becky: I understand that I should eat more fruits and vegetables, but I think it will be hard for me. I am afraid I will be hungry. I am also afraid it will be boring. I don't know how to prepare fruits and vegetables to make meals.

Doctor: I am going to give you a referral to a dietitian. The dietitian will teach you how to make meals using more fruits and vegetables.

Beth: Thank you, Doctor.

Doctor: Remember to focus on your health habits and not only your weight. If you eat more nutritious food, drink more water and try to be more active, your body will be healthier.

