

Doctor: Hi Becky. _____ are you _____?

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 _____.
_____. 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 _____ every day, you can try to be more active.
_____ instead of driving. Take the _____ instead of the elevator. Jump rope with your
_____.

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

Doctor: How about your diet? What _____ do you usually _____?

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

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

Becky: Usually not.

Doctor: It is a very _____ idea to eat more fruits and vegetables, especially if you are worried about your _____. Fruits and vegetables have _____. Fiber will cause you to feel full, and you will not be as _____. Fruits and vegetables are great to put on cereal, instead of sugar. You can also put them on _____ instead of cheese, dressing and other foods that have more _____. Try to eat a side of vegetables instead of a side of pasta. You will feel _____ after you _____, and vegetables do not have as _____ 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 _____ you a referral to a dietitian. The dietitian will teach you how to _____ meals using _____ fruits and vegetables.

Beth: Thank you, Doctor.



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

