

# Rx to Live Well: Nutrition

## MY GOALS



- Eat a healthy breakfast \_\_\_\_\_ times per week
- Eat or drink MORE of these:
  - fruits: \_\_\_\_\_ servings per day       vegetables: \_\_\_\_\_ servings per day
  - other: \_\_\_\_\_
- Eat or drink LESS of these:
  - sweetened drinks — LESS than \_\_\_\_\_ 12-oz servings per week
  - other: \_\_\_\_\_
- Eat meals together as a family \_\_\_\_\_ times per week
- Keep a food journal for \_\_\_\_\_ days
- Reduce portion sizes by using a smaller plate or: \_\_\_\_\_
- Other: \_\_\_\_\_  
\_\_\_\_\_

## RESOURCES AND FOLLOW-UP

### Recommended online resources:

- [www.intermountainlivewell.org](http://www.intermountainlivewell.org)
- [www.intermountainhealthcare.org/wellness](http://www.intermountainhealthcare.org/wellness)
- [www.intermountainhealthcare.org/nutrition](http://www.intermountainhealthcare.org/nutrition)
- [www.choosehealth.utah.gov](http://www.choosehealth.utah.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)

### Referral contact information, if needed:

\_\_\_\_\_  
\_\_\_\_\_

**Report or follow up:** In \_\_\_\_\_ weeks / months with \_\_\_\_\_