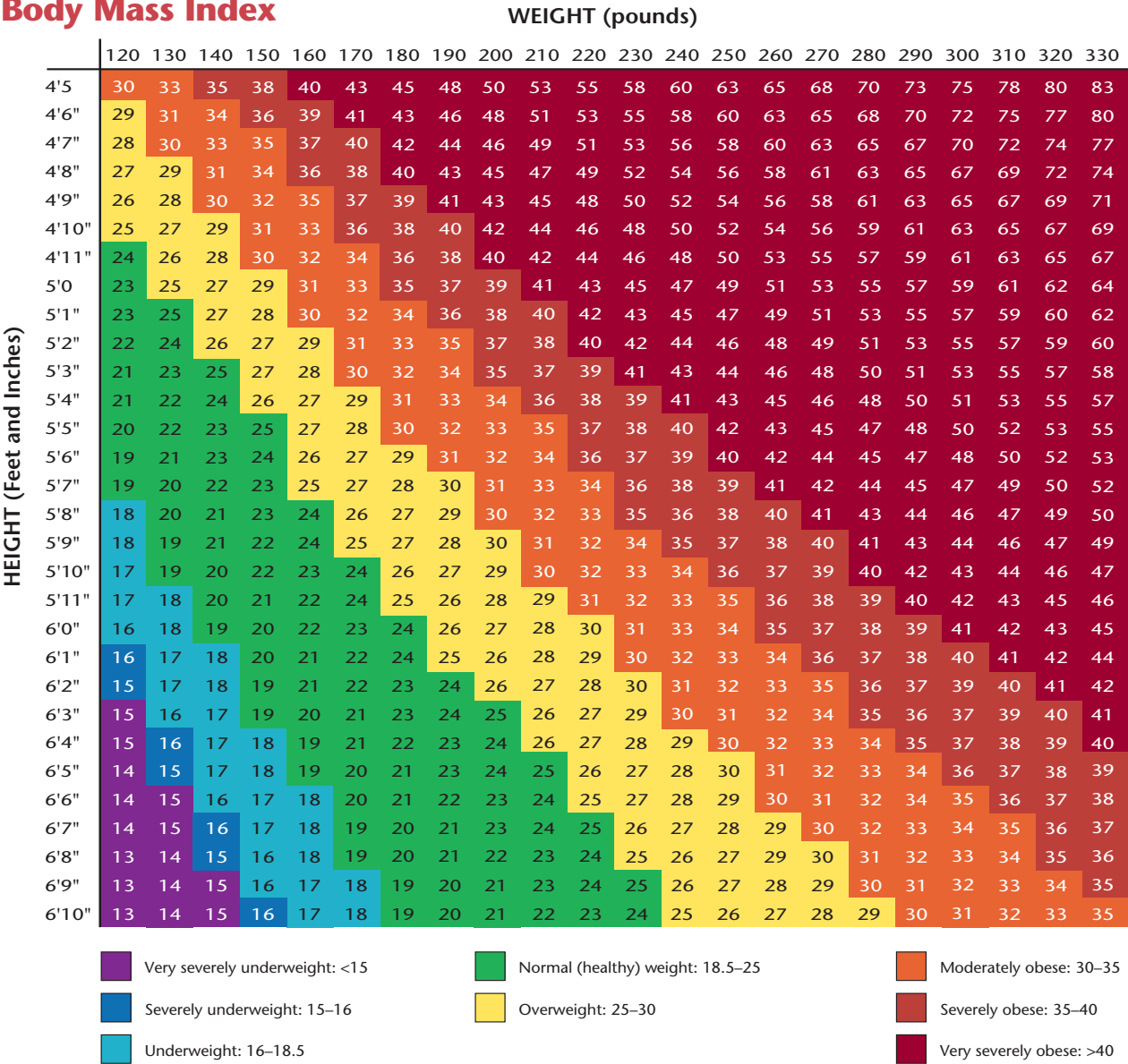


Session 1. Taking Control

Steps to Health Take Control can help you find ways to live a healthy lifestyle and prevent or delay chronic conditions or diseases.

KNOW YOUR NUMBERS, CONTROL YOUR NUMBERS

Body Mass Index



Health Measure	Target Level	YOUR Numbers
Weight		
BMI		

Take Control encourages you to take control of your health and choose healthy foods.

Take Control includes delicious, easy recipes. Try the weekly recipes at home!



Fruit Parfait

Serves 1

Flavored yogurt can have a lot of added sugar. Choosing plain yogurt and adding your own fresh or frozen fruit makes for a healthy breakfast, snack or dessert.

Ingredients

- 1/2 cup of low-fat Greek or plain yogurt
- 1/4 cup of fruit
- 1/4 cup of whole grain cereal
- Dash of vanilla (optional)
- Dash of cinnamon (optional)

Directions

Top yogurt with fruit and cereal. You can also add a dash of vanilla or cinnamon.

NUTRITION FACTS

Calories 125
Total Fat 2g
Saturated Fat 1g
Carbohydrates 22g

Sodium 130mg
Dietary Fiber 1g
Sugars 14g
Protein 6g

Banana Pancakes

Serves 1

NUTRITION FACTS

Calories 173
Total Fat 5g
Saturated Fat 1.6g
Carbohydrates 28g
Sodium 70mg
Dietary Fiber 4g
Sugars 15g
Protein 1g

Ingredients

- 1 overripe banana
- 1 egg
- 1/4 teaspoon baking powder
- 1/4 cup frozen fruit
- Dash of vanilla (optional)
- Dash of cinnamon (optional)

Directions

1. Mash banana with hands or a fork.
 2. Add egg and baking powder. Mix well.
 3. Heat skillet to medium-high heat.
 4. Spray with non-stick cooking spray.
 5. Pour 2–3 tablespoons. Keep pancakes small for easier flip.
 6. Flip when edges brown.
 7. Heat fruit in small skillet until warm, stirring occasionally. Serve over pancakes.
- You can also add a dash of vanilla or cinnamon before cooking.*



SKILLS TO TAKE CONTROL



Create **SMART** Goals:

Specific
Measurable
Attainable
Realistic
Timely

Taking Control of My Health

Talk with your doctor to learn more about which chronic health conditions matter most to you. Be sure to inform your doctor of your medical history and your family history. Determine goals to help prevent or manage these conditions.

Consider the following to help you take control of your health.

Last Doctors Visit: Month _____ Year _____

Next Doctors Visit: Month _____ Year _____

My Current Health Conditions: _____

Family Health Conditions: _____

Do I regularly discuss these with my doctor? _____

Questions I have for my doctor: _____

TAKING CONTROL SMART GOAL

WEEK 1

Choose one of the following goals or develop one of your own:

By the end of the program...

I will increase my fruit and vegetable intake to _____ times for _____ days a week.

I will be active for _____ minutes for _____ days a week.

I will increase the cups of water I drink to _____ cups/day.

I will: _____

What is my motivation? Why will I do this?



PLAN AND TAKE ACTION

My SMART Step for Week 1 to work towards my goal:

What are some obstacles to achieving my Week 1 step?

What are some solutions to overcoming the obstacles?

Who can support me?

What did I learn today?

TRACK

Check off days that I achieved my Week 1 step:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday

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Steps to Health, NCSU SNAP-Ed



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FY20