

Program Evaluation

Please circle your response to the statements related to what you plan to do since you participated in this learning session. Then think back to before the session and respond to the statements related to what you were planning to do before you participated in the session.

	After Program			Before Program		
I plan to try a low-carbohydrate diet like South Beach or Atkins.	Yes	Maybe	No	Yes	Maybe	No
I plan to eat more fruits, vegetables and high-moisture foods.	Yes	Maybe	No	Yes	Maybe	No
I plan to go to the MyPyramid website and get information on healthy eating that is right for me.	Yes	Maybe	No	Yes	Maybe	No