

WHIse Choices

A newsletter for women of the WHI Extension Study who were in the Dietary Change part of the WHI Dietary Study



Thank you for continuing your commitment to the Women's Health Initiative by joining the WHI Extension Study. The results of the WHI Dietary Study that you were a part of showed that, with longer follow-up, breast cancer rates may turn out to be lower in the low-fat Dietary Change (intervention) group compared to the Comparison (usual diet) group. However, the observed 9% difference between groups was not statistically significant (a measure used to evaluate study results), meaning that the results remain uncertain. We may be able to clarify the results thanks to the additional health information you are providing in the WHI Extension Study.

We recently sent you a letter letting you know that we will continue providing the *WHIse Choices* newsletter. The tips in the newsletter may help you maintain the low-fat dietary pattern from the Dietary Study, if you would like to do so. We respect that the choice is yours, and continuing or not continuing with the low-fat dietary pattern does not in any way affect your participation in the WHI Extension Study.

If you have questions or do not wish to receive *WHIse Choices* newsletters, please call the WHI Clinical Coordinating Center in Seattle, WA at this toll-free telephone number: 1-800-218-8415.

Study Goals

This first WHI Extension Study issue of *WHIse Choices* reviews the goals of WHI's low-fat dietary pattern and portion sizes to help you increase your dietary awareness.

What were the goals of the WHI Dietary Study?

As a woman in the Dietary Change group, you were asked to lower your fat intake to 20% of calories and to increase your servings of fruits, vegetables, and grains. You received an individualized

fat gram goal to help you reach the 20% goal. The average fat gram goal was 25

grams of fat per day. You were not given an individualized saturated fat gram goal because saturated fat intake usually decreases when total fat goes down. You also received portion size informa-

tion to help you increase your dietary awareness. You were free to make food choices based on the WHI Dietary Study goals, as well as your personal preferences.

Applauding your dedication!

During the WHI Dietary Study, you attended group meetings led by a trained nutritionist and received materials by mail. Groups worked together, shared ideas, and supported each other in making and maintaining dietary changes. You also wrote down foods you ate, counting fat grams and servings of fruits, vegetables, and grains. Applaud yourself for all that you did! During the WHI Extension, even though you won't be attending group sessions, we encourage you to reflect on what you learned during those sessions.

WHI Dietary Study Goals

- ✓ Reduce total fat intake to 20% of total calories
- ✓ Increase intake of fruits and/or vegetables to 5 or more servings daily
- ✓ Increase intake of grains to 6 or more servings daily

Information and activities helped you develop many skills that can still be useful during the WHI Extension Study.

✓ *Self-awareness skills*

How aware are you about your eating patterns?

You increased your dietary awareness in a variety of different ways. You learned about the sources of fat in your diets — some of it visible and some of it hidden in foods. Keeping track of the amount and type of foods eaten helped you become aware of your eating patterns and potential behaviors you could change. This was often an eye-opening experience!

✓ *Self-management skills*

When do you find it helpful to set goals?

You learned a number of different self-management skills, such as how to be assertive when eating away from home, how to problem-solve challenging situations, and how to set specific, realistic, and measurable goals. You may have discovered that changing eating patterns took time and patience. Setting goals provided an opportunity for you to identify behaviors you wanted to change and explore ways to accomplish these changes.

✓ *Social support skills*

Where do you look for support when you're trying to make a change or maintain changes — yourself, people around you, or both?

You explored ways to involve family and friends for support and to ask for help when needed. The group meetings provided many opportunities for you to use your social support skills by sharing ideas, offering encouragement, and providing companionship to one another.

✓ *Food groups to change*

What are some of the eating pattern changes you made during the WHI Dietary Study?

You learned how to make changes in your eating patterns. You explored ways to add fruits, vegetables, and grains into your meals and snacks. You learned about the food groups that provide the majority of fat in most people's diets: added fats, meats, baked goods, salty snacks, and dairy foods. Some of the fat was easy to see, such as margarine on bread. But, about 75% of the fat was hidden in food, such as in meats, mixed dishes, desserts, and dairy products!

✓ *Dietary change skills*

What do your portions look like? Consider taking a minute to compare your portions to the examples opposite.

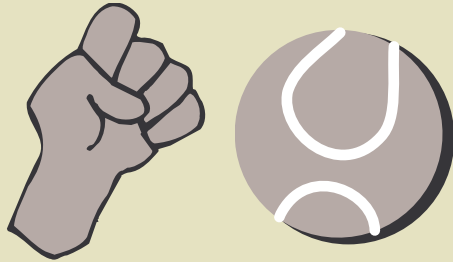
You updated current skills and learned new ones, such as reading and understanding nutrition labels, selecting lower-fat choices, modifying recipes, and eating less fat when dining away from home. You also learned the importance of paying attention to portion sizes and may have discovered that your portions were sometimes larger than "standard" serving sizes. A large bagel can be equal to four slices of bread – four servings! But, it's easy to think that it's only one serving because it's only one bagel.



WHAT DOES A SERVING LOOK LIKE?

Serving Size Examples

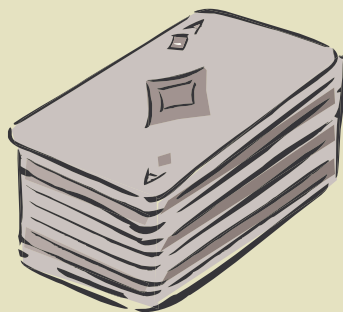
A fist or a tennis ball = about 1 cup



A cupcake wrapper = about 1/2 cup



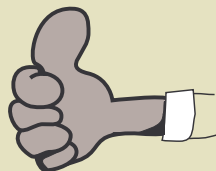
A deck of cards = about 3 ounce serving of meat, poultry or fish



1 thumb tip = about 1 teaspoon



1 thumb = about 1 tablespoon



Low-Fat Eating Tips

Willing to continue eating low-fat? Here are some tips:

- Keep track of what you eat; it may help you stay aware of your eating habits.**
- Set realistic and measurable goals; it may help you identify areas to change and provide a way to track your progress over time.**
- Welcome the support of family and friends.**
- Support yourself with positive thoughts and a "can do" attitude.**
- Measure your portion sizes. You may be eating more (or less) than you think.**

RECIPE

Oatmeal Peach Crumble

5 large peaches, peeled and sliced (or 5 cups frozen peach slices)
1/3 cup light brown sugar, firmly packed
1 tablespoon cornstarch
1/4 teaspoon lemon peel, grated
1/8 teaspoon ground nutmeg
non-stick vegetable cooking spray

Topping:
1/4 cup light brown sugar,
firmly packed
1 tablespoon vegetable oil
3/4 cup old-fashioned rolled oats
2 tablespoons all-purpose flour
1 teaspoon ground cinnamon

Preheat oven to 375°F. To prepare topping, combine the brown sugar and oil in a small bowl and mix well. Stir in oats, flour, and cinnamon until coarse crumbs form. Set aside.

In a medium bowl, combine the brown sugar, cornstarch, lemon peel, and nutmeg. Then add sliced peaches and mix well. Place the mixture in an 8-inch square baking dish, sprayed with non-stick cooking spray. Sprinkle the topping evenly over the peaches. Bake until the top is golden brown and filling is bubbly, about 40-45 minutes. Place on a wire rack to cool. Serve warm or at room temperature.

Note: This dish can be prepared ahead of time, covered and refrigerated until ready to use.

Makes 6 servings

Fat: 3 grams per serving

Fruit/Vegetable Servings: 1.5 per serving

Grain Servings: 0.5 per serving

Recipe from *Healthy Meals in Minutes*

Thank you for your participation in the WHI Extension Study.

You are part of the answer!

WHIse Choices is produced quarterly by the WHI Coordinating Center at Fred Hutchinson Cancer Research Center. **Editors:** Lesley Tinker and Julie Hunt • **Design:** Sunny Bay Design

Letters ... We'd love to hear your feedback on the newsletter and your story ideas. We regret that we cannot answer questions about individual medical conditions. Send a letter to:
 **WHIse Choices**, FHCRC, 1100 Fairview Avenue North, M3-A410, P.O. Box 19024, Seattle WA 98109



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Women's Health Initiative
Clinical Coordinating Center
1100 Fairview Ave N, M3-A410
P.O. Box 19024
Seattle, WA 98109-1024

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