

# WHIse Choices

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

## Low-Fat with Attitude

**U**nbelievably, three years have gone by since the dietary change group sessions ended in August 2004. Among other lessons, we learned that attending dietary change sessions and self-monitoring food intake were two behaviors associated with decreasing dietary fat intake and increasing intake of fruits, vegetables, and grains. We hear that some of you still jot notes about what you eat. Great! We are continuing to investigate what else promotes low-fat eating and have news to share.

A July 2007 WHI scientific publication showed that participants with a more optimistic outlook reported eating less total dietary fat. They also reported higher intakes of fruits, vegetables, and grains. Women who reported expressing less negative emotion also reported lower intakes of fat and higher intakes of fruits and vegetables.

In addition, we discovered that women in the dietary change part of the study who reported eating lower amounts of total fat lost weight during the first year of the study. Even though the WHI dietary change program was not intended to promote weight loss, on average, women in the dietary change group lost about 5 pounds during the first year of the study compared to women in the comparison group who followed their usual dietary habits and did not lose any weight on average. Much, but not all, of the weight was regained by seven years into the study. A modest weight loss of this kind often occurs when women follow a low-fat dietary pattern, but this does not happen for everyone. There was also a modest association between being more physically active and eating less total fat.

The WHI scientists and staff continue to thank you for participating in the WHI Extension Study that is currently underway. We are pleased to provide you with research news that is a result of your participation. We hope these recent findings on predictors of dietary change and maintenance offer you encouragement to continue eating low-fat if you choose.



**SUGGESTED ACTIVITY**

***Optimism & Food Choices***

The statements below relate to different levels of optimism. See how your level of optimism relates to your food choices. There are no right or wrong responses. By being aware of what influences our food selection, we bring more choice into our lives.

<b>My Optimism Level</b>	<b>My Food Choices</b>
When I expect the best during unclear times:	
When I expect less than the best during unclear times:	
When I expect things to go right:	
When I expect things to go wrong:	
When I'm hopeful about my future:	
When I'm not hopeful about my future:	
When I expect things to go my way:	
When I do not expect things to go my way:	
When I count on good things happening to me:	
When I don't count on good things happening to me:	
When I expect more good things to happen to me than bad things:	
When I expect more bad things to happen to me than good things:	



## Rooting for Vegetables

When summer produce selections dwindle, it is time to discover your roots – root vegetables that is. Many are familiar to you, such as beets, carrots, and potatoes. Vegetables that grow underground have a lot to offer nutritionally; they are excellent sources of fiber, minerals, phytochemicals, and vitamins. Their flavor peaks from late October through January. These vegetables can be prepared a number of ways, from roasting to pureeing, and are found in everything from salads to main dishes. Root vegetables are also economical, as they keep well and many can be bought individually, reducing waste.

Interestingly, not everything that grows below the ground is a true root. True roots do not have buds, nodes, or leaves. Examples of true roots include carrots, beets, and cassava. Yams and white potatoes are not roots, but tubers, which are modified plant stems that have buds. Onions, garlic, and shallots are underground bulbs, which are stems surrounded by fleshy leaves. Practically speaking, if a vegetable grows under the ground, it is commonly referred to as a root vegetable. All are delicious, offer a variety of nutrients, and many blend well together flavor-wise for tasty eating.



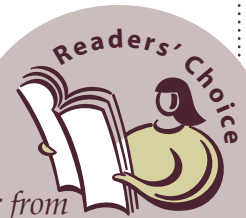
**Buyer Beware!** Root vegetable chips are popular and gaining space on supermarket shelves. Root chips are made from vegetables such as sweet potatoes, yams, and taro. They bring color and flavor variety to the familiar chips made from white potatoes, and may have some more nutrients. However, root chips, like potato chips, have a lot of fat per serving compared to the root vegetables on their own.



### Underground (Root) Vegetables

Check off the vegetables below that you have eaten. Congratulate yourself on the number! Circle any root vegetables you have not eaten before and would like to try.

- Burdock
- Carrots
- Cassava
- Celeriac (celery root)
- Chinese water chestnut
- Daikon
- Garlic
- Jerusalem artichoke
- Jicama
- Lotus root
- Onion
- Parsnip
- Radishes
- Rutabagas
- Taro
- Turnips
- Yam



A reader from California asks for food labeling information about omega-3-fats.

As of September 8, 2004, the FDA has approved what is called a “qualified health claim” for omega-3-fatty acids. The claim refers to the two types of omega-3-fatty acids found most commonly in certain fish oils: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). As stated by the FDA, “Supportive but not conclusive research shows that consumption of EPA and DHA omega-3-fatty acids may reduce the risk of coronary heart disease. One serving of [Name of Food] provides [ ] gram of EPA and DHA omega-3-fatty acids.”

**WHIse Choices invites readers to send tips about how to continue eating low-fat! Tips will be shared in future issues of WHIse Choices.** Send your tips to:

WHIse Choices  
 FHCRC  
 1100 Fairview Avenue North  
 M3-A410  
 P.O. Box 19024  
 Seattle WA 98109

## RECIPE

### Baked Carrots, Turnips & Rutabaga

2 large carrots, quartered  
1 medium turnip, quartered  
1 medium rutabaga, quartered  
1/4 cup dry white wine or vegetable broth  
1 tablespoon apple juice concentrate  
1 tablespoon honey or brown sugar  
1 teaspoon grated lemon rind

Preheat oven to 350°F. Lightly oil a 2-quart casserole dish. Arrange carrots, turnips, and rutabaga in casserole. In a small bowl, combine wine or broth, apple juice concentrate, honey or brown sugar, and lemon rind. Drizzle over root vegetables. Cover vegetables with aluminum foil and bake until tender, about 40 to 50 minutes.

Serves 4-6

Fat: 0 grams per serving

Fruit/Vegetables: 1 per serving

Complete the meal with Veggie Meatloaf made with ground turkey (Fall 2000 Dietary Change session recipe) and a green salad with fat-free dressing.

Recipe reprinted from *WHIse Choices* Summer/Fall 2001, originally from Jan Wolff, Hackensack University Medical Center

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

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 number: 1-800-218-8415.

**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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