

# WHIse Choices

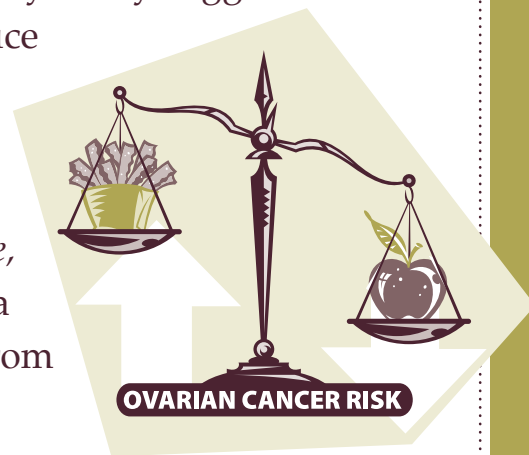
A newsletter for women of the WHI Extension Study who were in the Dietary Change part of the WHI Dietary Study



## More News

### FROM THE WHI DIETARY STUDY!

**R**ecent findings from the WHI Dietary Study suggest that a low-fat dietary pattern may reduce the occurrence of invasive ovarian cancer in postmenopausal women. Published in October 2007 in the *Journal of the National Cancer Institute*, these findings are the first to show a statistically significant health effect from the WHI low-fat dietary pattern.



In the WHI Dietary Study, there were 160 cases of ovarian cancer reported among the 48,835 participants during the 8.1 years of the study's intervention phase. There were fewer new cases of ovarian cancer identified among the dietary change (intervention) participants than among the usual diet (comparison) participants. For the

year there were 36 cases of ovarian cancer diagnosed. For the equivalent of every 100,000 usual diet participants per year there were 43 cases of ovarian cancer diagnosed. This difference was statistically significant. The probability that a difference between groups, as large as that observed, occurs by chance alone is only 3%. A probability of 5% or less is considered statistically significant.

During the first four years of the WHI Dietary Study, no effect of diet on ovarian cancer was apparent. This was anticipated in the study's design.

equivalent of every 100,000 low-fat dietary change participants per

It can take years to see the effect of a preventive intervention on cancer

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**“ We are very pleased ... to inform postmenopausal women that a change in the composition of the diet, toward a low-fat eating pattern, appears to reduce the risk of ovarian cancer and may also reduce the risk of breast cancer. Of course, other aspects of diet (total calories, type of fat) and physical activity patterns (frequency, duration and intensity of activity) may eventually be shown also to modify the risk of these and other cancers, and other chronic diseases. ”**

— Dr. Ross Prentice, lead author and Principal Investigator, WHI Clinical Coordinating Center



The women of WHI are a great example of the fact that women can successfully make long term improvements in their diet to improve their health.



— Dr. Cyndi Thomson, co-lead author and Principal Investigator, Tucson Field Center

## MORE NEWS ...

*Continued from p. 1*

risk. After the first four years of the study, there was a statistically significant 40% risk reduction in ovarian cancer among participants in the low-fat dietary change group compared to the usual diet group.

As with the breast cancer findings, the greatest reduction in cases of ovarian cancer was among dietary change participants who started with higher intakes of total fat as a percentage of calories and made the greatest reductions in fat intake.

The reduced risk of ovarian cancer among the dietary change group compared to the usual diet group did not appear to be affected by the modest weight loss experienced by the dietary change group or by family history of ovarian cancer.

Among U.S. women, ovarian cancer is the seventh most common cancer and the fifth leading cause of cancer death. Ovarian cancer is a rare form of cancer among women, striking about 13 women out of 100,000 each year, which is a lifetime risk of

about 1 in 60 women. Compare this to breast cancer, which is diagnosed in approximately 119 women out of 100,000 each year, which is a lifetime risk of about 1 in 8 women. The mortality rate for ovarian cancer is high. Ten women out of 100,000 in the U.S. die each year from ovarian cancer. For breast cancer, 28 women out of 100,000 in the U.S. die each year. A lack of screening tools specific for ovarian cancer may be partially why the mortality rate is so high. Symptoms are non-specific and, contrary to common belief, pap smears do not detect ovarian cancer; they detect cervical cancer.

Thanks to you, the participants of the WHI dietary change program, and all WHI participants who are continuing to provide follow-up information during the WHI Extension Study, scientists will continue to be able to investigate the role of a low-fat diet in chronic diseases among postmenopausal women. This issue of *WHIse Choices* continues to provide you with tips for maintaining a low-fat dietary pattern, an option which is yours to choose.

## Savor the Flavor with Umami-Rich Foods

### Earthy, savory, brothy, salty, rich, satisfying –

these are taste descriptors for foods rich in umami (ooo-MAH'-mee). Umami (Japanese for savory) has been recognized as one of the five tastes that our tongues can sense. The other four tastes are salty, sour, sweet, and bitter.

Umami-rich foods include mushrooms, especially shiitake; tomatoes; potatoes; hard cheeses, such as Parmesan; seaweed; green tea; mackerel and sardines; and chicken, lean beef, and pork. Garlic enhances the umami tastes. Slow-cooking brings out the umami taste in foods, which is why slow-cooked tomato sauces can taste especially rich and satisfying.





## SUGGESTED ACTIVITY

### Umami & the Power of Portions

During the winter holidays, it is all too easy to gain weight. The power of portions can stave off the weight gain, and umami foods can help. (For more about portion sizes, please see the Fall 2006 issue of *WHIse Choices*.)

### Umami Foods — A Little Goes a Long Way Toward Taste and Flavor Satisfaction



**Parmesan cheese** *Example:* Sprinkle 2 tsp of Parmesan cheese on top of half of a baked potato instead of a whole one.

*Your idea:*

**Chicken, lean beef or pork** *Example:* Top roasted lean meat or chicken with mushrooms sautéed in sherry.

*Your idea:*

**Green tea** *Example:* Drink a hot cup of green tea before going to a party to stave off extra nibbles.

*Your idea:*

**Potatoes, sweet potatoes & carrots** *Example:* Foil wrap and slow-roast sweet potatoes. Sprinkle the roasted potatoes with thyme, skip the added fat, and savor.

*Your idea:*

**Nori, dried seaweed** *Example:* Wrap a sheet of nori around steamed brown rice. Slice into half-inch rounds, and serve three sliced rounds as side dish.

*Your idea:*

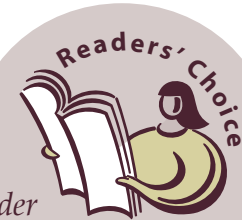
**Dashi\*** *Example:* Use mushroom stock\* as a soup base for winter soups. Twice the flavor, half the portion.

*Your idea:*

**Tomatoes** *Example:* Serve ratatouille (*see recipe*) with a holiday meal to add a full rich taste that satisfies sooner and deters second helpings.

*Your idea:*

*\*Japanese soup stock made with 2-3 dried shitake mushrooms plus 3 cups of water*



*A reader from New Mexico shares her breakfast secret to success.*

For breakfast for the past four years (with a break here and there, of course), she has been eating an oat grain cereal served with vanilla flavored calcium-rich soy milk and accented with flax seeds, almonds, and frozen mixed berries. This bountiful breakfast bowl is filled with grains, calcium, protein, and fruits. Plus, it keeps her going strong until lunch!



**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, FHRC,  
 1100 Fairview Ave. North,  
 M3-A410, P.O. Box 19024,  
 Seattle, WA 98109

## RECIPE

### Ratatouille (French Vegetable Stew)

1 large onion  
1 green pepper  
2 tablespoons olive oil  
1 large eggplant  
2 medium zucchini  
1 can (29 ounces) stewed tomatoes OR  
4 tablespoons paste and 3 tablespoons water  
1 teaspoon salt  
1/8 teaspoon pepper  
1 teaspoon basil  
1 teaspoon oregano  
1 clove fresh garlic, minced

Dice eggplant into 1-inch cubes and slice zucchini into 1/2-inch rounds. Chop onion coarsely and cut green pepper into squares. Use a heavy-bottomed saucepan with a lid. Sauté the onion, garlic and green pepper until they are soft; stir in eggplant and zucchini and sauté a few minutes more. Add tomato and seasonings. Cover and simmer gently for about 30 minutes or until all the vegetables are well cooked. Uncover and turn the heat up to evaporate some of the liquid. Serve hot as main dish over rice, or cold for lunch. Keeps well in the refrigerator.

*Makes 8 servings. Recipe can be halved to make 4 servings.*

*Fat: 4 grams per serving*

*Fruit/Vegetables: 2 per serving*

**Complete the meal with skinless roasted chicken and polenta.**

*Recipe from Laurel's Kitchen, A Handbook for Vegetarian Cooking and Nutrition by Laurel Robertson, Carol Finders and Brown Godfrey. 1976. Nilgiri Press, Tomales, CA 94971.*

**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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