

Summer 2008

WHIse Choices

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



Social (Enterprise) Dining

Around the country, there is a movement toward earth-friendly and people-friendly foods and restaurants. Last year, we featured in the Spring 2007 *WHIse Choices* an article about eating seasonally and locally, which are both earth-friendly. In this issue, we are featuring people-friendly restaurants, sometimes known as *social enterprises*.



These socially-conscious restaurants are generally devoted to providing new skills training to disadvantaged persons, for example, people who are homeless or at-risk youths. Nearly 80% of these trainees later move forward and obtain jobs in the food service industry that pay a living wage. Other social enterprises feature college students and communities working together to develop anti-hunger programs. The results of these programs are empowered people and better-fed communities.

As a potential consumer of these people-friendly establishments, you may wonder how to mesh your food preferences for eating low-fat with their particular offerings. The answer is the same as always, by asking questions!

Tips for Asking for Foods Your Way

Assertiveness—making and refusing requests—is an important skill for maintaining a specific eating pattern.

• **Making Low-fat Requests.** When you make a request, use an “I message.” First, tell the person what you want or feel, then make your request. For example, “I like to eat lower fat meals and I have some questions about the menu. Can you take a few minutes to advise me?” If the restaurant looks busy, start with a message of understanding: “I see that you are really busy. I like to eat lower fat meals and I have some questions about the menu. Can you take a few minutes to advise me?”

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RECIPE

Tofu-Fruit Smoothie

- 1/2 cup sliced banana
- 1/2 cup fresh or thawed frozen strawberries
- 1/2 cup silken tofu* (4 ounces), drained
- 1/2 cup plain or vanilla non-fat or low-fat yogurt

Blend in a blender until smooth.

Makes 2 servings

Fat: 2 grams per serving
1.5 grams if non-fat plain yogurt is used

Fruit/Vegetable Servings: 1 per serving
Grain Servings: 0 per serving

*Silken tofu, also called soft, silk, or Japanese-style tofu, has a softer consistency than regular tofu.



Recipe adapted from *Cooking Light* magazine, September 1996

Thank you for your participation in the WHI Extension Study.

You are part of the answer!

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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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Change Service Requested

SOCIAL (ENTERPRISE) DINING

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After hearing about how the food is prepared, you can decide if a special request is called for. If you learn that the food is pan-fried, creamed, or au gratin (all indications of higher fat preparation), you can ask for lower fat preparations. "Thank you for your time and the information. May I have the food grilled, steamed, or in its own juice?" Don't be afraid to ask—you are the customer.

If you are a guest and know the hosts, you may feel comfortable calling before the event to talk about special requests. You may even offer to bring food.

If you are the hostess, modify food to decrease fat.

• **Refusing High-fat Requests — Remembering How to Say No.** When saying, "no," be relaxed and positive, yet firm. Feel free to suggest alternatives. "No, thank you, I will skip the ice cream today. Instead, I would love some fresh fruit, if available." Or, consider a smaller portion to limit the amount of fat. "Ice cream sounds good, but I do not eat very much fat these days. How about just a half serving?" or "Let's buy one dessert for the four of us to share."

Suggested Activity: Asking for Foods Your Way!

On the Menu	Asking for Low-Fat Foods, Your Way
Cheese enchilada with refried beans	
Fried chicken and coleslaw	
Berry cobbler and ice cream	
<i>Your example:</i>	

Suggested Activity: Practice Saying No.

As offered to you:	Saying No, Your Way
I made this chocolate cake just for you!	
Please, have a second helping!	
The chef suggests the potatoes au gratin.	
<i>Your example:</i>	

Know Your Risky Situations.

Emotions, social pressures, temptations, and breaks in routine can each play the trickster with our eating habits. Circle any of the situations below that interrupt your eating habits. Being aware can be insightful and help you choose healthier foods.

- TROUBLE SLEEPING
 HAVING A GOOD TIME
 TRAVELING
 ARGUMENT
 CRAVING A FOOD
 INVITED TO EAT OUT
 SATISFIED OR RELAXED
 UNEXPECTED HIGH FAT FOOD SIGHTING

Your examples: _____

Summer Food Safety

Can meat be refrozen?
Yes, if it still has ice crystals and has been thawing in the refrigerator for one day or less, it is safe to refreeze.



Keeping Portions Under Control

Twenty years ago, an average muffin weighed 1.5 ounces (200 kcalories); today it's 4 ounces (500 kcalories)!
Twenty years ago, a chicken Caesar salad was 1-1/2 cups (390 kcalories); today it's 3-1/2 cups (790 kcalories).



Low-fat Eating & Diabetes

Type 2 diabetes continues to rise in the United States. In women, this form of diabetes rises after menopause. By the time that women and men are in their 70s, more women will have diabetes than will men. The toll on health is that type 2 diabetes can increase the risk of heart disease, reduce well-being, and shorten one's life.

Fortunately, there are lifestyle changes that can reduce the risk of developing diabetes. Research from the Diabetes Prevention Study in the United States (funded by the National Institutes of Health) showed that modest weight loss and exercise with a low-fat diet may reduce the onset of diabetes in persons who are at risk of developing diabetes.

WHI was not designed to specifically study diabetes, so we do not have all of the information needed to predict who is at risk of developing diabetes. Even so, by looking at data from everyone in the Dietary Study who did not already have diabetes, we were able to learn some valuable information.

In general, the risk of developing diabetes among participants in the WHI Dietary Study was neither reduced nor increased by eating low-fat. There was a slight suggestion that a greater lowering of fat intake may have reduced the risk of diabetes. This may be related to the small amount of weight loss (about five pounds) that some participants experienced when eating low-fat.

Further, since the risk of developing diabetes did not appear to increase, a low-fat diet may be OK for people who want to eat low-fat but are concerned about developing diabetes. If you have any questions about your health or diet, consult your personal health care team before changing the way you eat.

Results published July 2008 in Archives of Internal Medicine.

Dining Out/Eating In

- **WHIse Choices**
 - ✓ Winter 1997: On the Road to Success
 - ✓ Spring 1997: Salute to Motivation
 - ✓ Fall 2006: Inaugural Extension Issue
- **WHI Dietary Change Sessions**
 - ✓ Session 6: Dining Out with Ease
 - ✓ Session 8: Support for Change
 - ✓ Summer 1996: Healthy Fare with an International Flair
 - ✓ Spring 1997: Communicating More Effectively
 - ✓ Fall 1997: Unmixing the Mixed Dish
 - ✓ Spring 2003: News Bits and Supersized Bites
 - ✓ Winter 2003: Maintaining Your Investment in Women's Health

Social Dining Enterprises

- Campus Kitchens: <http://www.campuskitchens.org>
- FareStart: <http://www.farestart.org>
- d.c. central kitchen: <http://www.dccentralkitchen.org>
- La Mujer Obrera: <http://www.mujoerobra.org>
- Women's Bean Project: <http://www.womensbeanproject.com>

General Resources

The American Dietetic Association. Consumer Nutrition Hotline. Telephone: 800.366.1655 • Website: www.eatright.org

Note: The information provided in this section is not an endorsement by WHI of specific restaurants, programs, or products.