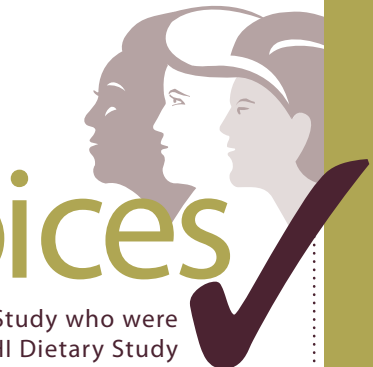
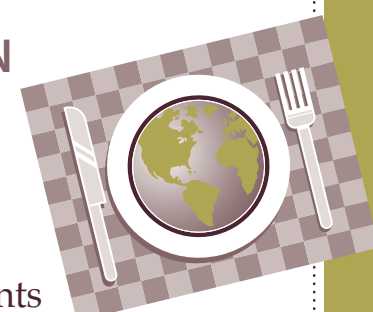


# WHIse Choices

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



## HEALTHY FARE WITH AN *International Flair*

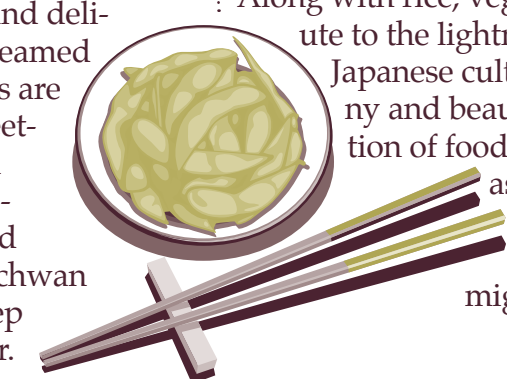


The average person in the U.S. eats in restaurants more than 200 times per year. Increasingly, these food choices include dishes from a variety of international restaurants. It can be challenging to select lower fat options when you are unfamiliar with the dish and how the food is prepared. In this newsletter, we will take a closer look at a variety of international cuisines available in the United States and identify some of the lower fat options that you may appreciate knowing about.

**Chinese.** There are four main regional styles of cooking in China: Cantonese from the south, Beijing from the north, Szechwan from the west, and Shanghai from the east. Cantonese dishes are often stir-fried with oil. Flavorings might include soy sauce, ginger, sherry, or chicken broth. Black bean, oyster, and lobster sauces are common. You are likely to recognize dishes such as chop suey, chow mein, and lo mein. Dishes from the north (Beijing area) were originally prepared for royalty. Most dishes are light and delicate. Noodle dishes, steamed breads, and dumplings are typical fare, as are sweet-sour, plum, and hoisin sauces. The western region is home to hot and spicy cooking, the Szechwan and Hunan styles. Deep fried foods are popular.

The eastern region has an abundance of fish and seafood, along with many soups. Many of the dishes have meat, poultry, or fish that are stewed in soy sauce, a method that is called "red cooking." Asking about the preparation method is the best way to eat low-fat. **To eat low-fat, limit foods that are deep fried, and ask to have stir-fried foods prepared with less fat.**

**Japanese.** The staple foods include rice, soybeans, fish, and seaweed. Along with rice, vegetables contribute to the lightness of foods. In Japanese culture, the harmony and beautiful presentation of food is as important as the food's nutrient content. A typical dinner might include rice,



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### RECIPE

#### Tuscan Beans with Sage

- 1 tablespoon chopped fresh sage
- 3 garlic cloves, minced or pressed
- 1/2 tablespoon olive oil
- 1-1/4 cups chopped fresh or canned tomatoes (10-1/2 oz. can or 12-oz. can, drained)
- 3/4 tablespoon fresh lemon juice
- 1 (15-oz) can cannellini beans (or white navy beans), drained



Combine sage, garlic, and oil in a sauté pan and sauté on medium-low heat for several minutes, until the garlic is golden. Add the tomatoes, lemon juice, and cannellini beans and continue to cook for about 10 minutes, until everything is hot. Add salt and pepper to taste. Serve immediately or chill to serve later.

Makes 3 (1 cup servings)

Fat: 3 grams per serving  
Fruit/Vegetable Servings: 1 per serving  
Grain Servings: 1 per serving

Complete the meal with a tossed green salad and fresh fruit.

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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## HEALTHY FARE WITH AN INTERNATIONAL FLAIR

Continued from p. 1

miso soup (from fermented rice, barley, or soybean), pickled vegetables, and broiled, dried, or steamed fish or seafood with very little fat in cooking. Sushi, vinegared rice rolled or topped with raw or cooked fish or vegetable, and sashimi (raw fish) are popular. Beware of eating raw fish; foodborne illness may occur from improperly handled raw fish; always choose trustworthy food establishments. **The preparation and style of Japanese cooking makes it quite easy to eat low-fat.**

**Thai.** In the U.S., perhaps the best known Thai food is Pad Thai, a stir-fried noodle dish. Stir-frying is a major preparation method for Thai food. Rice, noodles, ginger, onions, mushrooms, chicken, meat, and shrimp are popular. Commonly used spices include garlic, basil, chili, curry, cinnamon, coconut milk, and tamarind. Coconut milk, a source of fat (51 grams in one cup), is often used in cooking Thai foods. Peanut sauce, also high in fat, is also popular. To eat low-fat, choose non-coconut soups, such as tom yun kun or pok taek. Thai salads (yams) are also options. **Green papaya salad, influenced by settlers from Laos, is a lovely low-fat salad of shredded unripe papaya, flavorings of processed fish, tomatoes, and lime leaves.**

**Eastern Indian.** Indian food practices reflect the geography and a region's predominant religion. For example, Buddhists may practice vegetarianism, Muslims may avoid pork products, and Hindus do not eat beef. Northern Indian food may not be as spicy as foods from the south. The North uses more wheat and eggs whereas the South features more rice and vegetables. Seafood is eaten more frequently along the coastal regions. Clarified butter, ghee, is often used in cooking, which creates a higher fat food. Fried vegetable dumplings (samosa, pekora) are popular. **For lower fat options, try skinless chicken or fish prepared in a tandoor, which is a type of clay oven.** These tandoori foods are often reddish or orange from the chili or tumeric masala (spice mix) rubbed on the meat before roasting.

**Mexican.** Mexican cuisine owes its diversity to the nation's multiple climates. The agricultural northern and central regions feature many kinds of fruits, peppers, beans, corn, and livestock. Along the coast, fish and shellfish are specialties. In the tropical regions, dishes are filled with pineapples, bananas, coconuts, and mangoes. Tortillas, a Mexican staple, can be made from corn or wheat. Wheat flour tortillas may be made with lard or vegetable oil, while corn tortillas are not made with fat. **To eat low-fat, choose corn tortillas and foods described as a la parilla, meaning grilled with little or no fat.** Higher fat fried foods include chimichangas, taquitos, fritters, and tostada shells.

**Greek/Middle Eastern.** In this style of cooking, you will find pita (wheat flatbread), hummus (garbanzo bean puree), baba ghanoush (roasted eggplant puree), shish kebab (meat grilled on a stick), tabouli (salad of bulgar, mint, parsley, lemon juice and olive oil), and baklava (sweet pastry of thin layers of filo or phyllo dough filled with chopped nuts and honey). Fruits and vegetables are plentiful in the homelands of Greece and the Middle East. **Lower fat menu descriptions include marinated, barbecued, kebabs, stewed, and simmered or baked.** Higher fat menu items might be described as pan-fried, in pastry crust, or in cream sauce.

**Italian.** Pastas, tomato and white sauces, and garlic bread are recognized as having Italian roots. Pizza, bread-based meat or vegetable pies, also originated in Italy. Southern Italian cuisine is known for tomato sauces such as marinara and cacciatore. Cacciatore means "hunter," and refers to sauces and foods made "hunter-style" with tomatoes, onions, mushrooms, bell peppers, and herbs. **Northern Italian foods often include polenta (cornmeal mush) or rice, both can be low-fat. Lower fat food preparation methods include roasted, grilled, steamed, and thin-crust.** Higher fat descriptions include fried, stuffed, Alfredo, Bolognese carbonara, and salamis.

### STRATEGIES TO LOWER FAT: *I'm willing to try this instead of that!*

- Chinese**
  - Egg drop soup instead of fried spring roll as an appetizer
  - Plain steamed white or brown rice instead of fried rice
- Japanese**
  - Edamame (steamed soybeans in the pods) instead of tempura (deep fried battered vegetables or fish)
  - Steamed or broiled foods instead of fried foods called agemono or katsu
- Thai**
  - Green papaya salad instead of stuffed fried chicken wings as an appetizer
  - Satay (grilled and marinated meat or chicken) instead of entrees made with coconut milk curries or peanut sauces
- Eastern Indian**
  - Tandoori roasted skinless chicken instead of meat with korma cream sauce
- Mulligatawny, a curried chicken soup, or lentil soup instead of fried bread
- Mexican**
  - Corn tortillas instead of wheat flour tortillas
  - Whole cooked beans instead of refried beans
- Greek/Middle Eastern**
  - Kebabs without oils brushed on instead of stuffed meat dishes
  - Hummus and pita bread instead of spanakopeta (phyllo with spinach and cheese)
- Italian**
  - Thin-crust pizzas made with vegetables and without meat or cheese instead of deep dish cheese pizzas
  - Tomato sauces instead of creamy Alfredo sauces



A reader from North Carolina asks about refried beans:

**Question:** "Are refried beans really fried?"

**Response:** Traditionally, refried beans (frijoles refritos) are



made from boiled mashed pinto or black beans to which lard is added before cooking the mixture in a cast iron skillet on a stove top. Refried beans may still be made with lard; however, vegetable oils are now often substituted. Sometimes no fat is added. When buying canned refried beans, options include traditional, vegetarian, or no fat added. Some restaurants offer whole beans boiled without fat as an alternative to refried beans!

**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

## RESOURCES

WHI Maintenance Session Summer Year 3:  
Healthy Fare with an International Flare  
Book: *What the World Eats*. Authors: Peter Menzel and Faith D'Aluisio. August 2008; Tricycle Press; ISBN-13: 978-1582462462. Photo galleries from around the world of families' weekly foods.