

WHIse Choices

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

Spring 2009

Answer Key for Sudoku: A8=Orange, B1=Apple, B3=Banana, B5=Celery, B9=Berries, C6=Orange, C8=Apple, E2=Popcorn, E4=Cherry Tomatoes, E5=Berries, E9=Apple, F3=Celery, F6=Banana, G8=Popcorn, H1=Orange, H3=Cherry Tomatoes, H4=Banana, H5=Popcorn, H7=Apple, H9=Grapes.

RECIPE

Peppy Popcorn

- 4 cups popcorn
- 1-1/2 cup mini pretzels
- 1 tablespoon soft tub margarine
- 1/2 teaspoon lemon pepper
- 1/4 teaspoon oregano
- 1/8 teaspoon chili powder (optional)
- 1/8 teaspoon onion powder



to coat. Spread mixture in ungreased 15x10-inch jelly roll pan. Optional: Instead of lemon pepper, oregano, chili, and onion powder, use cinnamon, clove, cocoa, and sugar.

Bake at 325°F for 10-15 minutes, stirring once during baking. Note: Some margarines used to have a lot of *trans* fat, a type of fat that has been linked with increased risk factors for heart disease. Most margarines have now removed the *trans* fats.

Makes 5-1/2 cups (1 serving = 1 cup)

Fat: 3 grams per serving
Fruit/Vegetable Servings: 0 per serving
Grain Servings: 0.3 per serving

Heat oven to 325°F. In large bowl, combine popcorn and pretzels. In small saucepan over low heat, melt margarine; stir in lemon pepper, oregano, chili powder, garlic powder and onion powder. Pour margarine mixture over popcorn mixture; stir gently

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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NEW FINDINGS ABOUT Diet and Cancers

(*American Journal of Epidemiology*, March 2009)

A new way of studying how many calories we take in through foods and beverages suggests that higher calorie intake may be more related to the risk of cancers than we thought. The new way of studying calories uses specially made water called doubly labeled water.

This water is safe to drink and is excreted in the urine, where it can be measured. By knowing the input and output of the doubly labeled water in the body, scientists can tell how many calories we use in activity and basic living.

In people who are not gaining or losing weight, calorie output equals input. That means that the information from doubly labeled water about calorie output can also be used as a marker (often called a biomarker) of calorie intake. Scientists can compare the biomarker of calorie intake to the calorie intake measured by what we say we eat.

Results from studies using doubly labeled water as a measure of calorie intake have repeatedly shown that people may re-

port eating less food and beverage than they think they eat. This underreporting seems more common among women who are overweight or obese. The good news is that scientists can use the biomarker of calorie intake from doubly labeled water to adjust self-reports of foods and beverages eaten. This helps us understand how what we eat may relate to health and disease.

During the past few years, several hundred women in the WHI Dietary Study and Observational Study have participated in studies using doubly labeled water. Thanks to these participants, WHI scientists are able to look at the effects of diet and disease, allowing for underreporting of calories.

Dr. Ross Prentice, at the WHI Clinical Coordinating Center in Seattle, WA, and colleagues have recently published findings on how underreporting of calories can influence studying the risk of developing cancers. After allowing for underreporting of calories, high-



Site-specific cancers that appear to be associated with adjusted energy intake (based on the doubly labeled water biomarker) include cancers of the breast, colon, endometrium, and kidney.

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NEW FINDINGS ABOUT DIET AND CANCERS

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er calorie intake appeared to be related to a greater number of cancers in general, and more cancers of the breast, colon, endometrium, and kidney. Without allowing for underreporting of calories, these associations were not seen.

Even when being careful, we can't always accurately report what we eat. A clear understanding is needed of ingredients, portion sizes, how foods are prepared and how they are cooked. While inaccurate reporting may not seem troublesome on a person-by-person basis, it can challenge scientists' ability to study the public health effects of diet and disease.

The Women's Health Initiative Dietary Study of a low-fat dietary pattern was a randomized clinical trial—the strongest experimental design. The results of the WHI Dietary Study did not show a statistically significant reduction overall in invasive breast cancer after an average of 8.1 years of follow-up. However, results were suggestive of reduced risk of breast cancer among participants who started with higher fat intakes (as a proportion of calories) and decreased their fat intake more than others. A reduction in ovarian cancer was also seen among the dietary change group of the WHI Dietary Study.

GENERAL RESOURCES ON DIET AND CANCERS

The American Dietetic Association. Website: www.eatright.org

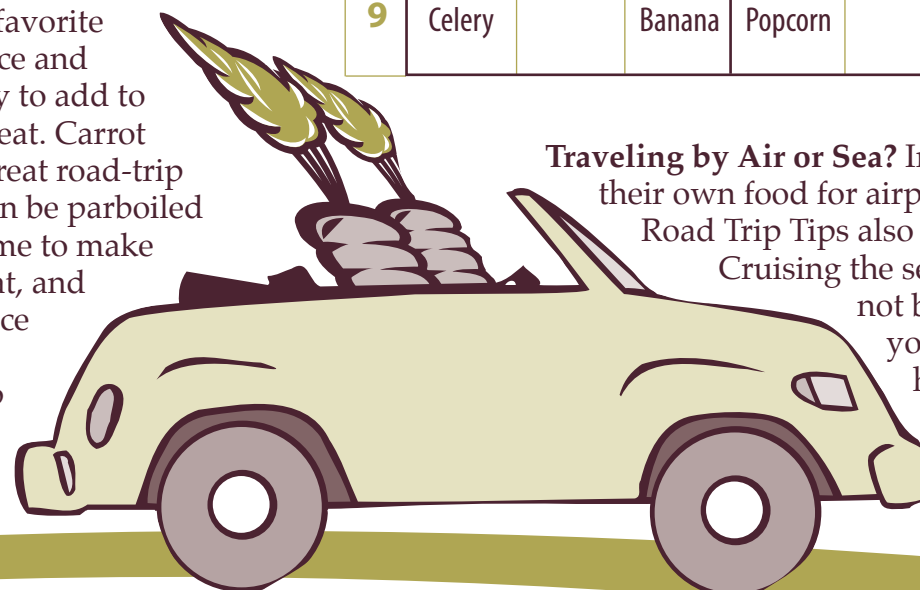
The National Cancer Institute. Website: www.cancer.gov

On the Road Again

With summer around the corner, you might be making travel plans. Eating low-fat with lots of vegetables and fruits can be challenging on the road as you leave the familiarity of what is available to you at home. By using the skills you have honed during WHI, and planning ahead, you will be able to enjoy your trip and feel good about your food choices. Below are some tips to help you enjoy your trip and eat low-fat.

Factoid: At the grocery store, if the barcode on the label of a fresh fruit or vegetable starts with a "9," the food is organic.

Road Trip Tips. For the first day, pack lunches and favorite snack foods. Pack lettuce and tomato slices separately to add to sandwiches when you eat. Carrot or celery sticks make great road-trip snack foods. Carrots can be parboiled and chilled ahead of time to make them softer, easier to eat, and sweeter tasting. Small ice packs or a cooler with ice packs can help keep foods cold and safe.



Traveling by Air or Sea? Increasingly, people are packing their own food for airplane travel. Many of the Road Trip Tips also serve well for airplane travel.

Cruising the seas this summer? While it may not be efficient or desirable to pack your own food, most cruise lines have a "spa" menu option that features fresh vegetables and fruits, whole grains, and lower fat food choices.



FOOD SUDOKU

Each horizontal row, vertical column, and 3x3 box must contain each of the following nine food words—these foods are packable for travel: **Apple, Banana, Berries, Celery, Cherry Tomatoes, Grapes, Orange, Popcorn, Pretzels**

	A	B	C	D	E	F	G	H	I
1	Popcorn		Celery	Cherry Tomatoes	Pretzels	Berries	Banana		Grapes
2	Pretzels	Orange	Cherry Tomatoes	Banana		Grapes	Apple	Berries	Celery
3	Grapes		Berries	Apple	Orange		Pretzels		Popcorn
4	Berries	Popcorn	Pretzels	Celery		Apple	Grapes		Orange
5	Banana		Grapes	Pretzels		Orange	Cherry Tomatoes		Apple
6	Apple	Cherry Tomatoes		Grapes	Banana	Popcorn	Berries	Celery	Pretzels
7	Cherry Tomatoes	Pretzels	Popcorn	Orange	Grapes		Celery		Berries
8		Grapes		Berries	Celery	Cherry Tomatoes		Pretzels	Banana
9	Celery		Banana	Popcorn		Pretzels	Orange		Cherry Tomatoes

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A reader from Lady Lake, Florida comments about sustaining foods and friendships:

Comment: "I joined the WHI in 1997, and my low-fat diet assignment began in January of 1998. Although I had already given up fried foods, I found that the low-fat diet helped me even more. It made me aware of the importance of getting in the habit of eating more fruits and vegetables than I did before. At home, I still eat mostly low-fat. Five of us who were in the same group still meet for lunch once a month."

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 12: Planning for Vacations or Holidays
- WHIse Choices Summer 1997: Happy Trails to You
- WHIse Choices Newsletter Spring 2007: Eating Seasonally & Locally