

WHIse Choices

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



Onward and Upward

This is the last issue of *WHIse Choices*. We'd like to acknowledge this milestone by highlighting a few of the many contributions made by the Women's Health Initiative Dietary Study. Although this is the last *WHIse Choices*, the WHI is continuing and your participation is still highly valued! Look for a mailing soon inviting you to continue with the WHI.

Celebrating Accomplishments

Beginning in 1993, 48,835 women aged 50-79 joined the WHI Dietary Study—the largest such study of low-fat diet. The study researched the effect of a low-fat (20% of calories), and high fruit, vegetable, and grain diet on breast cancer, colorectal cancer, and heart disease in postmenopausal women. Many other health outcomes were also studied.

Starting from about 35% of calories from fat, women in the low-fat dietary change group reduced their fat intake to 24% of

study, the average fat intake was still lower than at the start.

Women in the dietary change program met together 59,924 times, self-monitored dietary intake over 3.5 million days, reduced fat intake by about 25,000 teaspoons, ate about 300 million servings of vegetables and fruits and 270 million servings of grains. WOW! THANK YOU!!!

Some of What We Have Learned So Far

Cancers
Breast cancer rates were 9% lower in women in the dietary change group compared to women in the comparison group, but this was not quite statistically significant, meaning that the results were not conclusive. Women with higher

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RECIPE

Relax-While-It-Cooks Foil Chicken



- 1/2 cup barbecue sauce (use commercial or your own favorite homemade choice)
- 2 skinless chicken breasts* (boneless, optional)
- 1/2 green pepper, sliced
- 1 large carrot, cut into strips
- 1 small potato, thinly sliced

Buy skinless chicken breasts and cook additional breasts for a next-day barbecue chicken sandwich. Preheat oven to 350°F. Line a small baking pan (8-inch square) with aluminum foil. Place chicken breasts in the pan and pour 1/4 cup barbecue sauce on top. Add the cut vegetables. Add another

layer of aluminum foil, and join with bottom foil to fold sides together. Bake about 35 minutes (until pink tinge is gone inside the chicken).

Makes 2 servings

Serving tip: Share the second serving with a friend or neighbor, or freeze half for a meal at another time.

Fat: 5 grams per serving
Servings of Fruit/Vegetables: 2 per serving

Recipe from *Eating on the Run*

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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Dietary change women self-monitored dietary intake over **3.5 million** days!

total calories after one year. Women ate less salad dressings, mayonnaise, sauces, butter and spreads, meats and desserts. By the end of the



ONWARD AND UPWARD

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levels of fat intake at the start of the study lowered their fat intake more and had the greatest reductions in breast cancer risk.

The low-fat dietary pattern did not reduce the risk of colorectal cancer. The results were similar when looking at the entire colon, upper or lower colon or rectum. Polyps, a possible risk factor for colon cancer, were reported less by women in the Dietary Change group than the Comparison group.

The risk of ovarian cancer was 40% lower among women in the low-fat dietary change group compared to the usual diet group. Ovarian cancer is a rare form of cancer among women, yet it is the seventh most common cancer and the fifth leading cause of cancer death among women in the United States.

Combining information from the Dietary Study comparison group and the WHI Observational Study, higher calorie intake was found to be associated with cancers of the breast, colon, endometrium, kidney, and with total cancer.

Heart Disease and Stroke

The low-fat dietary pattern did not reduce the risk of heart disease, although the diet was not designed specifically to study heart disease. There were small favorable effects on heart disease risk factors, such as low-density lipoprotein cholesterol (LDL, the “bad” type of cholesterol), diastolic blood pressure, and Factor VII C (a blood clotting factor).

Diabetes

There was a 4% reduced risk (not statistically significant) of developing diabetes in the low-fat dietary change group compared to the usual diet group. Participants who reported greater reductions in fat intake after the first year had greater reductions in risk of diabetes. The protective effect of the low-fat dietary pattern seemed to be through weight loss.

Weight Change

Women in the low-fat dietary change group lost an average of nearly 5 pounds during the first year of the study and stayed below starting weight during the remaining years. That is wonderful. Although weight loss was not a goal of the low-fat dietary pattern, it was a personal goal of some participants. With the rates of overweight and obesity growing in the United States, small improvements in body weight can help maintain health.

Many people are still learning of the WHI Dietary Study results. The findings are of considerable public health importance in a research area that has lacked large scale randomized research trials to investigate the prevention of chronic disease. We applaud your commitment and dedication.

Thank you for your ongoing participation in the WHI Extension! Every time you complete a WHI form, we learn more about the health and disease risk of postmenopausal women.

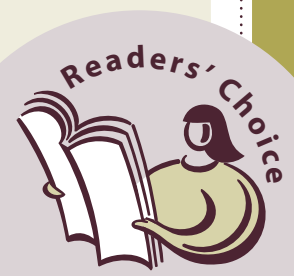
Dietary Study Reflections: Past, Present, and Future

Below is space where you can note your proud WHI moments from the past, how you live them now, and thoughts for carrying them into the future.



WHI Proud Moments	How I live Proud Moments now	How I can carry Proud Moments into the future
<i>Example:</i> ♥ Sticking with my dietary goals even while on vacation	I still watch what I eat while on vacation	Eating healthy is a habit now, one that I expect to keep
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- RESOURCES**
- Women’s Health Initiative website: www.whi.org
 - The American Dietetic Association Website: www.eatright.org
 - My Pyramid Food Guide—an interactive guide to implementing the U.S. Dietary Guidelines into one’s eating plan: www.mypyramid.gov



Last month a recently widowed participant from Wellfleet, MA asked about “shopping and eating for 1.” WHIse Choices invited readers to send their stories and tips, and send they did.

From a reader in Rolling Hills Estates, California: If I make soup or a full sized recipe, I invite a friend for dinner. Another thing that works for me is to make something different out of leftover roast, etc. Stir fry and beef burgundy are great and don’t taste like leftovers at all.

From a reader in Burnsville, Minnesota: When my husband passed away, I found cooking and freezing leftovers worked for me.

From a reader in Seattle, Washington: The solution is the supermarket salad bar. You can take only what you want and it is the best way to make a good, varied, green or vegetable salad.

From a reader in Chicago, Illinois: Cook large, freeze small. The crockpot is your friend. Buy small cans of fruits and vegetables or buy large and freeze half.

From a reader in West Baraboo, Wisconsin: I add some leftover veggies to the one egg that I like to eat every day.