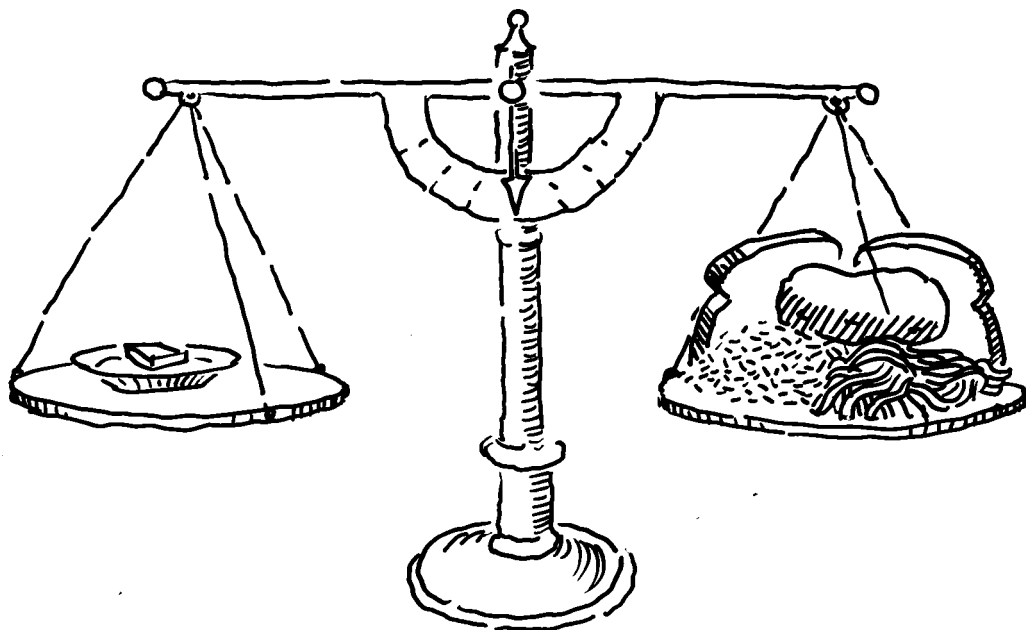


Balancing Your Food Choices

During this session you will:

- ◆ *Compare your current meals and snacks to WHI study goals*
- ◆ *Practice modifying your meals and snacks to meet WHI goals*
- ◆ *Identify ways to maintain healthy eating pattern changes*



Review of Progress

Think back to your progress since your last group session.

- ◆ How are you doing?
- ◆ What strategies and skills are you currently using to maintain your progress?
- ◆ What situations or foods are still challenging for you?

Your Meal Building Blocks

Picture a seesaw. On one end are your WHI nutrition goals (fat, fruit/vegetable and grain). On the other end are all the meals and snacks you plan to eat that day (or week). The object is to keep the two ends of the seesaw in balance.

Your food choices are almost endless. Nutritionally speaking, there are no “good” or “bad” foods. All foods can be part of your WHI eating pattern. However, with all the new foods available, it may be more challenging to make

food choices to meet your WHI nutrition goals and provide variety and balance.

- ◆ What food choices do you think are important for a healthy eating pattern?
- ◆ How has the WHI program helped improve your meals and snacks?

The WHI nutrition goals promote two key ideas: decreased use of fat and increased use of fruits, vegetables and grains. To accomplish these goals, the program encourages you to take some of the

following steps:

- ◆ Decrease the amount of fat used in cooking and at the table.
- ◆ Increase vegetables and grains in meals and snacks.
- ◆ Use more fruit for snacks and desserts.
- ◆ Use lower-fat dairy foods.
- ◆ Reduce fat from red meats by:
 - using leaner cuts
 - reducing amounts eaten
 - using more chicken and fish
 - using meatless main dishes

How Well Do Your Meals and Snacks Stack Up?

Now is a good time to take another look at some of your current eating patterns and food choices.

- ◆ **How well do your current eating patterns meet your WHI nutrition goals?**
- ◆ **How comfortable are you with the variety of foods you have in your meals and snacks? (e.g., Are your meals interesting or boring?)**

Take a few minutes and look through some of the sample menus listed on Worksheet Spring-1 (pg. 9).

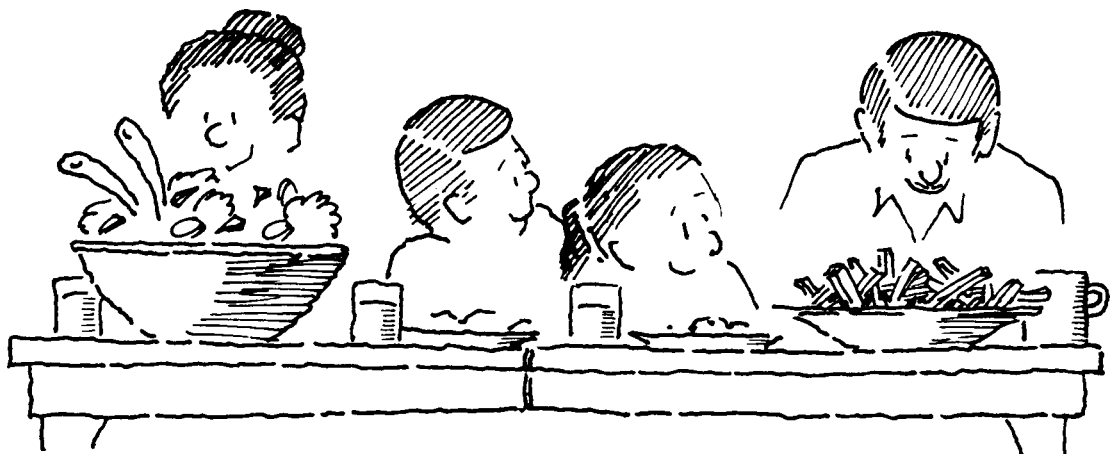
These menu patterns were taken from actual food records of women in the study. They are lower in fat and contain some fruits/vegetables and grains. However, they are still too high in fat, or too low in servings of fruits/vegetables and grains to meet all the WHI nutrition goals. Look at your Fat Scan and think about your eating patterns.

- ◆ **Which of these sample eating patterns matches some of your current eating patterns?**

If none of the sample menus looks like your eating pattern, write your own sample menu on

Worksheet Spring-1 under “Other.” Be sure that the day you choose represents a typical day.

For practice, use one of the sample menus on page 4 (or your own sample). These menus fit each of the four different eating patterns described on Worksheet Spring-1. Look at the sample menu and picture how the meals and snacks would look on a plate. Then change the menu to make it meet your WHI nutrition goals for fat, fruits/vegetables and grains. Think about the foods you could add or remove and the serving sizes you could increase or decrease.



Sample Menu-Hidden Fats Eater

Breakfast

3/4 cup orange juice
1 English muffin with 1 tsp margarine

Snack

1 large blueberry muffin with coffee

Lunch

Large chef's salad with low-calorie drsg. (1 TB)
8 soda crackers
1 glass iced tea

Snack

1/4 cantaloupe and 4 rye crackers

Dinner

3 oz. chuck roast, trimmed before eating
1/2 cup carrots, cooked with roast
1/2 cup mashed potatoes (fat added)
1/8 of angel food cake with 1/2 cup sliced fruit
1 cup coffee

Sample Menu-Restaurant Eater

Breakfast

1 cup cold cereal with skim milk
1 medium banana
1 cup coffee

Lunch (restaurant)

3 oz grilled shrimp with fat
1/2 cup cooked vegetables with fat
1/2 cup rice (no fat)
1 cup coffee

Snack

1/2 cup grapes

Dinner (restaurant)

2 pieces cheese pizza (1/8 of 14" diameter)
1/2 cup coleslaw made with
vinaigrette dressing
1 glass iced tea

Sample Menu -Sweet Snacker

Breakfast

1 cup cornflakes with sugar
1 cup 1% milk

Snack

4 graham crackers (2-1/2" sq.)
and coffee

Lunch

1/2 cup water-packed tuna salad
(fat-free mayonnaise)
on 2 slices of bread with lettuce
1 can soda

Snack

1 small brownie (2-1/2" sq.)
and coffee

Dinner

3 oz. sirloin tip roast, trimmed
1 medium baked potato (no fat)
1/2 cup cooked vegetables
1/8 of angel food cake
1/2 cup frozen non-fat yogurt
1 cup coffee

Sample Menu-Fruit and Vegetable Eater

Breakfast

1/2 grapefruit
1 slice toast with butter (1 tsp.)
1 cup coffee

Snack

4 graham crackers (2-1/2" sq.)
1 medium apple

Lunch

1/2 cup low-fat cottage cheese (2%)
1/2 cup sliced peaches
1/2 hard roll (no fat added) with jelly
1 cup hot tea

Snack

1/2 cup raw broccoli florets
2 TB low-fat dip (lite sourcream)
3/4 cup vegetable juice

Dinner (restaurant)

1 cup spaghetti with extra-lean meat sauce
1 TB parmesan cheese
1 cup tossed salad with low-fat drsg. (1 TB)
1 cup sliced fruit
1 glass wine

Use the serving size guidelines listed in the table below and Worksheet Spring-2 (pg. 10) to help you evaluate how well your sample menu meets your WHI nutrition goals for fat, fruit/vegetables and grains.

Identify any changes you would need to make to help the menu meet the WHI goals. Think about new foods and food preparation ideas that you could use to add interest and variety to the menu.

Compare the changes you identify to the original sample menu. Then use the questions on Worksheet Spring-3 (pg. 11) to help you think about how you feel about making similar changes in your own eating patterns.

What Is a Serving?

Fruits

1 medium piece (2-1/2" diameter)
1/2 medium banana
1/2 cup chopped or cooked fruit
1/4 cup (4 TB) dried fruit
3/4 cup juice

Vegetables

1 cup raw, green leafy
1/2 cup chopped or cooked
1 small baked potato
3/4 cup juice

Cereal, Breads, Grains

1 slice bread or English muffin
1/2 bagel (3" diam.)
1 oz. ready-to-eat cereal (about 1 cup)
1/2 cup cooked cereal
1/2 cup cooked rice, grains, pasta
1/2 cup canned or cooked beans
6-8 crackers (soda cracker size)
1 tortilla (6" diameter)

Maintaining and/or Improving Your Eating Patterns

The food choices you identified to make the menus

meet WHI nutrition goals may make the meals look very different.

Some of these changes are easy for you to make while others may be more challenging. Look at your responses to the questions on Worksheet Spring-3 (pg. 11). Think about some of the ways you could handle your challenges.

◆ **Which eating pattern changes may be more difficult for you to make or maintain?**

Look at Worksheet Spring-4 for some ideas on how to increase your servings of fruits/vegetables and grains. Check any of the ideas that you would find helpful.

If your fat grams are still too high, identify the source of your fat and then refer to the following worksheets for ideas:

◆ **Added fats--
Session 2,
Worksheet 2-1**

◆ **Dairy foods--
Session 3,
Worksheet 3-1**

◆ **Main dishes--
Session 5,
Worksheet 5-6**

◆ **Restaurant eating--
Session 6,
Worksheet 6-3**

◆ **Desserts--
Session 8,
Worksheet 8-1**

◆ **Lunch ideas--
Session 11,
Worksheet 11-6**



Summary

It takes time and patience to make major changes in your eating patterns. Some of these changes have been very easy to make and maintain, while others have taken a little more effort.

Your success in maintaining your eating pattern changes is important for both the WHI Study and for your own good health.

If you need some ideas to get started, look at the recipes and sample menu

(Resource-Spring 1) at the end of this session.

Questions for Thought:

- ◆ What ideas do you think would work the best for you to make or maintain the changes needed to meet your WHI nutrition goals?
- ◆ Which of these strategies have worked for you before?
- ◆ If your strategies did not work before, what are you going to change to make them more helpful this time?

Home Activity

Areas to work on during the next three months:

- ◆ **Use the Fat Scan (or other self-monitoring method) to keep track of what you eat.**
- ◆ **Refer to Worksheet Spring-4 (pgs. 12-15) to identify some new ideas that will help you increase (or maintain) your servings of fruits, vegetables and grains.**

For recipe ideas to get started, look at the suggestions given at the end of this session.

Evaluation:

- ◆ **What new ideas did I use to increase (or maintain) my servings of fruits/vegetables and/or grains?**

- ◆ **What ideas did I use to maintain my fat gram goal?**