

Session One

The Fats of Life

During this session you will:

- ♦ *Find out what this research program is all about*
- ♦ *Identify the benefits of participating in the program*
- ♦ *Find out how much fat is in the foods you eat*
- ♦ *Discover a new eating style*



The Women's Health Initiative

What is it?

Welcome to the Women's Health Initiative. During your screening visits with us you heard about the purpose and goals of this study. Here is a review of some of the key points.

The Women's Health Initiative (WHI) is a national study funded by the U.S. government. Scientists at 40 clinical centers throughout the United States are working with the National Institutes of Health on this study.

The WHI is looking at the effects of taking hormones, and changing eating habits on the overall health of women between the ages of 50 and 79.

Scientists have observed that more women in the United States get breast cancer, colon cancer and heart disease than in some other countries. In countries such as Japan, women eat less fat and more vegetables, fruits and grains and there is a low rate of cancer and heart disease. Scientists suspect that the different eating habits in Japan help explain the lower rates. However, they cannot be sure until they test this belief using the scientific

method. That is what this program is about.

You are a part of the diet modification group. This means you will learn how to change your current eating patterns to ones that are lower in fat and include lots of fruits, vegetables, and grains.

You are helping us test whether a low-fat eating pattern will reduce the risk of getting breast cancer, colon cancer and heart disease.

You will learn to:

- ◆ Reduce total fat intake to 20% or less of daily calories
- ◆ Increase fruit and vegetable servings to at least 5 per day
- ◆ Increase grain servings to at least 6 per day

Benefits of Being Part of the Program

It's a good feeling to know that you are taking care of yourself. You are doing that by taking part in the Women's Health Initiative. You've decided to make some dietary changes which could improve your future health. However, each of you has joined the WHI study for many different reasons. Take a look at Worksheet 1-1 (pg. 9). Which of these benefits are important to you?

- ◆ Information to improve your own eating habits.
- ◆ Health benefits for your family and friends.
- ◆ Help in changing eating patterns to lower fat.
- ◆ The reward of being in an important study.
- ◆ Being part of a group that can help you learn new eating habits.

Your Role in the Program

As you can see, you are part of something big. You have an important role in the success of the study. To gain the most benefits from the study, it is important that you do your part: For more information about being part of a group, look at the handout *Being Part of a Group* in the Resource section of your Participant's Manual.

- ◆ Attend each group meeting.
- ◆ Call if you cannot come to the meeting.
- ◆ Bring your Participant's Manual to the group.
- ◆ Take part in sharing your ideas with other group members.
- ◆ Complete the home activity assignments.
- ◆ Keep track of your progress.

Finding Fat in Foods

Where is the fat?

Fat is found in a wide variety of foods such as meats, dairy foods, gravies and desserts. Some foods are almost all fat, like butter, margarine, oils and lard. Other foods are a combination of fat, protein and carbohydrate, such as hamburgers, cookies and pizza.

You can easily see the fat in some foods, like the fat layer on meat or the butter on bread. However, 75% of the fat in foods is hidden. You eat it but you don't see it! You don't see it because the fat is part of the food or, it may be added to the food during preparation or cooking. To reduce the fat in your menus, you first need to know where to find it.

Look at the menu on Worksheet 1-2 (pg. 10). It shows you the number of grams of fat in foods. The amount of fat in a food is usually measured in

grams. A gram (g) is a very small unit. To give you some examples:

- ◆ A paper clip weighs one gram.
- ◆ One penny weighs about three grams.
- ◆ One teaspoon of butter or margarine weighs four grams.

This menu has a lot of hidden fat, about 1 stick of margarine or butter! This may be hard to believe because you can see only a small amount

of the fat—the margarine on the toast and the salad dressing on the salad. So where is all that fat? It's not just in the margarine or the oil in the salad dressing. As you can see from Worksheet 1-2, it is hidden in many of the foods, such as donuts, cheese, mayonnaise, and meat. In other foods, such as the mashed potatoes and the green beans, the fat has been added during cooking or preparation.



Changing Eating Habits

Will it hurt?

Many people are used to eating high-fat meals, such as fried eggs and bacon in the morning and fried chicken or meat with gravy at night. The foods we select have been influenced by our cultures and what we grew up eating as children. Changing to a new eating style doesn't happen overnight. However, since eating habits are learned, they can be unlearned. The good news is that low-fat meals can be just as quick, delicious, and inexpensive as your old high-fat meals.

Reducing the Fat

There are simple substitutions you can make to change a high-fat meal into a delicious low-fat meal. Turn to Worksheet 1-2 (pg. 10) and write down some of your own low-fat choices. If you need more ideas, look at the suggestions given on Worksheet 1-3 (pg. 11).

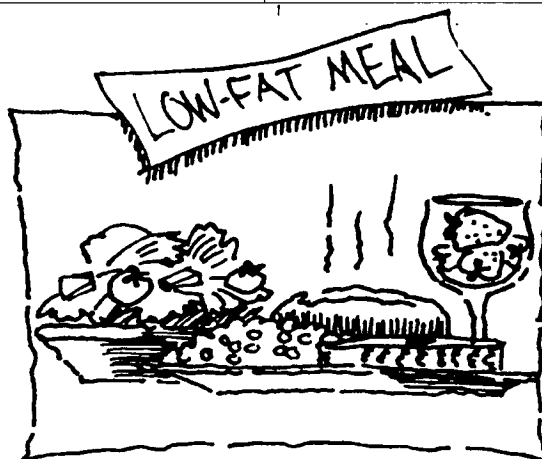
Remember, you don't need to change everything. Depending on the foods you really like, you can choose to keep some of the high-fat foods. You can reduce the fat in many different ways.

- ◆ **Reduce the amount of high-fat foods you eat.**
- ◆ **Eat high-fat foods less often.**
- ◆ **Eat more fruits, vegetables and grains.**

Fruits, Vegetables and Grains

The great news about a low-fat eating pattern is that you can eat more low-fat foods for the same number of calories.

When you lower your fat, you lower your calories. This happens because fat gives you twice as many calories as the same amounts of carbohydrate or protein. Most fruits, vegetables and grains are low in calories and lower in cost. Look at the two meals at the left. It may surprise you to learn that the nearest one is lower in fat. See how much more food you can have when you cut out the fat.



Your New Eating Style



This program is not a "diet program," instead it is a lifestyle change. You will be taught how to improve your eating habits. There is no plan you have to follow. Instead, you will be in control of the changes you choose to make. You can reach your goal in many different ways. You decide what foods you want to eat and how much of each food to eat. You will be introduced to new foods and new ways of preparing foods. Don't worry, eating healthy does not need to cost more. As we go through the sessions you'll get tips to help you save money. In the months ahead, you

will learn a variety of skills. These skills will help make your new eating habits a new way of life.

Family Support Helps

Your new low-fat lifestyle is a delicious and healthy way of eating for your entire family. The changes you will be making are good for both you and all your family members. Your family doesn't have to change. However, if they are willing to change, it makes it easier for you. They might also gain some health benefits by changing along with you.

Encourage your family and friends to help you by sharing your experiences in the WHI program with them. Think about who you are going to tell about the study and what you are going to tell them. Use Worksheet 1-4 (pg. 12) to write down your experiences.

Summary

There are many different reasons why each of you has joined the Women's Health Initiative. However, changing to a low-fat eating pattern will benefit everyone, including other members of your family.

Each of you is an important part of this study. Your attendance and full participation in group meetings will greatly add to the success of the program. The members in your group, as well as your family and friends, can be a big help as you begin to change your eating patterns.

You discovered that almost three-fourths of the fat that you eat is hidden in foods. In this session you began to see which foods contain fat. Now you can begin to take the first step in changing your own eating patterns.

Here are some questions for further thought:

- ◆ **What changes in your eating habits will be the easiest for you to make?**
- ◆ **How can the group support you in making changes?**
- ◆ **How can your family support you in making changes?**

Home Activity

Areas to work on next week:

- ◆ **Tell your family or friends about the WHI.**
- ◆ **Record all that you eat and drink for three days using the Food Diary. Be sure one day is on the weekend. Circle the foods you think are high in fat.**

Use Worksheet 1-4 (pg. 12) to outline a plan and evaluate how well it worked.

Benefits to Participants

Women join this study for many different reasons. Here are some common ones. Are any of these yours?

- | | Me | Not me |
|--|--------------------------|--------------------------|
| 1. Learn to improve my own eating habits. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Health benefits for my family and friends. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Chance to help others in a group and get their help and encouragement. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Help in changing eating patterns to eat less fat and more fruits, vegetables and grains. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Reward of being in an important study that will benefit women's health. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Take an active role in my own health. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Receive low-fat recipe ideas. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Guided practice in developing a new eating style that may decrease the risk for cancer and heart disease. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Other benefits _____ | | |
| _____ | | |
| _____ | | |

Sample Menu Worksheet

High-fat Sample Menu

My Lower-fat Choices

Breakfast

Grams of Fat*

1 cup cereal
1/2 cup 2% low-fat milk
1 slice toast
1 tsp margarine
1 cup coffee
2 Tb. 2% milk

1
2
1
4
0
1

Snack

1 cake donut, 3" diam.
1 cup coffee
1 Tb. half and half

7
0
2

Lunch

Sandwich:

2 slices white bread
1 oz. bologna
1 oz. American cheese
1 Tb. mayonnaise, regular
lettuce
1/2 cup potato chips
1 can cola

2
8
9
11
0
4
0

Dinner

3 oz. roast beef (chuck) untrimmed
1/2 cup mashed potatoes
2 Tb. gravy
1/2 cup green beans, with bacon
1 cup tossed salad
1 1/2 Tb. French dressing
Ice tea with lemon

22
4
3
2
0
9
0

Snack

1/2 cup ice cream, regular

7

TOTAL:

99 grams

*1 tablespoon of fat = 12 grams

Sample Menu Worksheet

(Mexican-American)

High-fat Sample Menu**My Lower-fat Choices****Breakfast****Grams of Fat***

Huevos Rancheros (2 fried eggs)
 with 1/2 cup salsa
 2 fried corn tortillas (6" diameter)
 1 cup coffee
 4 Tb. whole milk
 2 tsp. sugar

14
 0
 12
 0
 2
 0

Lunch**1 Torta:**

1 large bun (4" diameter)
 1 Tb. regular mayonnaise
 1/2 cup refried beans (canned)
 1/4 med. avocado
 1 oz. sliced ham
 2 leaves lettuce
 1 small chili
 1 cup Agua Fresca

3
 11
 1
 7
 3
 0
 0
 0

Dinner**Bistec Ranchero:**

3 oz. fried cubed beef
 1/2 cup fried potatoes
 1/2 cup refried beans (homemade)
 2 flour tortillas, 8" diameter, not fried
 1 cup coffee
 4 Tb. whole milk
 2 tsp. sugar

22
 11
 13
 3
 0
 2
 0

Snack

1 Pan dulce
 1 cup coffee
 4 Tb. whole milk
 2 tsp. sugar

8
 0
 2
 0

TOTAL:

114 grams

*1 tablespoon of fat = 12 grams of fat.

Sample Menu Worksheet (Southern)

High-fat Sample Menu

My Lower-fat Choices

Breakfast

Grams of Fat*

- 1 oz. smoked sausage
- 1 medium biscuit, 2" diameter
- 1 tsp. margarine
- 2 tsp. jam
- 1 cup coffee
- 1 Tb. half and half

8
5
4
0
0
2

Snack

- 1 cake donut, 3" diameter
- 1 cup coffee
- 1 Tb. half and half

7
0
2

Lunch

Sandwich:

- 2 slices white bread
- 1 oz. bologna (regular)
- 1 oz. American cheese
- 1 Tb. mayonnaise, regular
- Lettuce
- 1/2 cup potato chips
- 1 can cola

2
8
9
11
0
4
0

Dinner

- Fried chicken breast with skin (3 oz.)
- 1/2 cup potato salad with regular mayonnaise
- 1/2 cup green beans, with bacon
- 1 piece of cornbread, 3" x 3" x 1"
- Ice tea with lemon

25
15
2
7
0

Snack

- 1/2 cup regular ice cream

7

TOTAL:

118 grams

*1 tablespoon of fat = 12 grams of fat.

Worksheet 1-3

Sample Low-Fat Menu Ideas

High-fat Food	Lower-fat Choice	Grams of Fat
Egg	Cereal or grits with skim milk	1
	Toast with Canadian bacon (1 oz)	3
	Fruit flavored yogurt (1 cup)	3
	Instant breakfast (made with skim milk)	0
	Low-fat cottage cheese (1 cup)	4
Margarine	Diet margarine (1 tsp)	2
	Spread margarine (1 tsp)	3
	Light cream cheese (1 Tb)	3
	Fat-free cream cheese	0
	Jam or honey	0
Donut or sweet roll	Bagel with jam	2
	English muffin with jam	1
	Fruit	0
Bologna	95% fat-free lunch meats (1 oz.)	1
	White meat turkey or chicken (1 oz.)	2
American cheese	Fat-free cheese	0
	1 oz. low-fat cheese (Lite Line, etc.)	2
Mayonnaise	Light mayonnaise (1 Tb)	4
	Fat-free mayonnaise	0
	Mustard or catsup	0
Potato chips	Pretzels or rice cakes	1
	Popcorn (air-popped, no-fat)	0
	Raw vegetables	0
Roast beef	Trim fat off meat (3 oz. chuck)	13
	3 oz. beef top round (trimmed)	4
	3 oz. baked chicken breast (w/o skin)	3
	3 oz. baked fish	1
Mashed potatoes	Don't add fat	0
Gravy	Low-fat gravy from mix	0
	Low-fat gravy, homemade	0
Green beans with bacon	Cook the vegetable with lean ham	0
Salad dressings	Low calorie (1 Tb)	1
	Fat free (1 Tb)	0
Ice cream	Sherbet (1/2 cup)	2
	Frozen yogurt (1/2 cup)	3
	Non-fat frozen yogurt	0
	Sorbet, fruit ices or Popsicles	0
	Fresh fruit	0

Name: _____

Worksheet 1-4

Home Activity Worksheet

Areas to work on next week:

- ◆ Tell your family or friends about the WHI.

Evaluation:

1. Who I told: _____
2. What I told them: _____

3. What were the reactions of my family or friends?

4. What will my family or friends do to help me?

- ◆ Record all that you eat and drink for three days using the Food Diary. Be sure one day is on the weekend. Circle the foods that you think are high in fat.

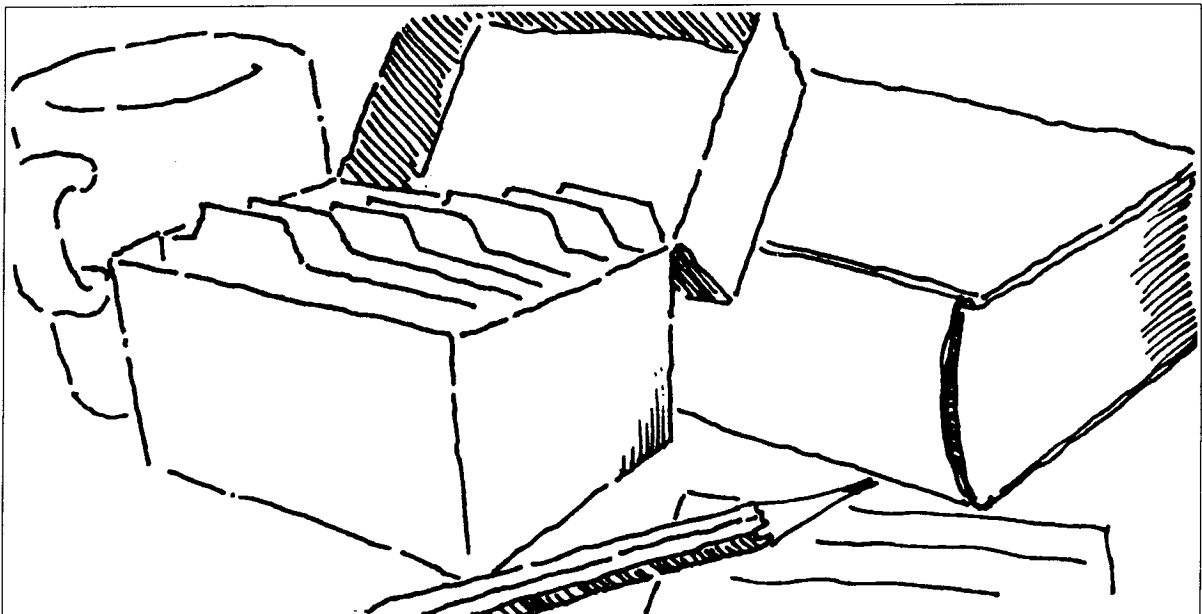
Evaluation:

1. What did I learn about my eating patterns from keeping my Food Diary?

Session One

Recipes

- ♦ *“Oven-Fried” Fish Fillets*
- ♦ *Oven Fries*
- ♦ *Portland Fried Chicken*
- ♦ *Water-Crisped Tortilla Chips*



"Oven-Fried" Fish Fillets

1 pound frozen flounder or sole fillets, thawed
2 tablespoons plain non-fat yogurt
1 tablespoon oil
1-1/2 teaspoons lemon (or lime) juice
4 tablespoons packaged bread crumbs
1 teaspoon seasoned salt
1/2 teaspoon pepper paprika (optional)

Preheat oven to very hot (475°F). Spray a nonstick cookie sheet or shallow baking pan liberally with cooking spray.

Combine yogurt, oil, and juice in shallow dish; mix well. Sprinkle bread crumbs on wax paper. Dip fish fillets in the yogurt mixture, then press into the crumbs, lightly coating both sides. Arrange fish in a single layer on the cookie sheet. Sprinkle with salt, pepper and paprika. Bake fish, uncovered, in preheated oven for 8 minutes (or longer depending on thickness of the fillets). **DO NOT TURN FILLETS.** Fish is done when coating is golden and fish flakes easily. Remove fish with a spatula.

Makes 4 servings

Fat: 5 grams per serving

Grain Servings: 1/2 per serving

Recipe from Family Circle Magazine, September, 1981

Oven Fries

4 medium baking potatoes
4 teaspoons oil
garlic powder, onion powder
salt to taste

Preheat oven to 400°F. Cut potatoes into long French fry shapes: cut in half lengthwise, lay the flat side down and cut long strips, 1/4 to 1/2 inch wide. If you like very crisp potatoes, cut them narrow. Drop them into a bowl of cold water to avoid browning. When cutting is completed, drain the potatoes and blot

dry. Then add oil and toss until well coated. Spray two-three large (at least 9" x 13") baking sheets with cooking spray and spread out potatoes. Sprinkle with garlic and onion powder. (We recommend leaving the salt for the individual eater to add if desired.)

Bake for 20 minutes. Remove potatoes from oven, turn over and bake another 10-20 minutes or until crisp. (1/2" slices will take the longer time.)

Makes 4 servings

Fat: 5 grams per serving

Fruit/Vegetable Servings:
2 per serving

Recipe from Lowfat Lifestyle for the 90's

Portland Fried Chicken

1 chicken, cut in pieces and skinned
1/4 teaspoon pepper
1-1/2 cup crushed Rice Krispies
1/4 teaspoon paprika

Preheat oven to 350°F.
Roll damp chicken in
crushed cereal. Place on
nonstick baking sheet and
sprinkle with pepper and
paprika. Bake uncovered
for 1 hour. If crisper
chicken is preferred,
begin baking at 400°F for
20 minutes, then lower
heat to 350°F.

Makes 6 servings

Fat: 5 grams per serving

Grain Servings: 1/2 per serving

Recipe from The New American Diet

Water-Crisped Tortilla Chips

12 corn tortillas (6" diameter)
non-stick cooking spray
water

One at a time, immerse 12 corn tortillas (6-inch diameter) in water. Drain briefly; lay flat and sprinkle one side with salt, if desired. Stack and cut into 8 wedges. Spray baking sheet with non-stick spray to prevent sticking. Arrange in a single layer (do not

overlap) on a 10 x 15-inch baking sheet. Bake in a 500°F for 4 minutes. Turn with tongs and continue baking until golden brown and crisp (2 more minutes). Repeat until all chips are cooked. If made ahead, store in an airtight container for up to 2 weeks.

Hint: Thin tortillas work best.

Makes 96 chips or 8 cups

Fat: 1 gram per 8 chips
or 1 cup

Grain Servings:
1-1/2 per cup

Recipe from Sunset Low
Fat Cookbook, 1992