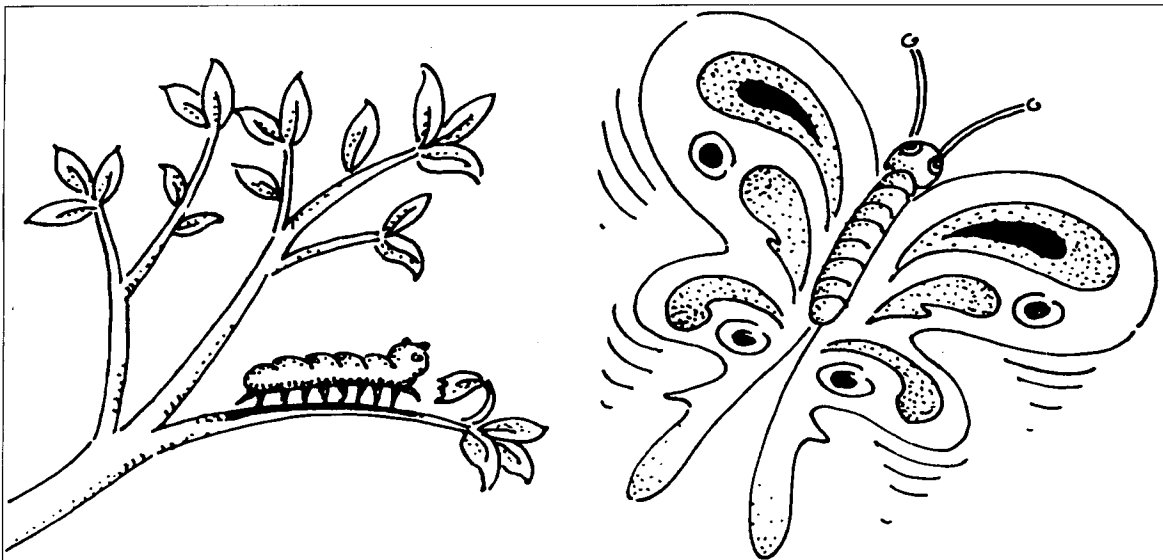


Session Nine

Progress—Exchanging the Old for the New

During this session you will:

- ♦ *Review some of the things you have learned during the last three months*
- ♦ *Review your progress toward your low-fat eating goals*



Review of Home Activity

- ◆ What strategies did you use to reduce the fat in your sweets and desserts?
- ◆ How did you use your assertiveness ('saying no') skills?

Renew Your Commitment

You entered the study feeling eager and excited about your chance to change old eating habits and learn new behaviors. During the last three months, you've been hard at work replacing your old habits. The program has given you the freedom to choose the foods you want to change and how fast you make your changes. Occasionally you have run into some unexpected challenges—situations that didn't go

the way you expected, or family and friends who weren't supportive. These difficulties may have made you feel uncomfortable and less willing to continue to make changes. However, keep in mind that new habits are like new shoes, it takes time to break them in.

You're now entering a second stage of change. Your new behaviors still take a little work to maintain and your initial excitement may have faded. You may be feeling a strong urge to go back to your old way of doing things because it's more familiar and comfortable. This is a great time to stop and renew your commitment to change. Take a look at the good things that are happening in your life. Go back and look at the reasons you joined the study and then look at the number of new things you have learned and the progress you have made.

Remember, you are an important part of the study and of your group. Your participation and attendance in group meetings adds not only to your success, but to the success of the Women's Health Initiative. You need to continue coming

to classes and maintaining the changes you have made. It's important for your future health and the health of your family.

Look at Worksheet 9-1 (pg. 7). The table on this worksheet lists all the information we have

covered during the past three months. The table also lists the session where the material was discussed. This review helps you see how far you have come and lets you go back and review information you feel you need to read again.

Review Your Progress

Many of us don't take credit for our successes. When we do well in any activity, we tell everyone that our success is due to the program. However, if we fall short, we often blame ourselves. This attitude can decrease your self-confidence. It's better to recognize that you are in charge of your own progress. The program only provides ideas and methods, but you have the responsibility of using them. This is similar to using pots and pans to make a meal. Having the right tools can help, but someone has to take the time to put it all together.

Giving the study credit for your progress is like saying that the pan is responsible for making the meal. Whatever you have accomplished is yours to brag about!

Some women have done well and reached their goals, and others may still have some things to change. However, everyone is on their way to a positive change in their eating behavior. So, this is a good time to stop and take a look at just how much everyone has changed since they came into the study.

Use the Food Diaries or Fat Scans you have kept during the last 3 months and look for changes. See if you can find the eating habits or foods you have changed. What are you doing differently when you prepare foods? What are the new foods you have added to your diet? And, what foods have you reduced or cut out? Use Worksheet 9-2 (pgs. 8-11) to check off the changes you've made.

Summary

Consider where you started before you began reducing your fat intake. Think of all the changes you have made and all you have learned. The skills you have now can help you have a healthier lifestyle.

You deserve to feel good. Remember, your efforts count. You have been responsible for changing your eating patterns, so you can continue to make progress and be successful. If you have not done as well as you wanted, don't blame yourself. Learn from your experiences and go out there, and try again!



Home Activity

Areas to work on next month:

- ◆ **Use a Fat Scan for three days. Be sure one day is on the weekend.**
- ◆ **Complete Worksheet 9-2 to review your progress. Bring it and Worksheet 9-3 to your Individual Session with your Nutritionist.**
- ◆ **Evaluate what you (or guests) thought about the foods served at the potluck.**

Use Worksheet 9-3 (pg. 12) to outline a plan and evaluate how well it worked.

Review of What You Have Learned

Information Covered	Session Number
◆ Foods that are high in fat	1
◆ How to eat less fat	1
Eat smaller servings of high-fat foods	
Eat high-fat foods less often	
Replace high-fat foods with lower-fat substitutes	
Eat more fruits, vegetables and whole grains	
◆ The grams of fat you should eat to reach your goal	2
◆ How to use the Fat Counter to look up the fat grams in foods	2
◆ How to set realistic goals	3
◆ How to read a food label	4
◆ Influences on your eating patterns	4
◆ How to eat less fat in main dishes	5
Eat smaller servings of meat or eat meat less often	
Use lower-fat substitutes or trim the fat	
Use lower-fat cooking methods	
Reduce the fat in your recipes	
Use fruits, vegetables and grains to make meatless meals	
◆ How to eat less fat at social occasions or in restaurants	6
Eat smaller servings of high-fat foods	
Choose lower-fat foods	
Make low-fat foods everyone will enjoy	
Make your own changes at the table	
◆ How to make low-fat requests	6
◆ How to use the Fat Scan	7
◆ How to eat more fruits and vegetables	7
Make fruits and vegetables more available	
◆ How to eat less fat in sweets and desserts	8
Eat smaller servings and eat sweets and desserts less often	
Eat fruit for dessert	
Bargain with family and friends for low-fat choices	
Make hidden low-fat substitutions	
Do something else instead of eating	
◆ How to refuse high-fat desserts	8

Progress Checklist

Look at the eating behaviors described below. Check the column you think best describes your current behaviors. Use the first column "I do now" to check off any low-fat behaviors you are currently using (whether they are old or new behaviors that you have just begun). Check the second column to indicate any new eating behaviors or skills you have started to use since joining the WHI study. This will help you see your progress.

	I do now	New since joining WHI	I don't do
Added Fats			
1. Eat less fried foods or use less oil or fat to cook food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use less salad dressings and mayonnaise on salads and sandwiches.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use fat-free or low-fat salad dressings and mayonnaise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Use less butter or margarine on breads, potatoes, and vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Use low-fat margarines or butter substitutes (Butter Buds®, Molly McButter®, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Use fat-free or low-fat gravies and sauces.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Other _____			
Dairy Foods			
1. Use low-fat or skim milk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use less regular cheese.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use fat-free or low-fat cheese to replace regular cheese.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Use less ice cream.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Worksheet 9-2 (continued)

	I do now	New since joining WHI	I don't do
Dairy Foods (continued)			
5. Use fat-free or low-fat frozen desserts (sherbet, ice milk, frozen yogurt) instead of ice cream.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Use lower-fat dairy foods on a daily basis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Other _____			
Meats, Poultry, Fish and Mixed Dishes			
1. Eat smaller servings of meat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use leaner cuts of meat (round, sirloin, tenderloin).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Trim the fat off meat and don't eat the skin on chicken.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat more chicken or fish.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Use lower-fat breakfast meats (chipped beef, Canadian bacon, lean ham) instead of bacon or sausage.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Use water-packed tuna instead of regular tuna in oil.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Stretch meat by using more vegetables, rice, noodles or potatoes in mixed dishes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Use extra lean or diet lean ground beef or turkey breast instead of lean or regular hamburger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Eat meatless meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Other _____			
Snacks, Sweets, and Desserts			
1. Use pretzels, air-popped popcorn or low-fat crackers to replace chips, nuts, and other high-fat snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Worksheet 9-2 (continued)

	I do now	New since joining WHI	I don't do
Snacks, Sweets, and Desserts (continued)			
2. Snack on raw fruits or vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use fruits for dessert.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Use fat-free or low-fat cakes and cookies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Eat smaller servings of high-fat desserts and snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Other _____			
Changes in Eating Behaviors			
1. Store tempting high-fat foods out of sight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Have low-fat foods easily available.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Change my recipes to make them lower in fat, or find new low-fat recipes to use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Bring low-fat foods when I eat away from home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Save some fat grams to cover a high- fat situation (fat budgeting).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Make special low-fat requests when I eat at restaurants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ask my family or friends for help and support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Refuse high-fat foods (learn to say "no thanks").	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Other _____			
Miscellaneous			
1. Keep track of what I am eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Set realistic goals and work toward them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Read labels at the grocery store.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Select restaurants with lower-fat choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Worksheet 9-2 (continued)

Other things I have changed: _____

Areas I would like to talk to my Nutritionist about (check off two or three areas that are challenging for you):

- ☐ Reducing the amount of meat or cheese I eat.
- ☐ Eating more fruits, vegetables and grains foods.
- ☐ Eating fewer cakes, cookies and pastries.
- ☐ Using fat-free or low-fat foods to replace high-fat foods (for example, salad dressings, mayonnaise, or low-fat cheeses).
- ☐ Eating away from home (restaurants or friends'/relatives' homes).
- ☐ Working with the people around me to get more help and support.
- ☐ Finding new low-fat recipes.
- ☐ Preparing easier and less expensive meals.
- ☐ Any other concerns: _____

Name: _____

Worksheet 9-3

Home Activity Worksheet

Areas to work on next month:

- ◆ Use Worksheet 9-2 to review your progress. Also review the Food Diaries and Fat Scans you have kept during the past three months.

Evaluation:

1. What am I doing differently to **prepare** my meals? _____

2. What new foods have I **added** to my meals? _____

3. What foods have I **reduced or cut out** of my meals? _____

- ◆ Evaluate what you (and guest, if appropriate) thought about the foods served at the potluck.

Evaluation:

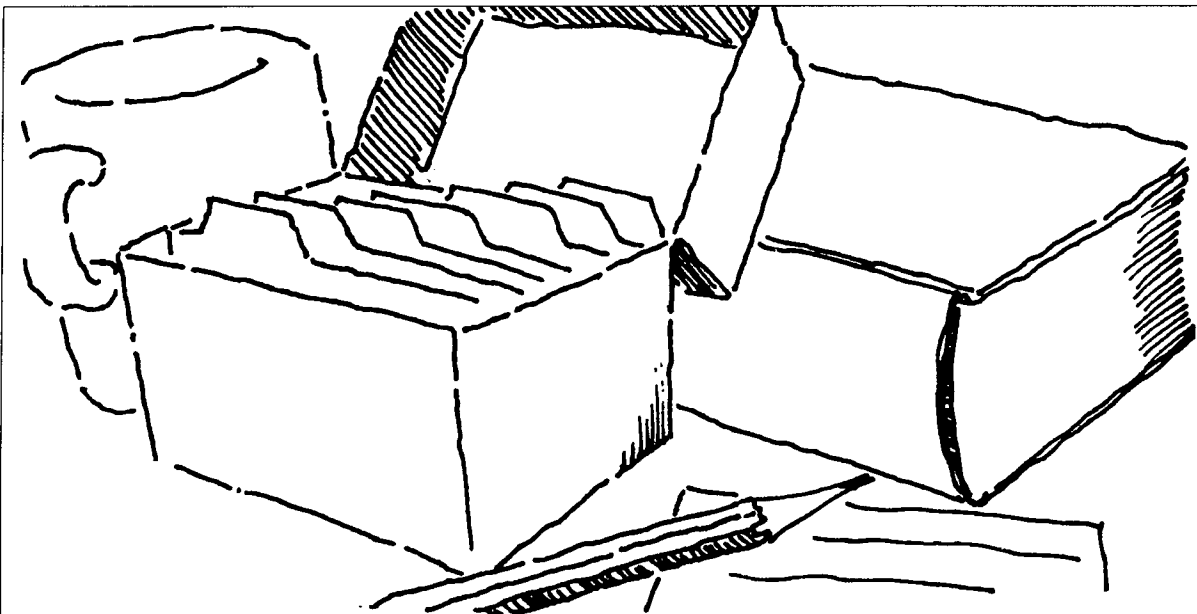
1. What foods did you (and guest) like the best? _____

2. What foods would you (and guest) like to have served for a meal? _____

Session Nine

Recipes

- ♦ *Spinach Lasagna*
- ♦ *Macaroni Bake*
- ♦ *Stay-Abed Stew*



Spinach Lasagna

Sauce

1 large onion, chopped
3 cloves garlic, minced
1 tablespoon oil
2 cans (16 ounces) tomatoes, chopped
1 can (6 ounces) tomato paste
small pinch of basil, oregano, rosemary leaves

Noodles and Vegetable

12 ounces lasagna noodles, uncooked
1 package (10 ounces) frozen chopped spinach thawed or 1 pound fresh spinach, cooked and chopped

Filling

1/2 cup chopped tofu
1/2 cup part-skim ricotta cheese
2 tablespoons grated Parmesan cheese
1/2 cup low-fat cottage cheese
1/2 cup sliced mushrooms (optional)

Topping

6 ounces part-skim mozzarella cheese, grated

Make sauce: Sauté onions and garlic in oil. Add tomatoes, tomato paste and herbs. Simmer for 1/2 hour or longer.

Prepare noodles and vegetables: Cook noodles according to package directions in unsalted water until tender. Drain. Steam spinach and drain, if using fresh, or thaw and drain, if using frozen.

Prepare filling: Mix tofu, ricotta, Parmesan cheese, cottage cheese and mushrooms. Blend well so tofu

is thoroughly mixed in.

Complete casserole: Preheat oven to 350°F. Assemble ingredients in a 9" x 13" baking dish in the following order: small amount of tomato sauce; cooked noodles; 1/3 of cheese/tofu mixture; 1/3 of drained spinach; tomato sauce.

Repeat each layer, ending with noodles and tomato sauce.

Place mozzarella cheese on top of casserole and

bake for about 40 minutes until bubbly. Let stand about 15 minutes before serving.

Makes 12 servings
(about 1 cup each)

Fat: 6 grams per cup

Fruit/Vegetable Servings:
1 per serving

Grain Servings: 1 per
serving

Recipe from The New American Diet

Macaroni Bake

2 cups elbow macaroni, uncooked
1 onion, chopped
2 tablespoons margarine
1/4 cup flour
2 cups skim milk
2 teaspoons dill weed
2 teaspoons parsley flakes
1/8 teaspoon garlic powder
1/2 teaspoon pepper
1/2 teaspoon salt (optional)
2 cups low-fat cottage cheese
1/3 cup bread crumbs
paprika

Preheat oven to 350°F.
Cook and drain elbow macaroni. Sauté onions in margarine until tender. Stir in flour. Cook 1 minute, stirring constantly. Blend in milk. Cook and stir over medium heat until thick. Add spices, cottage cheese and cooked macaroni to the sauce. Pour into shallow, 2-quart baking dish. Top with crumbs and paprika. Bake for 45 minutes or until bubbly.

Makes 8 cups

Fat: 5 grams per cup

Grain Servings: 1 per cup

Recipe from The New American Diet

Stay-Abed Stew

1 pound round steak, trimmed
1 onion, chopped
1 can (16 ounces) green beans, undrained
1 can (4 ounces) mushrooms, undrained
1 green pepper, chopped
2 medium potatoes, chunked
3 carrots, chunked
1/2 teaspoon salt (optional)
1 tablespoon parsley flakes
1/2 cup instant tapioca
1 can (13 ounces) tomato juice
1 cup water

Preheat oven to 250°F.
Trim and cube round steak and place in bottom of casserole pan. Mix vegetables, seasonings and dry tapioca and spread over meat. Pour juice and water over all. (Add more water if you want thin stew.) Bake for 6-8 hours, stirring occasionally.

Makes 12 cups

Fat: 1 gram per cup

Fruit/Vegetable Servings: 1-1/2 per cup

Recipe from The New American Diet