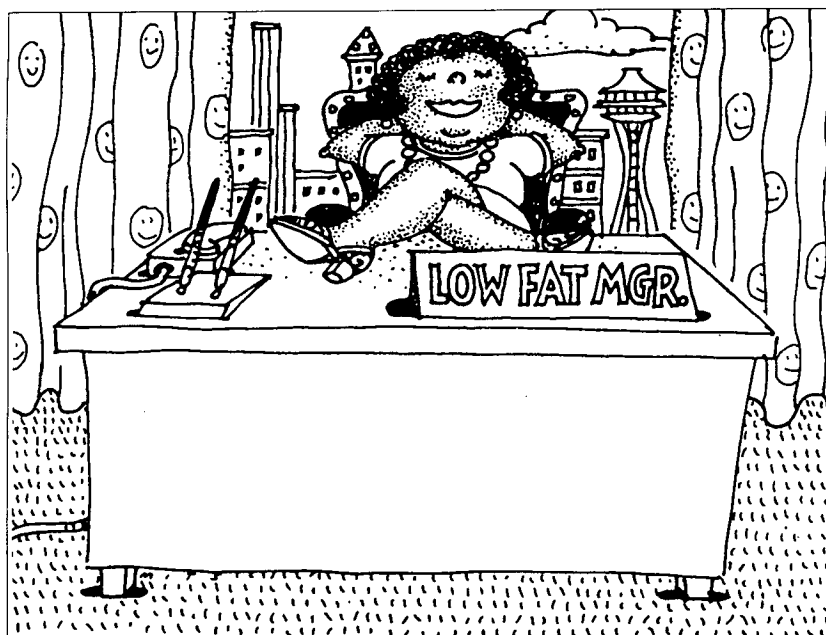


Session Eighteen

Managing The Future

During this session you will:

- ♦ *Review the progress you have made in the WHI*
- ♦ *Review ways to maintain your low-fat eating habits*



Review of Home Activity

- ◆ What new flavorings did you try during the last month?
- ◆ How did you like the new flavorings you tried?
- ◆ What methods are you going to use to stay motivated and maintain your low-fat eating pattern?

Progress of the Women's Health Initiative

Most of you in the WHI have made many changes in your eating habits during the last year. On average, people in the Dietary Change group ate 20 pounds less fat during the past year than they did before starting the WHI. That is equal to 80 sticks of butter or almost 7 cans of shortening.

The biggest decrease in fat was in the amount of fats and oils you use. You now use less butter, margarine and high-fat salad dressings. In addition, you are using more diet or low-fat salad dressings and using smaller amounts on your salads. Your use of fried foods has decreased and you're using more low-fat cooking methods.

Although the biggest change in your eating patterns has been in the area of fats and oils, other food groups have also changed dramatically. The amount of fat from red meats, such as beef and pork, has dropped by about half. Many of you are choosing leaner cuts of red meat and eating smaller servings. The dairy foods you are selecting are lower in fat, such as skim milk and low-fat cottage cheese. Additionally, you have reduced the number of times you are using cheese and ice cream as part of your meals or snacks. The fat contributed by baked goods has also dropped.

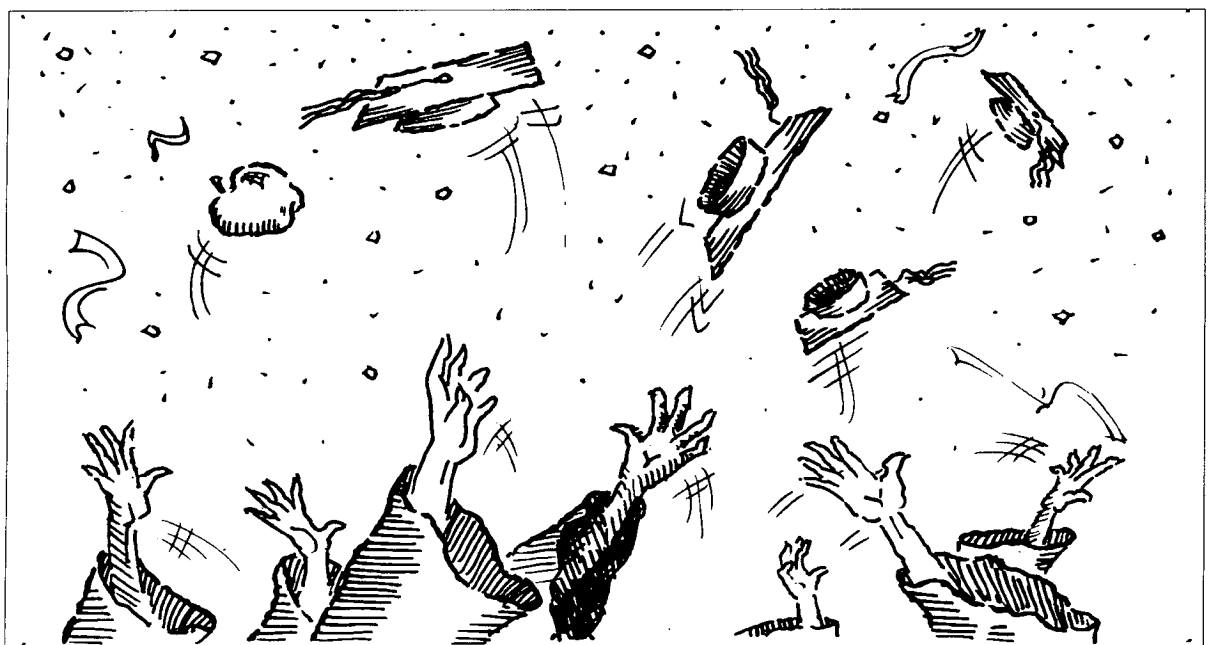
As fat went down, the amount of fruits, vegetables and grains increased. To give you an idea of what this means in terms of foods you may have eaten, consider some examples. If you increased your servings of both fruits and vegetables by one every day, you've eaten 365 additional servings of each in the last year. That's about 90 pounds of apples or more than 180 cups of cooked broccoli. If you increased your grain servings by two each day, you've eaten an additional 730 servings of grains. That is about 50 loaves of bread or 365 cups of rice.

During this first year of intervention you have learned a lot about nutrition. Think back to our first session about the "fats of life". Were you shocked to find out how much fat you ate in one day? Since that first group meeting, your knowledge about the fat content of foods has grown. You know which foods are loaded with fat and which foods contain less fat. You are experienced at reading labels and making healthier food choices. In addition, you know many new ways to increase your servings of fruits, vegetables and grains throughout the day, both in meals and as snacks.

In addition to becoming experts in nutrition, you have developed a collection of skills that you can use to help maintain your eating behavior changes. Some of these coping skills include: setting realistic goals, knowing how to say no, budgeting your fat grams, asking for help when you need it, and defining and solving problems.

For this study to be successful, it is important that two things happen: first, each of you needs to eat less fat and more fruits, vegetables and grains, and second, each of you needs to maintain your changes over time. This means that the changes you

make are long-term changes; you are changing your lifestyle -- not just dieting. You have made the eating pattern changes you needed to meet the WHI goals, now your challenge is to make your new eating patterns permanent lifestyle changes.



Maintaining Your New Eating Style

In the upcoming year, you will receive a variety of support. There will be four regular group meetings that will provide nutritional information to help you maintain your eating pattern changes. In addition, there may be two clinic social functions that will include all of the Dietary Change participants at the clinic. Four times a year you will receive a newsletter giving you helpful hints, recipes, and maintenance ideas. You will also have the opportunity to be part of a peer-led group.

Peer-Led Groups

A peer-led group is a group of WHI participants who continue to meet after the first year of intervention. Each peer-led group will be led by one or two participants (co-leaders) chosen and trained by your Group Nutritionist.

The purpose of the groups is to provide women who want more frequent contact an opportunity to

meet with other participants. The peer-led group can provide the social support you need to help you maintain your new eating behaviors between your regular group meetings. It's important that all group members contribute to their peer-led group by coming to the meetings and sharing the work.

Each peer-led group decides on the type of program they want. This may include: educational programs, cooking demonstrations, guest speakers, or more informal meetings where you can socialize and share ideas and recipes. Co-leaders will have information on community resources for program ideas.

Self-Monitoring

One of your most important self-management skills is self-monitoring. It helps you keep track of your fat intake and servings of fruits, vegetables and grains. To prevent drift in your eating patterns, complete a Fat Scan at least once a month. If

you find that you are eating more fat or less fruits, vegetables and grains, refer back to your Participant's Manual.

Worksheet 18-1 (pgs. 7-8) lists all the information we've covered in the last year. So, if you are having difficulty with a specific food or situation, look for it on this list. In addition, you may find it helpful to review some of the strategies found in the following sessions: Session 3 - Setting Goals, Session 10 - Problem Solving, and Session 16 - Preventing Setbacks. Make a plan to get back on track.

Remember there are delicious recipes at the end of each session and more detailed information in the Resource section of your manual. Be sure to call other group members or your Nutritionist if you are having problems and need more help.

Summary

It's hard to believe we've been meeting together for a year. Congratulations on meeting the challenge of changing your eating habits! You have made major changes, but your

commitment and work doesn't stop after today. The biggest challenge remains—to maintain your new low-fat eating pattern.

We will continue to provide you with support. There are also sources of support in your community.

Here are some questions for further thought:

- ◆ What will help you maintain your dietary change?
- ◆ Who can help support you in maintaining your dietary change?

Home Activity

Areas to work on the next three months:

- ◆ **Use a Fat Scan (or other form of self-monitoring) once a month.**
- ◆ **Discuss ways your family or friends can help you maintain your low-fat eating habits.**
- ◆ **Prepare a recipe served at the potluck and serve it to your family or friends.**

Use Worksheet 18-2 (pg. 9) to outline a plan and evaluate how it worked.

Review of What You Have Learned

<u>Information Covered</u>	<u>Session Number</u>
Foods that are high in fat	1
How to eat less fat	1
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
Reduce fat from dairy foods	3
How to read a food label	4
The ways people influence you to eat high-fat foods	4
Low-fat shopping tips	4
How to eat less fat in main dishes	5
How to use lower-fat cooking methods for meats	5
Modify recipes to reduce the fat	5
Meatless meal ideas	5
How to eat less fat at social occasions or in restaurants	6
How to select low-fat foods at restaurants	6
How to use the skill of fat budgeting	6
How to use the Fat Scan	7
How to eat more fruits and vegetables	7
Fruit dessert alternatives	8
How to eat less fat in sweets and desserts	8
Learn ways to say no to high-fat foods	8
How to use the skill of problem solving	10

Review of What You Have Learned

<u>Information Covered</u>	<u>Session Number</u>
Changing negative thoughts to positive	11
Choosing low-fat lunches	11
Using more vegetables at lunch	11
Planning ahead	12
Preparing low-fat desserts and baked goods	12
Reducing time spent in meal preparation	13
Meal planning	13
Preparing fish	13
Increasing use of beans, grains and vegetables	14
Introducing new foods to family and friends	14
Meatless recipes	14
Stress management techniques	15
Emergency meal plans	15
Identifying high-risk situations	16
Preventing setbacks	16
Promoting maintenance of dietary changes	17
Adding flavor without fat	17

Name: _____

Worksheet 18-2

Home Activity Worksheet

Areas to work on the next three months:

- ◆ Discuss ways your family or friends can help you maintain your eating habits.

Evaluation:

1. People who helped me: _____

2. How my family or friends helped me maintain my eating patterns:

- ◆ Prepare a recipe served at the potluck and serve it to your family or friends.

Evaluation:

1. Recipes I tried from the potluck:

2. Did I (and others) enjoy the recipes I tried?

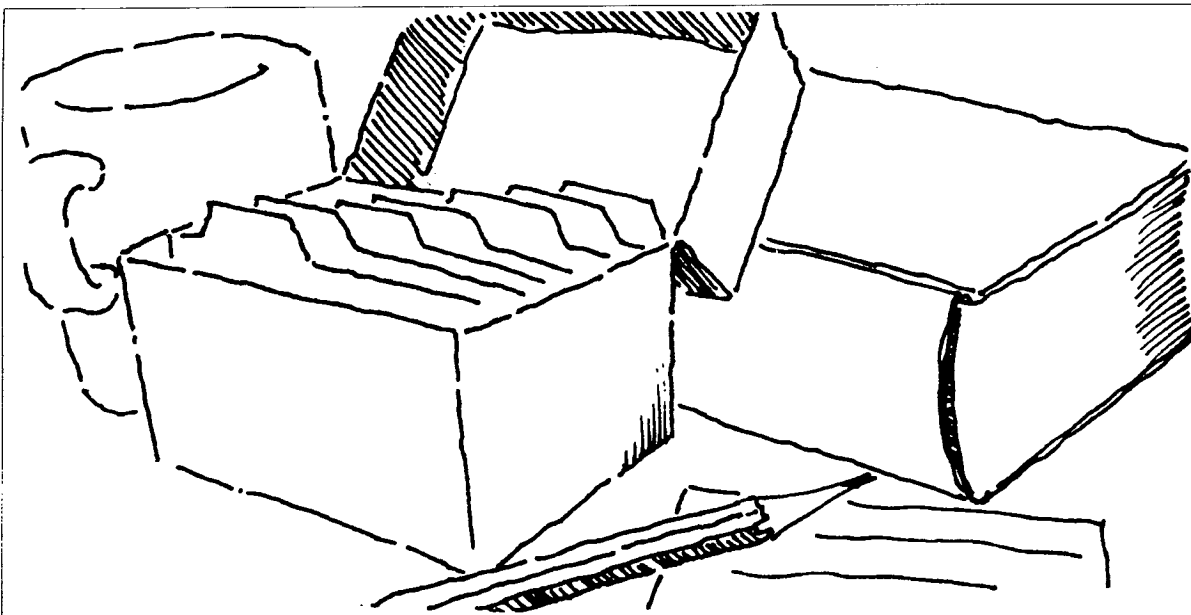
Yes ___ No ___

Comments:

Session Eighteen

Recipes

- ◆ *Spiced Pork and Apple Skillet Supper*
- ◆ *Rigatoni Fagioli*
- ◆ *String Bean Salad*
- ◆ *Carrot and Orange Salad*



Spiced Pork and Apple Skillet Supper

1/2 pound lean pork tenderloin (about 1/2-inch thick)
1/2 cup unsweetened apple juice
1 tablespoon soy sauce
1 tablespoon cider vinegar
2 teaspoons cornstarch
1/4 teaspoon garlic powder
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/8 teaspoon ground nutmeg
1/8 teaspoon white pepper
1 tablespoon vegetable oil, divided
2 Rome Beauty or Winesap apples, cored and sliced
1 cup unsweetened pineapple tidbits or mandarin orange segments, drained
2 cups white rice, cooked

Slice the pork diagonally across grain into very thin slices. Set aside.

Combine the next 4 ingredients, and set aside. Combine the garlic powder, cinnamon, cloves, nutmeg, and pepper in a small mixing bowl. Add the sliced pork to the spice mixture, tossing well.

Heat 1-1/2 teaspoons oil in a skillet over medium heat until it is hot. Add the pork and cook for 3 minutes or until browned, stirring constantly. Remove the pork from the skillet, reserving drippings in skillet.

Add 1-1/2 teaspoons oil and apples to skillet; cook, stirring constantly, 3 minutes or until apples are lightly browned. Return the pork to the skillet. Add the pineapple and the reserved apple juice mixture; cook, stirring constantly, 2 minutes or until the sauce thickens. Serve over rice.

Makes 4 servings

Fat: 7 grams per serving

Fruit/Vegetable Servings:
1 per serving

Grain Servings: 1 per
serving

Recipe from Cooking
Light Magazine

Rigatoni Fagioli

2 teaspoons olive oil
2 chicken breasts (4 ounces each), boneless, skinless, cut into 1" chunks
1/2 medium onion, chopped
2-3 garlic cloves, minced
1 can (14-1/2 ounces) stewed tomatoes, chopped, undrained
1/4 cup chopped fresh basil leaves
8 ounces dry rigatoni, cooked and drained
1 can (15 ounces) white beans, drained
4 tablespoons Parmesan cheese, grated
salt
pepper

Heat olive oil in large skillet. Sauté chicken, stirring frequently until cooked. Add onion and garlic; sauté 2-3 minutes. Stir in tomatoes and basil. Simmer 3-5 minutes, stirring occasionally. Add rigatoni and white beans; toss well to coat.

Season with salt and pepper; remove from heat. Garnish with Parmesan cheese.

Makes 4 servings

Fat: 8 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 3 per serving

Recipe adapted from S&W Fine Foods Corp

String Bean Salad

10 ounces fresh string beans, topped and cut in half
1/4 large purple onion, sliced in long, thin strips
3 Italian tomatoes, sliced into small wedges
2 tablespoons balsamic vinegar
2 cloves garlic, peeled and chopped
1 heaping teaspoon dill, fresh chopped
2 tablespoons parsley, fresh chopped
1/4 teaspoon black pepper
1/8 teaspoon salt

Place the beans in a steamer and steam for 6 minutes. Remove from the heat and immediately plunge into cold water to stop the cooking. Drain and transfer to a large serving bowl. Add the onion and tomatoes and mix well.

In a small bowl, whisk together the balsamic vinegar, garlic, dill, parsley, pepper and salt. Pour over the vegetables and toss well; allow to mingle for 30 minutes.

Makes 4 servings

Fat: 0 grams per serving

Fruit Vegetable Servings: 2 per serving

Recipe from Graham Kerr's Creative Choices Cookbook

Carrot and Orange Salad

1/2 cup orange juice
1 tablespoon lemon juice
1 teaspoon honey
1 teaspoon cornstarch
1 pound carrots, peeled and grated
1/4 cup chopped fresh mint leaves
1 orange, peeled and cut into small pieces

In a small saucepan, mix the orange juice, lemon juice, honey, and cornstarch. Bring to a boil and cook for 2 minutes. Remove from the heat and cool for 5 minutes.

In a large bowl, mix the grated carrots, chopped mint, and orange pieces with the cooled dressing. Place in the refrigerator to chill until serving.

Makes 4 servings

Fat: 0 grams per serving

Fruit/Vegetable Servings: 2 per serving

Recipe from Graham Kerr's Creative Choices Cookbook