



## Winter '98: Not All Fats Are Created Equal

### Nutritionist Note:

The purpose of this session is to address questions and concerns participants may have about different types of fat. In addition, the session provides an opportunity to highlight the importance of reducing foods high in saturated fat, while maintaining foods that provide important nutrients (e.g., fruits/vegetables, whole grains, and unsaturated fat/essential fatty acids). Focus participants on food choices that improve their eating patterns rather than on the ratios between different types fat. Remember all choices need to be made within personal fat gram goals.

## Nutritionist Guidelines

**Time:** 95-115 minutes

**WHILMA:** Enter session in WHILMA as: **5W**

**Objectives:** In this session, the participant will:

(Key Points)

- Share experiences and strategies with other group members.
- Relate WHI dietary goals to the role of different types of fat in health and disease.
- Identify sources of different types of fat in their current eating patterns.
- Practice skills to help meet (or maintain) their WHI fat gram goal while increasing the variety of unsaturated fat sources and decreasing saturated fat food choices.

**Session**

**Messages:**

- Maintain your fat gram goal when including sources of unsaturated fat.
- Include legumes, whole grains, nuts/seeds, oil, and/or fish for sources of unsaturated fat.
- Choose poultry, fish, lower-fat dairy foods and reduced or fat-free baked goods and snacks to decrease sources of saturated fat.
- Low-fat eating patterns, such as WHI usually contain very little trans fatty acids. Focus on total and saturated fat instead of trans fats.

**Materials:**

- Overhead - Winter 1: Making *the Fat and Disease Connection*
- Supplies for 'skills practice' (will vary between clinics).
- Self-monitoring tools

**Other WHI Resources Related to Session:**

- Summer '98 *Making WHIse Choices* (DM newsletter)-feature article *Fat Facts* (Q&A on safety of a low-fat eating pattern)
- Fall '98 *Making WHIse Choices* (DM newsletter)-feature article *Health News: Help, Hope or Hype* (evaluating news reports).
- Year 1 Participant Session Materials:
  - Session 4, Worksheet 4-5 *Lower-Fat Substitutes*
  - Session 14, Worksheet 14-4 *Ways to Increase Intake of Beans, Grains and Vegetables*
- Year 1 Participant Manual-Resource Section:
  - *Lean Meat, Poultry and Fish Choices* (pgs. 16-17)
  - *Meat Stretching Ideas* (pg. 22)
  - *Meatless Ideas* (pg. 23)

**Nutritionist-Optional Background Reading**

- Position paper on *trans* fatty acids. Special Task Force Report. Am J. Clin Nutr 1996;63:663-70

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Below is a list of the maintenance sessions planned for 1999/2000. This information will help Nutritionists plan ahead when responding to participant requests for 'additional information'.

**Upcoming Maintenance Session Topics:**

- Spring 1999            Role of Diet in Breast and Colorectal Cancer
- Summer 1999        Phytosterols
- Fall 1999             Progress in WHI
- Winter 1999         Life transitions and maintaining WHI
- Spring 2000         Phytochemicals

## Winter '98: Not All Fats Are Created Equal- (Facilitation Outline)

	<b>GROUP SHARING/GOAL FOLLOW-UP (20-30 minutes)</b>
(20-30 minutes)	<p><b>Objective:</b> Participants exchange experiences and strategies with other group members about handling the holidays and self-monitoring.</p> <p><b>Purpose:</b> Build group cohesion and participant self-efficacy.</p> <p><b>A. Group Sharing:</b> Relax participants with an ice breaker activity. Ask them to briefly share a memorable holiday experience (or another selected topic).  <u>Sharing Ideas:</u></p> <ul style="list-style-type: none"> <li>▪ “My most memorable holiday eating experience was...”</li> <li>▪ “The strangest thing that happened during the holidays was...”</li> <li>▪ “The most creative idea I had to eat less fat during Thanksgiving was...”</li> </ul> <p><b>B. Goal Follow-up:</b> Ask participants to share examples of the successes and challenges they had using the new self-monitoring tools during various situations (work, home, traveling, or special occasions/holidays).  <u>Q/A</u> (Potential questions):</p> <ul style="list-style-type: none"> <li>☛ Which of the new self-monitoring tools did you try?</li> <li>☛ How was the new tool helpful?</li> <li>☛ What other creative ways have you used to keep track of what you eat?</li> <li>☛ What have you learned about your eating patterns by keeping track?</li> </ul> <p>-----</p> <p><b>Peer Group Sharing</b> (If peer groups):  Purpose: Provide support and recognition of peer group activities and to promote interest:</p> <ul style="list-style-type: none"> <li>☛ During the past 3 months what types of activities have you done with other members of WHI?</li> <li>☛ In what way have these activities helped you maintain your interest and commitment to WHI?</li> </ul> <p><u>Note:</u> Reintroduce peer group idea if a particular group has not been participating.</p>



*Notes*

	<b>NEW MATERIAL (50-60 minutes)</b>
(5 minutes)	<p><b>1. Overview/Introduction</b></p> <p>A. Point out that during the past few years, low-fat eating has become a topic of great interest. Numerous studies have been conducted around the world, each with its own set of questions. So it's not surprising that we continue to see newspaper headlines that provide confusing statements about what to eat and what not to eat.</p> <p>B. The Summer '98 issue of the DM newsletter began addressing participant's questions about the safety of low-fat eating patterns. In this session, we plan to review the role of fat in health and address questions that participants have about different types of fat and health.</p>
(20-25 minutes) Overhead Winter-1	<p><b>2. Role of Fat in Health</b></p> <p><u>Objective:</u> Nutritionist and participants relate WHI dietary goals to the role of different types of fat in health and disease.</p> <p><u>Purpose:</u> Provide perspective and clarification for participants.</p> <p>A. Briefly describe the role of fat in health and ask participants if they have any questions or concerns about their low-fat eating patterns.</p> <p><u>Points to make if there are safety concerns:</u></p> <ol style="list-style-type: none"> <li>1. Research to date does not identify any health risks of low-fat eating patterns (with the possible exception of long-term liquid diets).</li> <li>2. In addition, data available in WHI do not suggest that Dietary Change women reach and sustain sufficiently low levels of fat intake to raise concern.</li> <li>3. Point out that the WHI Data and Safety Monitoring Board is specifically charged with assuring participant safety and under this charge they have reviewed both nutrient intake levels and health event rates in DM at their semi-annual meetings. These data continue to support the safety of the low-fat eating pattern used in WHI.</li> <li>4. People need very small amounts of dietary fat to meet their daily needs- only about 1-2 teaspoons that they can get from both foods and oils.             <ol style="list-style-type: none"> <li>a) Essential fats are two fats that your body cannot make enough of (linoleic and linolenic)                 <ul style="list-style-type: none"> <li>• Small amounts of these fats are found in a wide range of foods such as cold water fish (e.g., salmon, mackerel), beans/legumes, whole grains, vegetable oils, nuts/seeds (e.g., walnuts, flaxseeds and sunflower seeds) and in soy products.</li> </ul> </li> </ol> </li> </ol>

B. Ask participants what they have read or heard about the different types of fats and their relation to health (e.g., saturated, trans fat, monounsaturated and polyunsaturated fat). Target your discussion to the areas where your participants have questions or misunderstandings.

1. Use Overhead Winter-1 *Making the Fat and Disease Connection* to briefly review the roles of different types of fat in cancer and heart disease.

Suggested points to make:

1. Similar dietary changes appear to reduce the risk factors for both cancer (breast and colorectal) and heart disease
  - a) Reduce total fat.
  - b) Reduce saturated fat.
  - c) Limit use of trans fatty acids.
    - Scientists still debating effect.
    - Some studies indicate that *trans fats* appear to act like saturated fat, raising blood cholesterol and LDL's but to a lesser extent than saturated fat. The role of trans fat in cancer is less clear.
    - Low-fat diets contain very little trans fatty acids.
    - Sources of trans fats include: stick margarines, shortening, pastries, packaged cookies and crackers, French fries and other deep-fried foods
    - Switching from margarine to butter is not the answer. Better strategies are to use canola or olive oils when cooking, small amounts of soft tub margarine, or even some of the new 'trans-free' margarines (resource page 18).
  - d) Use monounsaturated fat in moderation (within WHI fat gram goal).
    - May be beneficial in moderate amounts when used to replace saturated fat, they lower total and LDL (bad) cholesterol levels. And recent studies suggest that they might be beneficial in reducing the risk of breast cancer.
  - e) Use polyunsaturated fat in moderation (within WHI fat gram goal).
    - Like monounsaturated fat, polys may lower blood cholesterol levels so they are often recommended as part of a healthy heart eating plan.
    - Effect on breast and colorectal cancer is unknown.



Notes

## 2. Take home messages:

- a) It's important to lower both your total fat and your saturated fat. Your WHI fat gram goal will help you reduce both.
- b) Don't worry about trans fatty acids they represent a very small part of a low-fat eating pattern such as WHI.
- c) Using small amounts of unsaturated fats in place of saturated fats may be beneficial in reducing the risk of both cancer (breast and colorectal) and heart disease.

(15 minutes)

Note:  
The Winter1 worksheet can be moved before the role of fat in health discussion (item #2) if desired.

### 3. Self-Assessment (Winter-1 worksheet)

Objective: Participants identify sources of different types of fat in their current eating patterns.

Purpose: Develop self-management skills.

- A. Have participants complete *Winter-1* worksheet to evaluate their current eating patterns for sources of different types of fat.
  - a) Potential food sources of *trans fat* are indicated by an asterisk (\*) on the worksheet.
  - b) Worksheet does not list lower-fat or fat-free foods such as fruits, vegetables, whole grains and dairy foods because these foods are low in total fat. They are not major sources of either saturated or unsaturated fats.
- B. Use the questions below (or other open-ended questions) to promote discussion and identify food choices that influence variety and balance in different types of fat.
- C. On a black board or flip chart, make a list of the foods/food groups that are over or under used by your group.

#### Q/A:

➤ **What types of foods did you circle?**

➤ **How often do you use these foods?**

➤ **What is your usual serving size?**

➤ **Based on our list, where do you think people could begin to modify their food choices to get more variety and still meet their WHI nutrition goals?**

- D. Ask the group to identify and summarize potential unbalanced food choices that they could modify, such as choices that:
  - Eliminate entire food groups (e.g., oils, fish, whole grains)
  - Show slippage back to a higher intake of regular snack crackers, cookies, etc.
  - Frequently save up fat grams for foods high in saturated fats (e.g., high-fat desserts, red meats, etc.).
- E. Point out that while WHI suggests that women budget their grams of fat for specific foods that they really enjoy (saturated or unsaturated), we also want to encourage participants to eat a variety of foods. The variety will supply important nutrients they need, (e.g., essential fatty acids in unsaturated fat and vitamins, minerals, and fiber in fruits, vegetables and whole grains).





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(10-15  
minutes)

#### 4. Skills Practice

Objective: Participants practice skills that will help them meet (or maintain) their WHI fat gram goals while increasing the variety of unsaturated fat sources and decreasing saturated fat food sources.

Purpose: Develop new skills and review and enhance old skills. Promote self-management and self-efficacy.

A. This practice session could vary depending on the skills your think the group needs to target.

Delivery Ideas (Select one or develop your own idea):

- **Modifying Sample Menus:** Use sample menu(s) with about 25 grams of fat and an imbalance in types of fat. Ask participants to decrease sources of saturated fat and include sources of unsaturated fats while maintaining a low-fat intake (~25 grams). One sample menu is included at end of this material. Possible steps:
  - 1) Cross out sources of saturated fat and potential trans fat and circle sources of monounsaturated and/or polyunsaturated fat.
  - 2) Assess variety and mix of fats.
  - 3) Modify menus to shift mix while maintaining total fat grams.
- **Identifying Sources and Strategies** (team activity). Possible steps:
  - 1) Give each team a large piece of poster paper.
  - 2) Have them draw a line down the middle of the paper. On one side of the sheet, ask them to list the foods that they currently eat that provide major sources of saturated fat. Then on the other side, list strategies they would be willing to use that would:
    - Reduce total fat and
    - Replace sources of saturated fat with mono or polyunsaturated fat.
  - 3) Competition could be based on number of 'correct' food sources identified or number of strategies identified.
- **Shopping for Decisions** (label reading). Possible steps:
  - 1) Use various food labels or foods that allow participants to find information about: total fat/serving, saturated fat/ and potential trans fats ('partially hydrogenated' vegetable oil as one of the top 5 items in list of ingredients).
  - 2) Ask participants to compare products and make shopping decisions that would help them meet their WHI fat gram goals and decrease the amount of saturated fat and potential trans fats in their food choices.



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	<b>GOAL SETTING/IMPLEMENTATION OF PLAN (15 minutes)</b>
(15 minutes)	<p><b><u>Objective:</u></b> Participants identify a goal (dietary change) to improve (or maintain) the variety in the mix of fats they currently eat.</p> <p><b><u>Purpose:</u></b> Goal setting, verbal contracting.</p> <p>A. Have participants identify at least one specific behavior that they will work on between group meetings to meet their WHI fat gram goal and get more variety in the types of fat they are currently eating.</p> <p><b><u>Suggestions:</u></b></p> <ul style="list-style-type: none"> <li>• Reduce frequency or serving size highly saturated food (e.g., red meat, rich desserts, pastries, snack crackers, cheese, etc.).</li> <li>• Eat more beans/legumes and/or whole grains to increase variety of foods that contain small amounts of unsaturated fat.</li> <li>• Replace highly saturated foods with small amounts of foods that contain unsaturated fats choices (e.g., fish, nuts/seeds and vegetable oils )</li> </ul> <p>B. Use the suggested questions below (or similar questions). Ask participants to think about what they've learned during this session and their skills practice. Then ask them how they can use this information to improve their current eating patterns and meet (or maintain) their WHI fat gram goal.</p> <p>C. Have all participants verbally state what they plan to do before the next group meeting to improve their current eating pattern.</p> <p><b><u>Q/A:</u></b></p> <ul style="list-style-type: none"> <li>➤ If you're <b><u>meeting</u></b> your WHI fat goal (<b><u>or</u></b> below it), what did you discover about your food choices that would help you improve the mix in the types of fat you eat?</li> <li>➤ If you're <b><u>currently above</u></b> your fat gram goal, what did you discover about your food choices that would help you reduce your total fat intake and also improve the mix in the types of fat you eat?</li> <li>➤ What action will you take during the next 3 months to improve your current eating pattern?</li> </ul>

Ideas for Active Group Participation:

(Note some of these ideas involve more activity, so they should be tailored to each group's age and ability):

- Ask participants to write their goals on a big piece of poster paper taped on a wall and have them verbally share their goal during the food tasting break, etc.).
- (Optional): Ask all group members to stand up. Then, as they share their plan, they can sit down. Or use a soft fuzzy rubber ball (cuz ball) for participants to toss between them as they share their plans.



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	<b>FOOD TASTING (10 minutes)</b>
(10 minutes)	<p><b><u>Objective:</u></b> Participants taste foods that will help them identify food choices that are lower in saturated fat or food choices that provide a mix unsaturated fat alternatives.</p> <p><b><u>Purpose:</u></b> Develop new skills and/or review and enhance old skills. Promote self-management and self-efficacy.</p> <p><b><u>Clinic Choice:</u></b> Food Tasting Suggestions: (Note: These ideas could be incorporated into the 'skills practice' in some situations- e.g. hands-on food preparation/cooking skills).</p> <p><b><u>Delivery Ideas</u></b> (Select an idea or develop your own ideas):</p> <ul style="list-style-type: none"> <li>• Focus on ways to work in small amounts of unsaturated fat. Demonstrate easy, tasty and quick ways to incorporate <u>small</u> amounts of unsaturated – essential fats into meals (e.g., fish, nuts/seeds, small amounts of flavored oil for salads or stir-frying, etc.). [Message: You can meet your WHI fat goal and still include small amounts of foods with essential fats]. <u>Potential recipes from previous sessions:</u> Session 5: Sesame Halibut Session 13: Ginger Sesame Sole Fillets (microwave), Croaker Stir-Fry Spring 2 session: Ratatouille, Fettuccine with Spicy Shrimp Sauce Fall 3 session-Broccoli Salad, Cranberry Waldorf Salad</li> <li>• Focus on whole grain snack alternatives that could be substituted high-fat commercial cookies and crackers. [Messages: Reduce trans fat; increase mix of unsaturated fat sources in the form of whole grains]. <u>Potential recipes from previous sessions:</u> Spring 3 session: Wholesome Apple-Bran Muffins</li> <li>• Review and demonstrate vegetarian main dishes or ways to reduce red meat in main dishes fat. [Message: Reduce foods high in saturated fat]. <u>Potential recipes from previous sessions:</u> Session 5: Peppers Stuffed with Rice and Tomato Session 9: Spinach Lasagna Session 14: Bean Lasagna, Beef Barley Skillet, Acapulco Bean Casserole Winter 3 session: Five-Minute Vegetarian Chili</li> </ul>



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## **Sample Menu –Where's the Fat**

This meal contains a combination of different types of fat. Please circle any of the foods that would provide a source of saturated fat or trans fats and underline foods that would provide a source of unsaturated fats.

### **Breakfast**

1 cup cornflakes with sugar  
1 slice toast with 1 tsp. tub margarine  
1 cup 2% milk

### **Lunch**

Sandwich: 2 slices of bread  
1 oz. extra lean ham  
mustard and lettuce  
1 medium peach  
glass of water

### **Snack**

4 small gingersnaps

### **Dinner**

3 oz. sirloin tip roast, trimmed  
1 medium baked potato with salsa (no fat added)  
1/2 cup cooked vegetables (no fat added)  
1 piece (1/8 of 10" diameter) piece angel food cake  
1/2 cup frozen yogurt, non-fat  
1 cup coffee



## Sample Diet Composition

Food	F/V Serving	Grain Serving	Fat Grams	Types of Fat
Cornflakes		1	1	
Toast		1	1	
Tub margarine			4	Polyunsaturated
2% milk			5	Saturated
Extra lean ham			2	Saturated
Bread		2	2	
Mustard			0	
Peach	1			
Gingersnaps		1	3	Trans fats
Sirloin tip roast			4	Saturated
Baked potato	2		0	
Green beans	1		0	
Angel food cake		1	0	
Non-fat frozen yogurt			0	
<b>Total</b>	4	6	22	

## Examples of Different Food Choices:

Original Food	Lower-Fat Choice to Substitute	Difference in fat grams	Effect on Mix of Fats
2% milk	Skim milk	-5 grams	Reduces saturated fat
3 gingersnaps	½ cup fruit	-3 grams	Removes source of potential trans fats
3 oz. sirloin tip roast, trimmed	3 oz. chicken or turkey breast	-1 grams	Reduces saturated fat
3 oz. sirloin tip roast, trimmed	3 oz. low-fat fish (e.g., haddock)	-3 grams	Reduces saturated fat
3 oz. sirloin tip roast, trimmed	1 cup beans/legumes	No difference in fat grams	Adds small amounts of unsaturated fat
	Add 2-3 tsp. toasted almonds to green beans	+3-5 grams	Adds small amounts of unsaturated fat
	Add tossed green salad with 1 Tbsp oil/vinegar salad dressing	+2 grams	Adds small amounts of unsaturated fat

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Nutritionist Information: Trans-Free Margarines:

1. Spectrum Naturals. They use natural gums to thicken and have the consistency of pudding. Technically they are not margarine.
2. Smart Balance. Recommended by the American Heart Association. Thickening comes partly from a small amount of saturated fat.
3. Fat-free and low-fat margarines.
  - Some have no trans fats at all (Promise Ultra Fat-Free, Smart Beat Fat-Free Squeeze, and Fleischmann's Fat-Free Spread).
  - Some have less than 0.5 grams per tablespoon (Smart Beat Fat-Free Spread, Fleischmann's Lower Fat, and promise Light and Ultra).All of these margarines are considered 'trans-free' by current labeling practice, even though you will see the term 'partially hydrogenated oil' on the ingredient list. These margarines use gums, gelatin, or starch for thickening.
4. Promise Spread. A new full-fat 'trans-free margarine. Its ingredient list contains the term 'hydrogenated oil'. Unlike partially hydrogenated oil, hydrogenated oil has no trans fat. (Yes, it is confusing). Promise is keeping its manufacturing process secret.