

Spring 2004

Supporting Your Investment in Women's Health

During this session you will:

- ◆ *Explore how current nutrition recommendations for the public compare to the WHI Dietary Change goals.*
- ◆ *Share thoughts and feelings about the importance of group support as the Dietary Change group sessions come closer to the end.*
- ◆ *Identify ways to stay connected with WHI through the WHI close-out visit.*



Next Steps Follow-Up

At the Winter session we reviewed skills and strategies you've acquired to help you meet (or maintain) your fat gram goal. Each of you had an opportunity to create your own personalized list of most important skills and strategies.

- ◆ In what way(s) were you able to use your personalized list to help you meet (or maintain) your WHI fat gram goal?

Supporting Your Investment in Women's Health

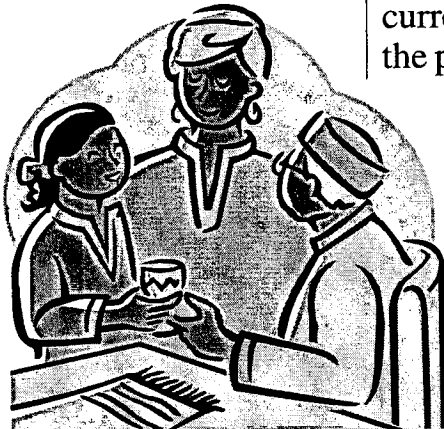
As a participant in the largest women's health study ever conducted, you are making a tremendous contribution to science and future generations. Thank you!

You, and your fellow group members, have a long-term investment in WHI and continue to contribute to the success of the study in a number of ways. Your investment includes coming to Dietary Change group sessions, selecting lower fat foods, and using personal skills and strategies that make it possible for you to maintain a low-fat eating pattern. This session focuses on ways to continue supporting your investment in women's health.

The session provides an opportunity for you to:

- ◆ compare the WHI Dietary Change goals to current nutrition recommendations for the public
- ◆ explore your thoughts and feelings about the upcoming close of the Dietary Change group sessions and the value of group participation
- ◆ identify potential ways to create support to maintain your low-fat eating pattern through your WHI close-out visit

Let's begin by looking at how the WHI Dietary Change goals compare to current nutrition recommendations for the public.



Comparing WHI Dietary Change Goals to Nutrition Recommendations for the Public

Occasionally the news media reports on nutrition recommendations for the public and some of you have wondered how they compare to your WHI Dietary goals. Let's take a quick look.

Nutrition experts decide about recommendations for the public by reviewing current scientific evidence about diet and disease. They may look at data from thousands of studies before making final decisions.

Both government agencies and professional organizations issue recommendations. Government recommendations apply to the public in general, while professional organizations target specific diseases. For example, the American Heart Association provides guidelines for the prevention and treatment of heart disease and the American Cancer Society focuses on the prevention of cancer.

Take a few minutes to compare the WHI Dietary Change goals to nutrition recommendations issued by three government agencies. Use the information provided in *Spring Resource 1 - Comparison of WHI Dietary Change Goals to WHI-Related Nutrition Recommendations for the Public* (page 7).

- What differences do you see?
- What similarities do you see?
- What surprises you (if anything)?

Why might dietary goals for a research study, like WHI, differ from nutrition recommendations for the public?

- ◆ The goal of research studies, like WHI, is to **discover 'new information'** about diet and disease.
- ◆ Nutrition recommendations for the public are based on **'what is already known'** about diet and disease.

When you looked at *Spring Resource 1*, you may have noticed many similarities between the WHI Dietary Change goals and nutrition recommendations for the public. Some participants have said that these similarities help them feel comfortable about the dietary changes they've made for the WHI Dietary Study.

- What do you see in the comparison that might help support your interest in meeting (or maintaining) your WHI Dietary Change goals through your close-out visit?



A Walk Down Memory Lane -- Sharing the Moments

The members of your Dietary Change group have been a part of your life for a number of years. They have provided ongoing encouragement, ideas, and companionship. Take a few minutes to 'walk down memory lane'. Think about some of the moments, ideas, and companions you want to remember from your Dietary Change group sessions. Begin by asking yourself:

- **What will I miss the most about my Dietary Change group?**

- **In what way(s) have the members of my group helped support my efforts to meet (or maintain) my WHI Dietary Change goals?**

- **One of my favorite memories from my Dietary Change group experience is....**

Support from people around you, especially other Dietary Change participants, can help you maintain a low-fat eating pattern. Some participants have shared that the members of their group provide support by:

- ♦ offering encouragement, ideas, and companionship
- ♦ providing support and solutions for challenges that sometimes seem too big to solve alone
- ♦ reminding each other that, as WHI participants, we are part of a landmark study that is already finding answers to questions about women's health

As your Dietary Change group sessions come closer to the end (the Summer 2004 session is the last one!), consider thinking about additional ways that you might support yourself in continuing to meet (or maintain) your WHI Dietary Change goals through your close-out visit.



Moving Ahead--Creating Support for Yourself

Imagine that your WHI close-out visit is about six months from today and there are no more Dietary Change group sessions. You're committed to continuing to meet (or maintain) your WHI low-fat eating pattern. Ask yourself:

- **What ways might I use to support myself in continuing to meet (or maintain) my WHI low-fat eating pattern until I complete my close-out visit?**

- **How is this different (or similar) to what I am currently doing?**

For some of you, this may mean doing what you have already been doing to meet (or maintain) your WHI Dietary Change goals. For others, you may be thinking that you will be doing things a bit differently between now and your WHI close-out visit. Each of you has different experiences and needs. You are the best judge for what you need to do to support yourself.



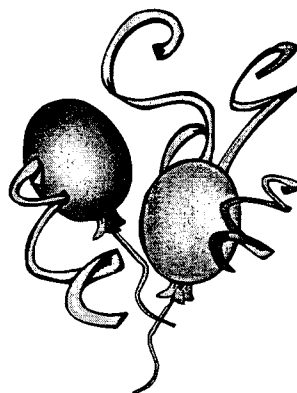
Next Steps

■ ■ This session provided an opportunity for you to consider how you might “support your investment” in women’s health. You had a chance to think about:

- ◆ how the similarities between the WHI Dietary Change goals and current nutrition recommendations for the public might support your interest in continuing to meet (or maintain) your WHI Dietary Change goals
- ◆ how the support of Dietary Change group members helps you stay motivated to meet (or maintain) your WHI Dietary Change goals
- ◆ possible ways that you might support yourself in continuing to meet (or maintain) your WHI Dietary Change goals through your close-out visit

Thank you for the many years you have invested in WHI Dietary Change group sessions. Continuing to follow your low-fat eating pattern through your close-out visit will help answer the Dietary Study question: *Will a low-fat eating pattern that is high in fruits, vegetables and grains reduce the risk of breast cancer, colorectal cancer, and heart disease?*

Please join us at the Summer 2004 session to celebrate your investment in women’s health.



Question for Thought

- ◆ **What is the most important thing that you identified from this session that supports your interest in meeting (or maintaining) your WHI Dietary Change goals through your close-out visit?**

Comparison of WHI Dietary Change Goals to WHI-Related Nutrition Recommendations for the Public

	WHI Dietary Study (Research to learn more answers)	Nutrition Recommendations (Based on research already completed)		
	WHI Dietary Change Goals	Food & Nutrition Board Institute of Medicine (IOM)	World Health Organization Agriculture Organization (WHO/FAO)	U.S. Department of Agriculture (USDA) Dietary Guidelines for Americans, 2000
TOTAL FAT	20% of total calories 7% or less of total calories as saturated fat*	20-35% of total calories 7% or less of total calories as saturated fat	15-30% of total calories Less than 10% of total calories as saturated fat	30% or less of total calories Less than 10% of total calories as saturated fat
FRUITS and/or VEGETABLES	5 or more servings daily	Eat more fruits and/or vegetables No specific number of servings recommended	Eat 400 grams daily (about 5-6 servings)	Eat 5 or more servings daily (choose at least 2 servings of fruit and at least 3 servings of vegetables each day)
GRAINS	6 or more servings daily**	Eat more grains, especially whole grains No specific number of servings recommended	Eat more whole grains No specific number of servings recommended	6 or more servings daily, especially whole grains

The WHI Dietary Study is testing whether a low-fat eating pattern that is high in fruits, vegetables and grains reduces the risk of breast cancer, colorectal cancer, and heart disease in post menopausal women.

WHI Dietary Change Goals:

* Encourages less saturated fat, but does not have a specific saturated fat self-monitoring goal. Dietary changes focused on reducing total fat to achieve a reduction in saturated fat.

** Encourages, but does not emphasize, whole grains.

Tangy Lime Risotto

**1 cup uncooked Arborio rice* or short grain white rice,
rinsed and drained**
1/4 cup chopped onion
2 teaspoons olive oil
3-1/2 cups hot water
1 to 2 tablespoons fresh lime juice
1-1/2 teaspoons instant chicken bouillon granules
**1 cup frozen baby peas and mushrooms (or other frozen
vegetables)**
1/4 cup shredded fresh Parmesan cheese
1 tablespoon snipped parsley

* Arborio rice is traditionally used for risotto because the high starch content gives the dish its creamy texture.

1. Combine rice, onion and oil in 12-inch nonstick skillet. Cook over medium heat for 6-8 minutes, or just until rice begins to brown, stirring constantly.
2. Add water, juice and bouillon. Simmer for 20-25 minutes, or until the rice is tender and water is nearly absorbed, stirring occasionally.
3. Stir in peas and mushrooms, cheese, and parsley. Cook for 3-4 minutes, or until peas are hot and the texture is creamy, stirring frequently.

Makes 8 (1/2 cup) servings.

Fat: 3 grams per serving

Grain Servings: 1 per serving

Recipe from: *Recipes for Life by
Healthy Choice®*

Tuscan Beans with Sage

1 to 2 tablespoons chopped fresh sage
6 garlic cloves, minced or pressed
1 tablespoon olive oil
2-1/2 cups chopped fresh or canned tomatoes (28-oz. can, drained)
1-1/2 tablespoons fresh lemon juice
2 (15-oz.) cans cannellini beans*, drained
salt and ground pepper to taste

* White navy beans can be substituted.

Combine sage, garlic, and oil in a sauté pan and sauté on medium-low heat for several minutes, until the garlic is golden. Add the tomatoes, lemon juice, and cannellini beans and continue to cook for about 10 minutes, until everything is hot. Add salt and pepper to taste. Serve immediately or chill to serve later.

Makes 6 (1 cup) servings.

Fat: 3 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from: *Moosewood Restaurant*
Low-Fat Favorites