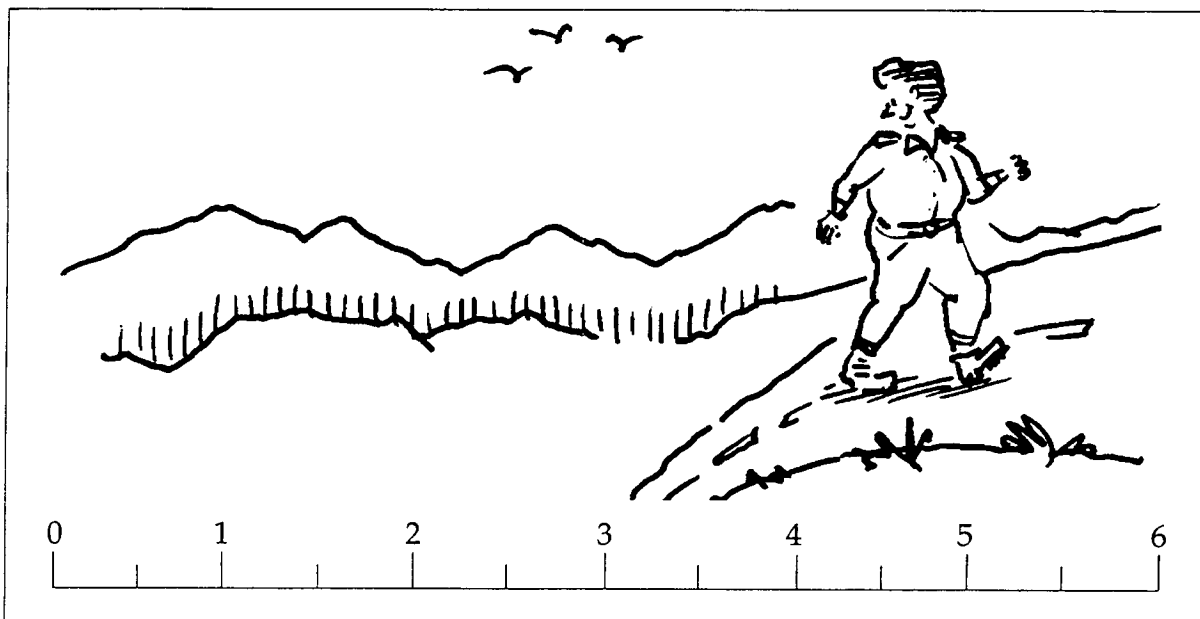


Fall Session

Sizing Up Your Progress

During this session you will:

- ♦ *Review your current eating patterns to identify progress and maintenance of your WHI nutrition goals.*
- ♦ *Discuss ways to maintain progress and prevent drift away from WHI nutrition goals.*
- ♦ *Refine skills estimating serving sizes of foods.*



Review of Progress

- ◆ What was your most satisfying or rewarding moment in the past 3 months?
- ◆ What would have made the last 3 months easier for you?
- ◆ What skills or tools did you use to deal with your challenges?

Assessing Your Progress

During the past three months, you've had the opportunity to maintain your WHI eating pattern with less group support than you had during the first year.

Some of you have been participating in peer-led group activities to help you maintain your changes. Others have been working on their own.

However, the word "maintenance" can be misleading. Maintaining behavior changes is like maintaining a garden. To remain healthy, gardens need to be tended, weeded, watered and watched over.

Just like a garden, your eating patterns may look fine when you are looking at them from a distance. However, when you go out into the garden, there may be small weeds that need your attention.

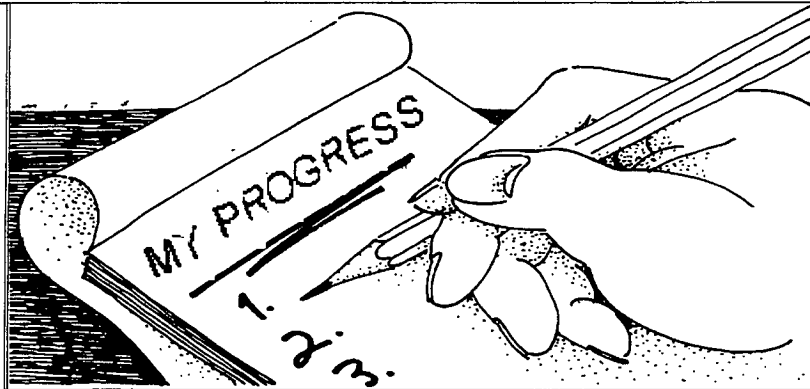
Without taking a closer look at your garden, you may not see the problems until it is too late and they appear overwhelming. Then you may need lots of effort and support to get your garden, back into its former shape.

Your eating patterns are similar to a garden. When people don't pay attention and use their self-monitoring tools, they can drift a little over time.

For some people, this drift may be very small and occur only during certain situations or around specific foods. However, other people may drift further without recognizing the small changes that are occurring over time.

Right now is a good time to review your current eating patterns. For most of you, summer vacation challenges are over, but the holiday season is just around the corner.

Use your Fat Scans and the questions on Worksheet Fall-1 to help you recognize your successes and identify areas (food groups) where you might be drifting away from your WHI goals.



Fat Grams

Review the summary chart on the back page of your Fat Scan. Look at your fat score.

- ◆ **How does your current intake of fat compare to your WHI fat gram goal?**

If you are maintaining your fat gram goal, use your Fat Scan to identify some of the food choices that help you remain successful. If you are drifting, look for the food groups that may be creating challenges.

Use the summary chart at the back of your Fat Scan. Look at the food groups that contain most of the fat in meals and snacks: Dairy, Fats, Meats, Mixed Dishes and Sweets. Then turn to the individual food group sections and look at the foods you circled.

- ◆ **What specific foods or food groups have you changed to help you maintain your WHI fat gram goal?**

- ◆ **Which foods or food groups still present challenges for you?**

In the Dairy group, look at the foods that you eat frequently. Are you using lower or higher-fat dairy foods, such as cheese and ice cream?

Look at the Fats and Oils food group. Think about the spreads you use on breads and sandwiches. Has your serving size of spreads (margarine, butter, mayonnaise) or salad dressings changed? Do you use non-fat substitutes, such as non-stick sprays when you prepare foods?

Review the foods you eat in the Meats and Mixed Dish group. How often do you eat chicken, turkey or fish versus red meat?

When you select beef, pork or lamb, are you using leaner cuts of red meat and trimming the visible fat? Take a look at your serving size. What's your typical meat serving?

Finally, review the Sweets group. These foods can easily add a lot of extra fat to your meals and snacks.

Fruit/Vegetable Servings

After you have reviewed the major fat-containing food groups, look at your use of fruits and vegetables.

Use the summary chart at the back of your Fat Scan. Look at your fruit/vegetable score and at the food groups that contribute servings of fruits and vegetables to your meals/snacks. These groups are: Fruits/Vegs and Mixed Dishes.

- ◆ **How do your servings of fruit/vegetables compare to your WHI goal?**

If you are meeting and maintaining your fruit/vegetable goal, identify some of the foods and strategies you are using to stay successful. If you are below your goal, look for ways you could include more fruits and vegetables in your meals and snacks.

- ◆ **Are you using fruits and/or vegetables daily, or are your servings concentrated on one or two days?**

Sometimes, it's difficult to remember to write down all your servings of fruits and vegetables. Remember to count the servings that you eat in mixed dishes or as snacks.

- ◆ **What are some of the factors that make it more challenging for you to reach your fruit/vegetable goal?**

Grain Servings

Now, look at your grain score and see how close it is to your WHI goal.

- ◆ **How do your servings of grains compare to your WHI goal?**

The food groups that contribute grain servings to your meals/snacks are: Breads, Mixed Dishes and Sweets.

- ◆ **What changes have you made in foods that have influenced your WHI grain goal?**
- ◆ **Are you eating a variety of grain-type foods, not focusing just on sweets?**

At the end of your review, take a few minutes and think about some of the foods or food groups that help you maintain your WHI nutrition goals. Also consider the areas where you might be drifting away from your WHI nutrition goals. Use Question 13 on Worksheet Fall-1 to summarize how well your current eating patterns meet your WHI goals.

Then identify some steps you can take during the next 3 months to either maintain your progress or get yourself back-on-track in the areas where you identified some drift.

- ◆ **What can you do to maintain your progress, or get yourself back-on-track with your WHI goals?**

Look at some of the suggestions provided on Worksheet Fall-1, Question 14, if you need some ideas to get started. Check off at least two ideas you would be willing to use during the next 3 months.

Sizing Things Up

One area that is commonly missed when looking for causes of drift is serving size. You might be wondering how much difference it really makes if your serving of ice cream is 3/4 cup instead of 1/2 cup. After all, you are usually at or very close to your WHI fat gram goal, right?

Well, maybe. But research on eating habit changes shows that people commonly make estimating errors. It is not unusual to believe that you are meeting your WHI goals even when you may be drifting.

Unfortunately serving size is not an area that you can evaluate when you look at your Fat Scan (or other self-monitoring tool).

Your estimating skills may need some fine-tuning. Take another look at your Fat Scan, or Food Diary.

◆ **Which of the following areas create estimating problems for you?**

- Estimating the serving size of meat, poultry, fish and cheese.
- Estimating the serving size of vegetables, grains, cereals and side dishes.
- Deciding on the size of pieces of fruit or vegetables (small, medium, or large).
- Deciding on the amount of fat or servings of fruits/vegetables, or grains in mixed dishes.

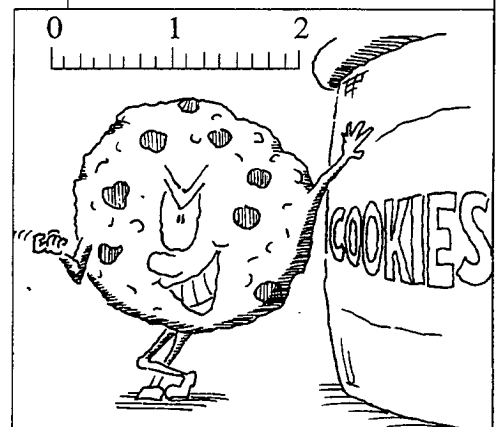
These misjudgments of serving size can have a major impact on the amount of fat you are really eating and your servings of fruits/vegetables and grains.

◆ **What methods do you currently use to estimate your servings of foods?**

◆ **How do you estimate your servings of fruits, vegetables and grains in mixed dishes?**

Your aim should be to come up with reasonable estimates. You don't need to be perfect. Focus your energy on avoiding major sources of error:

- ◆ **Underestimating the serving size of foods that tend to be higher in fat.**
- ◆ **Underestimating the serving size of foods you frequently eat.**



It might seem like you are meeting your fat gram goal by eating only small amounts of high-fat foods, but your serving sizes may be incorrect.

For example, Denise's fat gram goal is 25 grams per day. According to her best guess, she is usually right on target. Her estimates of what she eats and drinks are accurate for the most part. However, Denise usually puts light mayonnaise on her sandwich at lunch. She estimates that she uses 1 Tb (4 grams of fat) when it's actually 1-1/2 Tb (6 grams of fat).

This doesn't appear to be a major problem, however, because Denise eats a sandwich 5 days a week, the error adds up. By the end of a week, she has eaten 10 extra grams of fat without being aware of it.

To increase your own awareness of serving size, you are going to learn how to use your hand as a serving size tool.

Your Own Serving Size Guidelines

You will be measuring your thumb, your fist, the palm of your hand, and a 'handful' to develop your own personal serving size measurements.

These measurements will help you develop a mental image of various serving sizes. Then you will be able to use these images to help you estimate food servings.

To make your hand measurements, follow the directions on Worksheet Fall-2. Write your measurements down on this worksheet (Fall-2) and on the index card labeled *My Serving Size Guidelines*.

Use Worksheet Fall-3 to practice using your personal serving size guidelines on some foods at home.

Keep your index card in your purse or post it somewhere at home where you'll see it. Use it as your own personal reference tool. It will provide a handy resource for self-monitoring. It will also serve as a reminder to check your serving sizes periodically and see if they are growing or shrinking!

Consider doing a periodic serving size review to keep your serving size estimating skills fine-tuned. For example, place your best guess of 1/2 cup of cereal or fruit on a plate, or in a bowl. Then pour the amount back in a measuring cup to see how close your estimate was to the correct amount. Make corrections in your serving sizes as necessary.

Summary

Today you used your Fat Scan to check your progress and look for drift in your WHI eating patterns. Drift may be a result of changes in lifestyle, gradual changes

in food choices, and/or changes in serving sizes. During the next three months, use the steps you identified on Worksheet Fall-1, Question 14 to maintain your progress or minimize drift. In addi-

tion, post your index card *My Serving Size Guidelines* on your refrigerator or carry it in your purse. Use your serving size guidelines to help you estimate how much you eat.

Questions for Thought:

- ◆ How will your personal serving size guidelines help you maintain your WHI eating patterns?
- ◆ What is your plan (or goal) to maintain your progress or minimize drift in your WHI eating patterns for the next 3 months?

Home Activity

Areas to work on during the next three months:

- ◆ Use the Fat Scan (or other self-monitoring method) to keep track of what you eat.
- ◆ Use the steps you identified on Worksheet Fall-1 to maintain your WHI goals, or minimize drift.
- ◆ Use your card *My Serving Size Guidelines* to help you estimate serving sizes.

Evaluation:

- ◆ How did my *My Serving Size Guidelines* help me estimate serving sizes?
- ◆ What steps did I use to maintain or minimize drift in my WHI:

Fat gram goal?

Fruit/vegetable goal?

Grain goal?

Assessing Your Eating Patterns

Use your Fat Scans and the questions on **Worksheet Fall-1** to assess your current eating patterns. Think about your eating patterns during the past 3 months. Identify the steps you are using to maintain your changes. In addition, look for areas where you might be drifting away from your WHI goals.

Fat Grams: My fat gram goal is: _____ gm/day

My average fat score was: _____ gm/day

1. How do my average grams of fat compare to my WHI fat gram goal?
____ At goal ____ Above goal ____ Below goal

Review the following food groups: Breads, Dairy, Fats, Fruits/Vegetables, Meats, Mixed Dishes and Sweets and Desserts:

2. Which food groups provide most of my fat grams? _____

3. What changes have I made to decrease my fat intake or maintain my fat gram goal? _____

4. What foods or situations make it difficult for me to maintain my fat gram goal? _____

Fruit/Vegetable Servings: (Goal 5+ servings per day)

My average fruit/vegetable score was: _____.

5. How do my average daily servings of fruits/vegetables compare to my WHI fruit/vegetable goal?
____ At goal ____ Above goal ____ Below goal

Worksheet Fall-1 (continued)

Review the following food groups: Fruits/Vegetables and Mixed Dishes.

6. Which food groups provide most of my servings of fruits and vegetables?

7. What changes have I made to increase my servings of fruits/vegetables?

8. What foods or situations make it difficult for me to increase my fruit/vegetable servings?

Grain Servings: (Goal 6+ servings per day)

My average grain score was:_____.

9. How do my average daily servings of grains compare to my WHI grain goal?

___ At goal

___ Above goal

___ Below goal

Review the following food groups: Breads, Mixed Dishes and Sweets

10. Which food groups provide most of my servings of grains? _____

11. What changes have I made to increase my servings of grains? _____

12. What foods or situations make it difficult for me to increase my grain servings?

Worksheet Fall-1 (continued)

13. Based on my review: How well do I feel that my current eating patterns are meeting my WHI nutrition goals? (Check appropriate box.)

WHI Nutrition Goal	Maintaining my WHI goals	Moving toward my WHI goals	Drifting away from my WHI goals
Fat Grams			
Fruit/Vegetable Servings			
Grain Servings			

14. What steps would I be willing to use to maintain my progress or get-back-on-track if I am drifting away from my WHI goals? (Check at least two steps.)

- ☐ Complete more frequent self-monitoring (Fat Scans, Food Diaries, etc.).
- ☐ Join a peer-led group or call a WHI buddy for more support.
- ☐ Select leaner cuts of meat.
- ☐ Trim fat off meat and take skin off poultry before eating.
- ☐ Reduce the amount of margarine or butter used as a spread on bread or added to vegetables.
- ☐ Reduce the amount of light salad dressing used on salads or use fat-free choices.
- ☐ Eat more fruits and vegetables for snacks and desserts.
- ☐ Make low-fat fruits and vegetables readily available.
- ☐ Choose a smaller serving of high-fat foods.
- ☐ Select lower-fat substitutes for some of my higher-fat choices.
- ☐ Use positive self-talk, "It's okay to have an occasional high-fat day. I can budget to get back-on-track."
- ☐ Order smaller servings at a restaurant.
- ☐ Make a new commitment to your WHI nutrition goals.
- ☐ Make special low-fat requests when eating at a restaurant.
- ☐ Measure frequently eaten foods (use measuring cups, spoons, food scale, etc.).
- ☐ Prepare and freeze foods so that low-fat meals are always on hand.
- ☐ Other: _____

Measuring My Hand

Activity 1: Using Your Hand to Estimate Size

Use your hand to make estimates of serving size. Your hand will provide an estimating 'tool' that is easily available and simple to use. Record your own personal serving size amounts on this worksheet or the index card titled *My Serving Size Guidelines*.

Thumb: Useful for measuring butter, margarine, peanut butter, mayonnaise, and sauces.

1. Use the play dough. Mold a piece of play dough into the shape and size of your thumb tip (up to the first knuckle). Then measure the amount of play dough in your mold using measuring spoons. An average thumb tip is equal to one teaspoon.

My thumb is equal to: _____ (number of teaspoons)

2. Use a ruler to measure the width and length of your thumb (to the second knuckle). Then multiply the (length) x (width) x (0.6) to equal ounces. Record the amount below.

My thumb length = _____ inches

My thumb width = _____ inches

My thumb thickness = _____ inches

(length) _____ x (width) _____ x (thickness) x 0.6 = _____ ounces

My thumb is equal to: _____ (ounces)

Worksheet Fall-2 (continued)

Fist: Useful for estimating servings of fruits, vegetables, grains, casseroles, ice cream, etc.

3. Use the play dough. Mold a piece of play dough into the shape and size of your fist. Then measure the amount of play dough in your mold using measuring cups. An average fist is equal to one cup.

My fist is equal to: _____ (number of cups)

Palm of Hand: Useful for measuring meat servings, pancakes, cookies, cornbread, lasagna, etc.

4. Use a ruler to measure the palm of your hand. Then multiply the (length) x (width) x (palm thickness) x (0.6) to equal ounces. Record your information below.

My palm length = _____ inches

My palm width = _____ inches

My palm thickness = _____ inches

(length) _____ x (width) _____ x (palm thickness) x 0.6 = _____ ounces

The palm of my hand is equal to: _____ (ounces)

Handful: Useful for measuring popcorn, chips, nuts, cereals, dried fruit.

5. Grab a handful of the food. Measure the handful using a measuring cup. Record the amount of one handful below. Repeat using both hands and record below as "two handfuls."

My one handful is equal to: _____ (number of cups)

My two handfuls is equal to: _____ (number of cups)

Serving Size Worksheet

How Much Is It?

Activity 2: Estimating Serving Sizes

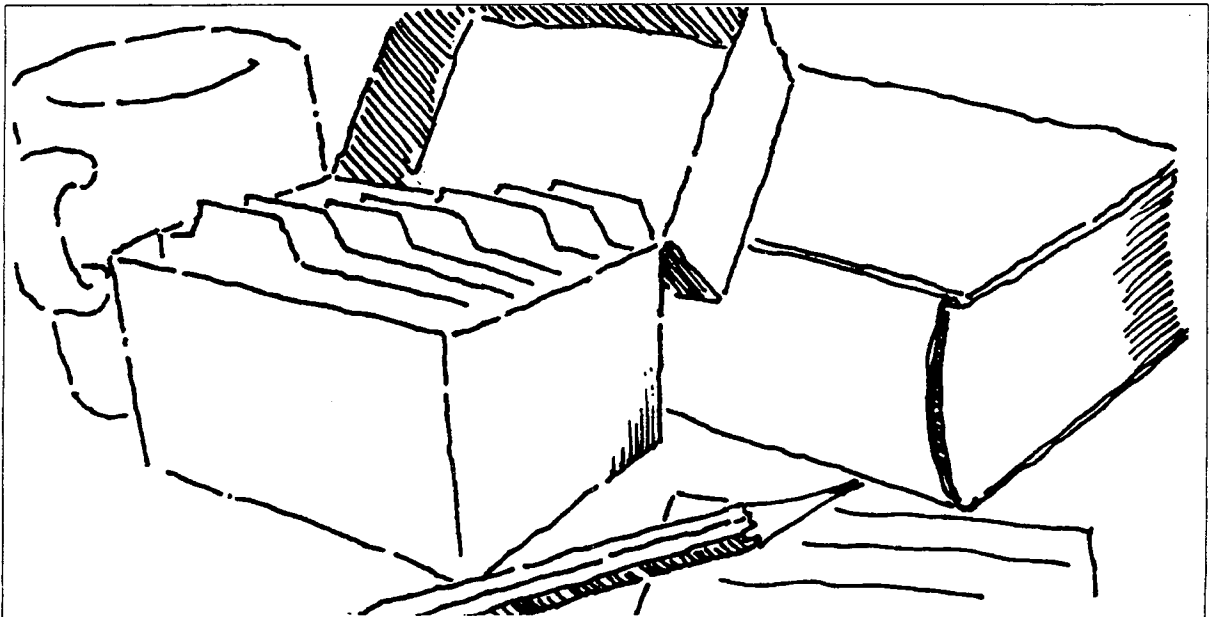
Look at the sample foods. Estimate the serving sizes by using your personal guidelines (hand measurements) and some of the other information listed on the back of your index card (*My Serving Size Guidelines*). Use your Fat Scan or Fat Counter to determine the fat grams in the serving. Decide on how many servings of fruit/vegetables or grains this serving would provide.

Food	My Serving Size Estimate	Fat Grams	F/V Servings	Grain Servings
Meat				
Mixed Dish				
Ice cream				
Cheese				
Fruit/Vegetable				
Cereal				
Fat				
Fruit/Vegetable				
Cookie				
Beverage in glass				

Fall Session

Recipes

- ◆ *Hot and Spicy Cranberry Dip*
- ◆ *Corn and Black Bean Salad*
- ◆ *Glazed Sweet Potatoes*
- ◆ *Apricot-Glazed Baked Ham*
- ◆ *Pumpkin Pie*



Hot and Spicy Cranberry Dip

1 can (16-ounces) jellied cranberry sauce
3 tablespoons prepared horseradish
2 tablespoons honey
1 tablespoon Worcestershire sauce
1 tablespoon lemon juice
1 garlic clove, minced
1/4 teaspoon cayenne pepper

Foods to dip: pineapple chucks, orange sections and lean ham, turkey or chicken chunks

In a medium saucepan, combine all the dip ingredients and heat to a boil. Reduce heat, cover and simmer for 5 minutes. Serve warm with pineapple, oranges, ham, turkey or chicken as dippers.

Makes 8 (1/4 cup servings)

Fat: 0 grams per serving

Recipe adapted from: 366 Low-Fat Brand Name Recipes

Corn and Black Bean

1 can (12 ounces) whole-kernel Mexican-flavored corn, drained
1 can (15 ounces) black beans, drained
1 medium red bell pepper, chopped
1/2 cup green onions, sliced
1/2 cup red onion, chopped
1 clove garlic
1 medium tomato, chopped
1 jalapeno pepper, chopped and seeded (optional)
cilantro sprigs or red onion wedge for garnish

Dressing:

3/4 cup fat-free Italian salad dressing
3/4 teaspoon hot pepper sauce
1/2 teaspoon chili powder
1 tablespoon fresh lime juice
1 tablespoon fresh cilantro, chopped

Pour dressing over corn and black bean mixture. Stir into mix. Refrigerate, covered for at least 6 hours. Garnish before serving.

Makes 6 servings

Fat: 0 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from: Minnesota WHI Clinical Center

Glazed Sweet Potatoes

1 pound sweet potatoes, peeled and cut into 1/2-inch slices
1 tablespoon cornstarch
1 tablespoon brown sugar
3/4 cup orange juice, unsweetened
2 tablespoons lemon juice
non-stick cooking spray

Coat a 1-quart casserole with non-stick cooking spray and place potatoes inside. Combine cornstarch and brown sugar in a small bowl. Add orange and lemon juices and stir well. Pour over the potatoes and cover and bake at 425°F for 40 minutes or until potatoes are tender and glaze is thickened.

Makes 8 servings (1/2 cup servings)

Fat: 0 grams per serving

Fruit/Vegetable Servings: 1 per serving

Recipe from: Cooking Light Magazine,
November/December, 1989

Apricot-Glazed Baked Ham

6-1/2 pound ham, smoked, uncooked
40 whole cloves
6 tablespoons apricot spread
1/4 cup orange juice, unsweetened
1 teaspoon Dijon mustard
1/2 teaspoon ginger root, peeled and grated
1/4 teaspoon Tabasco sauce (hot sauce)
non-stick cooking spray

Trim fat and rind from ham. Score outside of ham in a diamond pattern and stud with cloves. Coat a cooking rack and shallow roasting pan with non-stick spray. Place the ham on the rack and then place the rack in the shallow roasting pan.

Combine apricot spread, orange juice, mustard, ginger root and hot sauce and stir well. Brush the mixture over the ham. Bake at 425°F for 5 minutes, then reduce heat to 325°F and continue baking for 1 hour and 10 minutes. (Note: if you use a meat thermometer, the ham is done when it reads 140°F).

Baste the ham with the apricot mixture every 30 minutes. When the ham is done, place on a platter and let it stand for 15 minutes before slicing.

Makes 29 servings (3 ounce servings)

Fat: 9 grams per serving

Recipe from: Cooking Light Magazine, December, 1990

Pumpkin Pie

Pie Filling

1 can (16 ounces) pumpkin
1 can (12 ounces) evaporated skimmed milk
3 egg whites or 1/2 cup egg substitute
1/2 cup sugar
1/2 cup all-purpose flour
2 teaspoon pumpkin pie spice
3/4 teaspoon baking powder
1/8 teaspoon salt
2 teaspoon grated orange peel
nonstick cooking spray

Brown Sugar Topping:

1/4 cup brown sugar, packed
1/4 cup quick-cooking oats
1 tablespoon margarine, softened

Heat oven to 350°F. Mix the brown sugar topping ingredients together. Spray a 10-inch pie plate with nonstick cooking spray. Mix the pie filling ingredients together in a blender or food processor until smooth. Pour into pie plate and sprinkle with brown sugar topping. Bake for 50-55 minutes or until a knife inserted into the center comes out clean. Cool for 15 minutes. Refrigerate about 4 hours before serving.

Makes 8 servings

Fat: 2 grams per serving

Fruit/Vegetable Servings: 1/2 per serving

Recipe adapted from (Betty Crocker New Choices Cookbook)