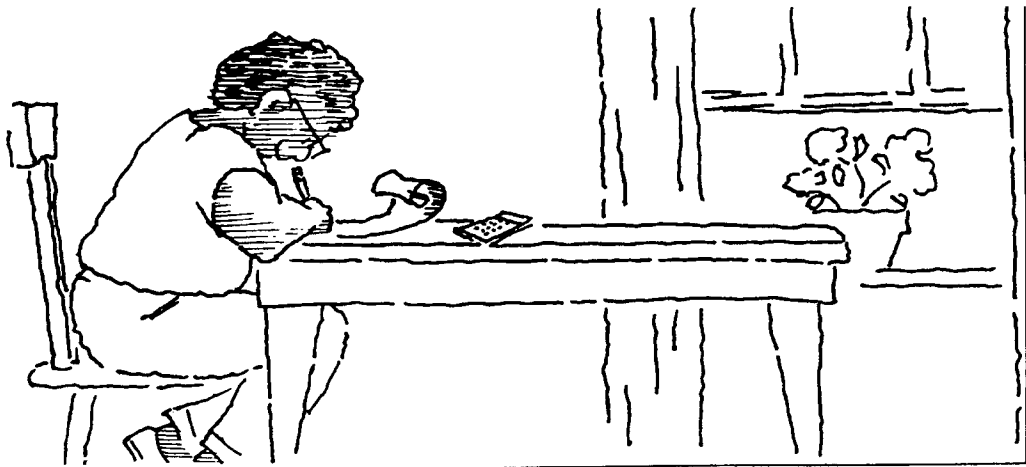


Fall 1998

Self-Monitoring Matters

During this session you will:

- ◆ *Identify the benefits and barriers of self-monitoring*
- ◆ *Identify ways to overcome the challenges of self-monitoring*
- ◆ *Learn new ways to self-monitor*



Review of Progress/Success

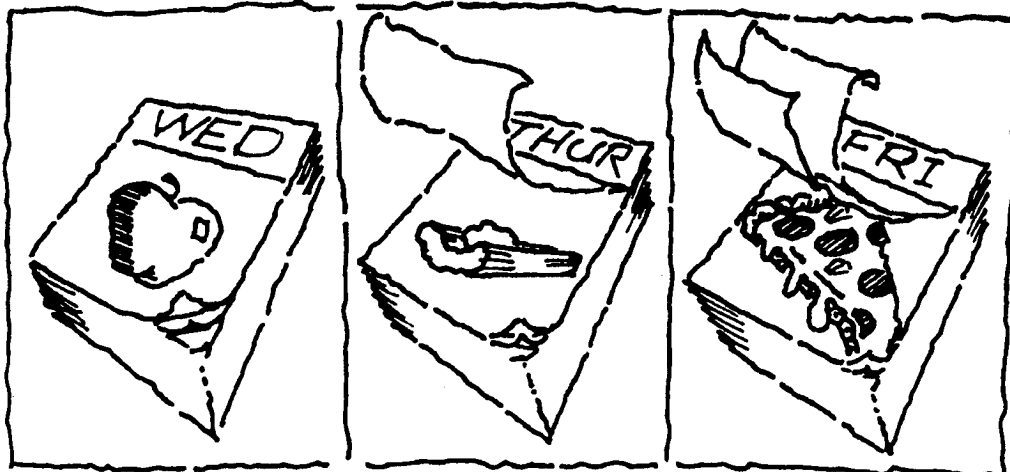
- ◆ What low-fat eating challenges did you successfully handle during the summer months?
- ◆ What new food products did you try since our last meeting?

Overview of Session

You have been in the study for several years and during that time you've done a lot of self-monitoring. When you first started keeping track of the foods you ate, you were doing it to learn about fat in foods. Your food records helped you to identify where and how to make major eating pattern changes. However, over time record keeping can become less

interesting for many people. The purpose of this session is to look for ways that you can help yourself self-monitor more often.

Let's start by looking at how self-monitoring can help you maintain your own progress and the progress of the study.



Self-Monitoring Matters

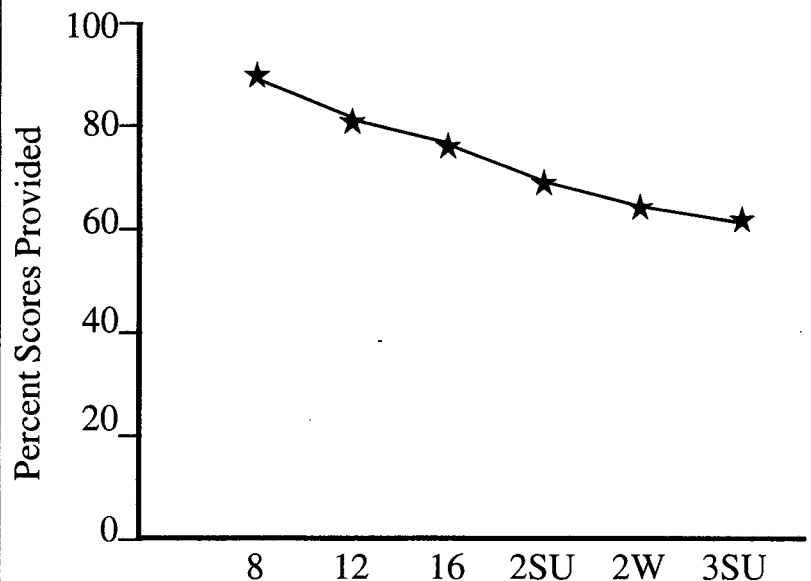
Self-monitoring has been used in many other research studies. In all these studies, participants who self-monitor more often are more successful in meeting the study's goals. For example, in weight loss programs, studies consistently find that participants who self-monitor more often lose more weight. In one program, called Freedom From Fat, participants who self-monitored 5 or more times a week lost an average of 26 pounds during a 1 year program. However, participants who didn't self-monitor at all, lost only 4 pounds.

In addition, research studies with kidney patients monitoring protein and diabetic patients monitoring blood sugars, show that patients who self-monitor are more successful in meeting their goals. Self-monitoring also helped participants in the Women's Health Trial

study which was a small dietary study similar to the Women's Health Initiative (WHI). In this study, the participants who kept track more frequently reduced their fat more. For example, the women who rarely self-monitored had the highest percent fat - 33%. But the women who monitored the most had the lowest percent fat - 20%. In WHI we see similar results. Women who monitor more often meet their WHI dietary goals.

At the beginning of the WHI Dietary Study, more women kept track of their food choices and eating patterns. However, the number of women who self-monitor has gradually decreased over time. The graph on this page shows the percent of women who self-monitored at selected sessions. At Session 8 almost 90% of the participants turned in scores for fat, fruits/vegetables and grains. But by the 3rd Year Summer maintenance session the percent had dropped to about 60%.

Percent Scores Provided at Group Sessions



Individual Progress

As you read earlier, research data suggests that self-monitoring is a key for individual success. So, it's important for you to take a look at your own self-monitoring practices and see how they have changed over time.

To help you review your progress in self-monitoring, ask your nutritionist to give you a copy of your *Individual Progress Report*. Look at the columns headed Fat Score completed and Average Fat Score. At the bottom of the *Individual Progress Report*, there is a summary of the percent of scores

turned in. As you review your Report, try to answer the following questions:

- ◆ What percent of scores have you turned in?
- ◆ How often did you meet your fat gram goal? (F/V and Grain goals?)
- ◆ When was your lowest fat score?
- ◆ Are you still meeting your fat gram goal or are you slipping?

By looking at your *Individual Progress Report* and using these questions, you can get a better idea of your current level of self-monitoring. You may be doing pretty well most of the time, or you may be having some difficulty.



Pros and Cons

Most of us know that keeping track of our eating patterns is important. However, each person has different reasons they find self-monitoring helpful and different challenges that get in their way. This is a good time to take a look at the benefits and barriers that self-monitoring hold for you.

- ◆ **How is self-monitoring helpful for you?**
- ◆ **What are some of the challenges or barriers that make it difficult for you to self-monitor?**

Your review of pros and cons will give you a place to start problem-solving. If you need some examples, use *Worksheets Fall-1* (pg.10) and *Fall-2* (pg. 11). During the rest of the session, we will be looking at different options to help you make self-monitoring easier to do.

Dealing with the Challenges of Self-Monitoring

Review the list of barriers that you identified on *Worksheet Fall - 2*. Select at least one barrier that you are willing to work on. Brainstorm ideas for how you could handle this self-monitoring challenge. Remember when you brainstorm ideas, let your ideas flow, don't pre-judge whether the idea is good,

workable or foolish, just write it down (or talk into a tape recorder). If you need some ideas to get started, look at *Worksheet Fall - 3* (pg.12) This worksheet provides some great ideas on how to overcome self-monitoring barriers.

- ◆ **What great ideas did your brainstorming produce?**
- ◆ **What other ideas from *Worksheet Fall - 3* might help?**

New Choices for Self-Monitoring

WHI Nutritionists developed some new self-monitoring tools based on feedback from Dietary Change participants. These new tools provide some optional ways for women to handle common self-monitoring challenges.

If you're finding it challenging to self-monitor or you want a "change of pace" consider using an alternative self-monitoring tool instead of not self-monitoring at all. Ask your nutritionist about these new tools and other choices.

Let's take a closer look at two new alternative self-monitoring tools: *Keeping Track of Goals* and the *Quick Scan*. Both of these new tools are small and easy to carry around.

First, let's look at the *Keeping Track of Goals* tool. Place the tool and the instruction sheet in front of you as you read this material. This tool allows you to monitor six days on one page. It's

easier to use if you eat regular meals or eat the same foods frequently. It's also easier to use, if you've already memorized the fat grams in the foods you eat most frequently.

Notice that the *Keeping Track of Goals* tool does not ask you to write down the foods you eat. So you may need to use a separate piece of paper or notepad to write down your foods. You may use the back of the page or the notes area to record your foods. If you usually recopy your notes into your food diary, using this tool will save you time. All you do is check off the servings of fruits/vegetables and grains you eat and record the fat grams you eat at each meal and snack.

The Goals/Notes box on the right can be used for any of the following:

- **Note high risk situations**
- **Plan your meals or snacks**
- **Record positive self-talk messages or goals**
- **Budget your fat grams**
- **Other ideas?**

There is space to record six days on the *Keeping Track of Goals* tool. Remember to calculate your average Fat, F/V and Grain scores and record them on the top of the sheet. This lets you know if you are meeting your WHI goals.

Keeping Track of Goals

Date:		
F/V Serv:	□□□□□□□□	=
Grain Serv:	□□□□□□□□	=
Fat Grams:		
Breakfast	=	
Lunch	=	
Dinner	=	
Snacks	=	
Total Fat Grams	=	

WHI *Quick Scan*

Side 1

Fat Goal (g); F/V 5+; Grains 6+ Name

Food Item and Amount					Day 1		
	Fat	F/V	G	Note	Fat	F/V	G
Breads, Cereal, Grains, Beans/Legumes							
Beans/legumes.	1	0	1		1		1
Bread, (1 sl), Bagel, ½	1	0	1				
Cereal, cold 1 c.; hot, ½ c.	1	0	1				
Crackers, LF, 8 med.	3	0	1				
Crackers, graham, 4 sq.	3	0	1				

Now, look at the *Quick Scan* tool. The *Quick Scan* takes less time than the Fat Scan. It is organized in a similar manner, but it is only one piece of paper. The *Quick Scan* lists commonly eaten foods and includes space for you to add your own foods. You may find this tool most helpful, if you eat the foods listed on the *Quick Scan*. You may like this new tool, even if you don't currently use the Fat Scan, because you don't have to flip pages.

Again, please find the tool and the instruction sheet. Take a few minutes to look at the *Quick Scan* and instructions. You use the *Quick Scan* like the Fat Scan. The numbers listed for Fat, F/V and Grains reflect

the amount for that serving size. If you eat more or less than the serving size listed, you need to adjust the numbers for fat, grains, etc. appropriately. For example:

- If you ate 1/2 cup of beans on Day 1, you would mark a "1" in each of the Fat and Grain columns in the "Beans/legumes" row under the Day 1 heading.
- If you ate 1 cup of beans, you would write "2" in each column.

The fat content is not listed for three of the food entries (milk, potato, and spaghetti sauce). This is because the fat content of each of these foods may vary, depending on the type,

preparation method or brand. There is a blank space to fill in the fat content of the product you are using. For example, if you use skim milk you would write in a "0" for fat.

A minor drawback of using the *Quick Scan* is the lack of space for tracking multiple servings of fruits and vegetables. One possible way to manage this is to divide the boxes into two triangles as illustrated on the instruction sheet. Track your fruits and vegetables throughout the day by putting little tally marks or checks in the top triangle for each serving you eat. At the end of the day, add up the marks and put the total in the bottom triangle.

Be sure to calculate your scores at the end of each day. Add the numbers from page 1 to page 2 to get your totals and calculate your average scores in a similar way to the *Food Diary* or *Fat Scan*. Remember your scores continue to show you how well you are meeting your goals.

Practice

- ◆ Now choose one of the new alternative self-monitoring tools that you might like to use. Use the sample menu on *Worksheet Fall - 4* (pg. 13) to practice. Answers are provided on *Worksheet Fall - 5* (pg. 14).

Summary

Today you have seen how self-monitoring can be an important key to your success and the success of the WHI. However, the amount of self-monitoring that Dietary Change participants are doing has decreased over time. It's important to

take a second look at your own self-monitoring practices. Some of the new alternative self-monitoring choices may provide a solution to help you improve or maintain your own levels of self-monitoring.

Questions for thought:

- ◆ During the next 3 months, what could you do to increase the number of days that you self-monitor?
- ◆ How could you use the new alternative tools to make self-monitoring easier for you?

Home Activity

Areas to work on during the next three months:

- ◆ Try one of the new self-monitoring tools introduced in the session to monitor your intake of fat, fruits/vegetables and grains. Keep records at least once a month.
- ◆ Self-Monitoring Tool I Used: _____
- ◆ Number of Days I Recorded: _____

Evaluation:

How did this tool help me?

Benefits of Self-Monitoring

- ___ Reminds me to choose low-fat foods.
- ___ Increases my awareness of the foods I eat.
- ___ Assists me in controlling my food intake.
- ___ Keeps me from eating too much fat.
- ___ Helps me plan my food intake and ensure I'm getting a balanced diet.
- ___ Guides me to target areas I can improve and set new goals.
- ___ Helps me plan before and after an event.
- ___ The more frequently I monitor, the better I know that I am meeting my goals.
- ___ Aids me in meeting my fat gram goal.
- ___ Lets me know I'm meeting my goals.
- ___ Shows me that meeting my fat goal is within my control.
- ___ Rewards me by showing my progress.
- ___ Helps me meet my F/V and G goals.
- ___ Helps me keep my daily commitment to WHI.
- ___ Keeps me from drifting back into my old eating habits.
- ___ Others: _____

Barriers to Self-Monitoring

- ___ It takes too much time to record my food and calculate my scores.
- ___ I'm too busy to keep records.
- ___ I've gotten out of the habit of self-monitoring.
- ___ I forget to self-monitor.
- ___ I eat the same foods every day, so I don't need to record.
- ___ It's too hard to write down everything I eat.
- ___ It's too hard to know how to count some foods.
- ___ The math is too much to do.
- ___ I don't want to keep records if I can't do it right.
- ___ Keeping records is frustrating.
- ___ I feel guilty when I self-monitor.
- ___ It can be embarrassing when I don't meet my goals.
- ___ Self-monitoring takes the pleasure out of eating.
- ___ Others: _____

Steps That Help Me Self-Monitor

- ___ Write down the days I will self-monitor on my calendar.
- ___ Put a reminder to self-monitor on my refrigerator.
- ___ Keep my Food Diary or Scan in my purse or on the kitchen counter.
- ___ List my “standard” breakfast and/or lunch meals on a Food Diary or Scan to save time.
- ___ Calculate the fat in my favorite recipes and list them in the Fat Counter.
- ___ Memorize fat gram values for foods I eat frequently.
- ___ Choose fat-free foods often.
- ___ Use my computer to keep track of fat, F/V and grains.
- ___ Plan my menus.
- ___ Try different self-monitoring tools and find one that works best for me.
- ___ Record more than 3 days a month.
- ___ Record “good” and “not so good” days.
- ___ Identify changes I am proud to have made.
- ___ Know that women across America are in this together with me.
- ___ Reaffirm my commitment to be part of the answer in women’s health research.
- ___ Others: _____

Sample Menu for Fall 98 Self Monitoring Practice

Use the *Keeping Track of Goals* or *Quick Scan* self-monitoring tools to count the grams of fat and servings of fruits, vegetables and grains for the foods in the following menu.

Breakfast

- 1 cup Cheerios
- 3/4 cup skim milk
- 1 large banana
- 6 oz. grapefruit juice
- coffee
- 1 tsp fat-free creamer
- 1 tsp sugar

Snack

- 1 medium apple
- 1 oz fat-free pretzels

Lunch

Ham Sandwich:

- 2 slices wheat bread
- 2 slices lean boiled ham (95% Fat Free)
- 1 slice 50% less fat Swiss Cheese
- 1 tsp mustard
- 1 leaf lettuce
- 2 dill pickle spears
- 1 large oatmeal cookie
- 12 oz. iced tea, plain

Dinner

- 1 cup spaghetti noodles no fat added
- 1/2 cup spaghetti sauce, no meat (label 1/2 cup = 1 gram fat)
- 2 cups tossed green salad, all veg.
- 2 T. fat-free Italian dressing
- 1 slice Italian bread, fat-free marg. and garlic powder.
- 12 oz. iced tea, plain
- 1 cup low-fat frozen yogurt (label 1/2 cup = 2 gram fat)

Worksheet Fall-5

Keep Track of Goals Answers

Date: _____

F/V Serv: ☒☒☒☒☒☒☒☒☐ = 7

Grain Serv: ☒☒☒☒☒☒☒☒☐ = 8

Fat Grams:

Breakfast = 1

Lunch = 15

Dinner = 8

Snacks = 0

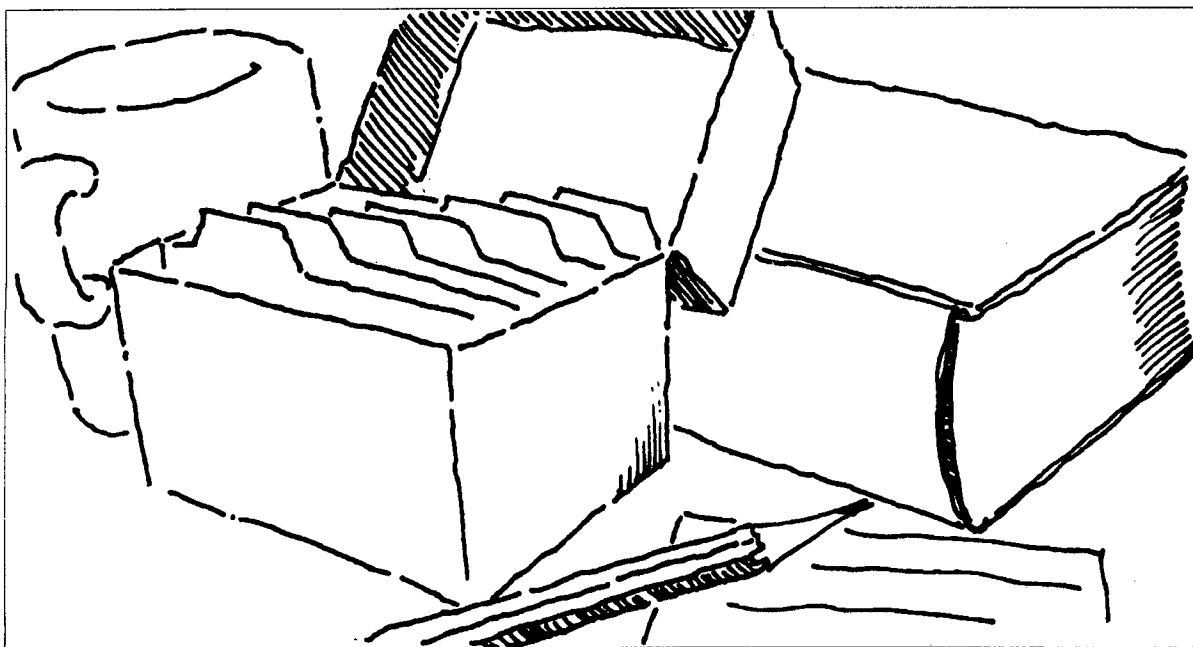
Total Fat Grams = 24

Breakfast	Fat	F/V	G	Location in Quick Scan
1 cup Cheerios	1		1	Breads - Cereal, cold
3/4 cup skim milk	0			Dairy - Milk
1 large banana	0	2		Fruits, Veg. - Fresh fruit
6 oz. grapefruit juice	0	1		Fruits, Veg. - Fruit juice
coffee	0			
1 tsp fat free creamer	0			
1 tsp sugar	0			
Snack				
1 medium Apple	0	1		Fruits Veg. - Fresh Fruit
1 oz fat free pretzels	0		1	Breads - Pretzels
Lunch				
Ham Sandwich				
2 slices wheat bread	2		2	Breads - Bread
2 slices lean boiled ham (95% FF)	2			Meat - Lunch meat, 95% FF
1 slice 50% less fat Swiss Cheese	4			Dairy - Cheese, LF
1 tsp mustard	0			
1 leaf lettuce	0			
2 dill pickle spears	0			
1 large oatmeal cookie	7		1	Sweets + Desserts - Cookies
12 oz. iced tea, plain	0			
Dinner				
1 cup spaghetti noodles, no fat added	2		2	Breads- Pasta/Noodles
1/2 cup spaghetti sauce, no meat,	1	1		Mixed dishes - Spaghetti
2 cups, tossed green salad, all veg.	0	2		Fruits, Veg - Salad tossed
2 T. fat-free Italian dressing	0			
1 sl. Italian bread, fat-free marg. and garlic powd.	1		1	Bread - Bread
12 oz. iced tea, plain	0			
1 cup low-fat frozen yogurt	4			Dairy - Frozen dessert
Totals	24	7	8	

Fall 1998

Recipes

- ◆ *Mediterranean Lentil Salad*
- ◆ *Herbed Kashi and Rice*
- ◆ *Fast and Fat-Free Flavorings*



Mediterranean Lentil Salad

2 cups dried lentils
2 tablespoons olive oil
3/4 teaspoon salt
1 to 2 oranges, peeled and sectioned
1 large clove garlic, crushed
3 tablespoons fresh lime juice
3 tablespoons balsamic vinegar (cider vinegar will also work)
1/4 cup very finely minced red onion
1/4 to 1/2 teaspoon each grated orange and lime rind
1/2 cup (packed) dried currants (or raisins)
1 small carrot, finely minced
1/2 each red and yellow bell pepper, minced
a handful each of finely minced fresh parsley, chives, and mint

Rinse the lentils in a colander. Meanwhile, set a large potful of water to boil—at least 6 cups of water. After the water has reached the boiling point, lower the heat to a simmer. Add the lentils, and cook very gently in the simmering water, partially covered, until they are tender. (Try to keep the water from a rolling boil while the lentils are cooking, as that will cause them to burst and lose their shape. The

goal is to have perfectly cooked lentils—light and distinct.) Cooking time should be around 20 to 30 minutes. Check the water level and add more if necessary. Drain the lentils when they are done, and gently rinse in cold water. Drain again and place in a large bowl.

Add the remaining ingredients except bell pepper and fresh herbs, cover tightly, and chill at least 4 hours.

Add the bell pepper and herbs within an hour of serving.

Makes: 6 generous servings (~1 cup)

Fat: 5 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 2 per serving

Recipe modified from:
Still Life with Menu
 Cookbook by Mollie Katzen

Herbed Kashi and Rice

Rice

1 envelope Butter Buds™
1 cup rice, uncooked
2 cup low- fat chicken broth
3 tablespoons instant minced onion
1 teaspoon salt
1/2 teaspoon rosemary
1/2 teaspoon marjoram
1/2 teaspoon thyme

Kashi

2 cup low-fat chicken broth
1 envelope (1 cup) Kashi, 7 grain breakfast pilaf

For rice:

Mix all rice ingredients in large saucepan. Bring to boil. Reduce heat to a simmer. Simmer covered for 20 minutes until rice is tender.

For Kashi:

In medium saucepan bring chicken broth to boil. Add Kashi and reduce to medium. Cook on medium for 25 minutes.

In large (6 cup) casserole dish, combine rice and Kashi. Heat in oven, 350°, for 10-15 minutes. Serve hot.

Makes: 12 servings (1/2 cup each)

Fat: 1 gram per serving

Grain Servings: 1 per serving

Recipe from: Memphis Clinical Center

Fast & Fat-Free Flavorings

Are you looking for exciting new ways to flavor your favorite quick-cooking grains? Start with one cup of raw rice, couscous, or orzo, and cook according to package instructions with water only.

Once cooked, stir in any of the following choices:

- ♦ **3 green onions, chopped, and 1/4 cup chopped fresh basil, mint, or parsley**
- ♦ **1 teaspoon curry powder and 1 unpeeled Granny Smith**
- ♦ **1 garlic clove, minced, 3 tablespoons of chopped parsley, and 2 teaspoons of grated lemon peel**
- ♦ **2 carrots, shredded and 2 teaspoons of chopped fresh thyme**
- ♦ **1 zucchini, shredded, and 1 teaspoon chopped fresh rosemary**
- ♦ **1/3 cup salsa and 2 tablespoon chopped fresh cilantro**
- ♦ **1/3 cup dark seedless raisins, 1 teaspoon grated orange peel, and 1/4 cup mango chutney**

Remember, 1/2 cup of these cooked grains counts as 1 grain serving!