

# Celebrate Your Progress

*During this session you will:*

- ♦ *Review studywide progress towards meeting the WHI nutrition goals.*
- ♦ *Review individual progress towards meeting the WHI nutrition goals.*
- ♦ *Identify a goal to help reduce or maintain fat intake.*



## Review of Progress/Success

- ◆ During the past three months, what have you done to keep your WHI eating patterns interesting for yourself and your family/friends?
- ◆ Have you found any new ways to make your daily food preparation easier/quicker?
- ◆ What strategies and skills do you think were the most helpful to maintain your continued success?
- ◆ What news items have you read or heard that strengthen your interest or motivation in maintaining a low-fat, high fruit, vegetable and grain eating pattern?

## Studywide Progress

**I**t has been 4 years since you joined the WHI study. As a Dietary Change participant, you have learned many new skills and made some major changes in your eating habits. The information provided in this session reviews the goals of the study and looks at the study's progress in meeting the goals. The session also gives you a chance to look at your own progress and evaluate how you're doing.

### What is the purpose?

During screening, you were introduced to the WHI goals, but it's been awhile. So, now is a good time to review the goals of the dietary study. The main purpose of the Dietary Modification program is to see whether greatly reducing the amount of fat, and increasing the amount of grains, fruits and vegetables reduces the risk of breast, colon and rectum cancers and heart disease in women, and increases the quality and length of life.

### How many women have joined?

The WHI is a unique study because it includes thousands of women and lasts long enough to measure the effect of dietary change on diseases. As of September 1997, over 40,000 women have joined the DM program of WHI. Recruitment is on target and the study expects to have all of the 48,000 women it needs by July 1998. At this time, 8,000 women have completed at least one year of Dietary Change group

sessions. You are part of this pioneer group and are very important to the progress and success of the overall study.

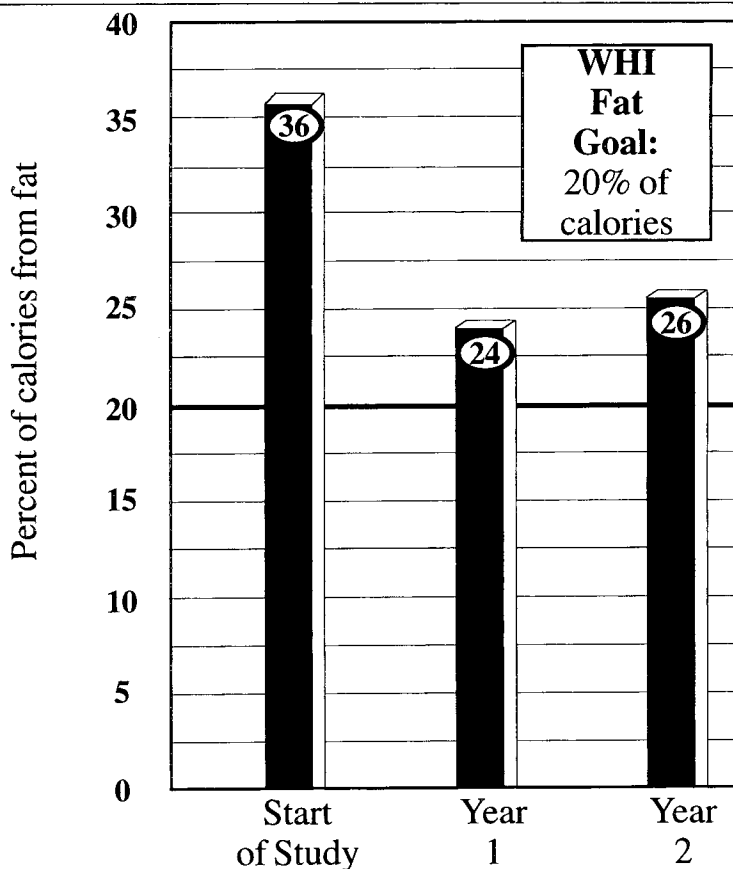
### **The Goal - 20% Fat**

To have the best chance of showing meaningful results, the WHI study needs to reach a fat goal of 20% calories from fat. Reaching this studywide goal depends on the efforts of every participant to reach their own goals.

You might be wondering how the Dietary study is doing at your own clinic, as well as studywide.

To learn more about your own clinic and group progress, ask your Nutritionist. To get a better picture of the progress of the WHI Dietary study across all clinics, look at the graph on this page.

The graph shows that at the beginning of the study, participants averaged about 36% of calories from fat. By Year 1, the average percent fat dropped to 24%. This represents cutting out about 30 grams of fat eaten each day. That's great progress!



However, by Year 2, the average fat intake didn't drop any further, in fact it went up slightly to 26%.

Many research projects show similar results. Participants tend to make more changes at the beginning, when information is new and their motivation to succeed is high. But, it is often more challenging to maintain dietary changes over a long period of time.

◆ **What makes it challenging to keep your fat intake low?**



## Predicting Success

Scientists, who have looked at WHI data, have identified a number of factors that can help predict participants' success in meeting their WHI dietary goals. Let's take a closer look at three of these factors: participation, make-up sessions and self-monitoring. Participants, who attend sessions regularly, keep up with make-ups if they miss class and keep food records frequently are more likely to meet their fat goals.

### Attendance

Participation in Dietary Group session activities is important for success in reaching and maintaining WHI dietary goals. Attending more sessions usually results in lower fat intake. The average attendance during the first year starts high at 90% and gradually drops to about 70%. Attendance at maintenance sessions has dropped to 60%.

### Make-ups

Keeping up with make-ups is also important. On average, about 80% of participants attend or

make-up their Dietary Change group sessions during maintenance. This is very good, but it could be better. How can we make this better?

All of us have times when we can't attend one of our group sessions. Our absence could be due to number of reasons: weather, unexpected emergencies, vacations, illness, or even car trouble. However, you may not have realized that making-up the session could help you successfully meet your WHI dietary goals.

### Self-monitoring

Self-monitoring is another important predictor of success. In general the more often participants keep records, the more likely they are to meet their dietary goals. The per cent of women meeting their goals varies from group to group. Studywide data show that 72% of women who turn in their self-monitoring score at session 16 are meeting their fat gram goal.

◆ **What makes it hard for you to keep track of what you eat?**

◆ **What are some strategies you have used when you have had difficulty keeping track of what you eat?**

Everyone has made some changes in their eating habits. However, some women have made more changes than others. For this study to be successful, everyone needs to try their best to meet the goals of the study. If meeting your goals has been easy, you may be able to help the study, by encouraging other group members to meet their goals. If you are struggling to meet your goals, don't give up; just do the best you can. Sometimes you may need to take time out from WHI and lower your participation temporarily. It's O.K. to take time out, but it hurts the study if you drop out.



## Be Part of the Answer

**N**ow you will have a chance to look at your own progress. You can do this by asking your Nutritionist for a copy of your Individual Progress Report. This report tells you about your attendance, make-ups, and self-monitoring scores. This information will help you see how you are doing. However, this information is just a snapshot. It may or may not be typical of what you do on a daily basis.

As you look at this information and fill out your worksheets, think about how you are doing on a daily basis in following the nutritional goals of this study. Use the Individual Progress

Report and Worksheets Winter 4-1 and Winter 4-2 to review your progress so far.

Worksheet Winter 4-1 gives directions to help you review your Individual Progress Report. Worksheet Winter 4-2 helps you graph your fat scores, which will help you see your progress. If you have any questions about the worksheets or graphing, ask your Nutritionist. When you have time to review your Individual Progress Report and complete the worksheets, think about your progress. Ask yourself: How am I doing? Could I do a little better in some areas?

Look at your graph on Worksheet Winter 4-2 and think about your responses to some of the following questions:

- ◆ **Are you meeting your fat gram goal on the days you record?**
- ◆ **In what ways do you eat differently on the days you record?**
- ◆ **On the days you don't record, how do you think you're doing?**

- ◆ **Do you have to think about your choice of foods all the time or have your choices become so routine that the only time you have to think about what to eat is in unusual (infrequent) circumstances?**

Sometimes there is a temptation to avoid recording on days when you eat complicated foods, or eat away from home or in restaurants. However, it's possible that these are also the days that you may eat more fat. You are encouraged to budget your

fat. However, it is difficult to budget fat grams if you are not self-monitoring. After all, if you don't know how many grams of fat you ate over your goal, how can you budget? It may be most useful for some women who have developed a routine to keep records on unusual days rather than on usual days.

- ◆ **How does self-monitoring help you stay on track?**
- ◆ **What methods do you use to estimate your fat intake on the days you don't record?**

## **What is success?**

After you've reviewed your Individual Progress Report and completed Worksheets Winter 4-1 and 4-2, complete Worksheet Winter 4-3, which asks you to think about how you have been successful in meeting your fat gram goals.

- ◆ **What does success in WHI mean to you?**
- ◆ **Focus on times when you were successful; what were you doing that helped you?**
- ◆ **What additional behaviors did you check that you want to do more of?**



## Visual Reminders

**W**omen often report that during maintenance sessions, they miss the frequent contact they had during Year 1, which helped them follow the program. Coming to class reminded them of their commitment and motivated them to stay focused on their goals. Now that we're meeting less frequently, we need ways to remind us to continue eating low-fat foods.

- ◆ **What are some ways you've kept motivated between maintenance sessions?**

Visual reminders have been used in many situations to help people remember their goals. You can make your own customized calendar or reminder cards to serve as a visual reminder to stay on track. Find some colorful stickers, colored pens, Post-It notes or a blank calendar

and create your own reminder. Worksheet Winter 4-4 lists some ideas for slogans or you can write your own.



## Summary

**I**n this session, you've had a chance to look at the studywide progress of WHI and evaluate your own progress in meeting the nutrition goals of the study. You've thought about what it means to be successful in WHI and you have identified some behaviors to help you maintain your low-fat eating plan. You've seen that WHI partici-

pants have made major changes in their eating habits and that to be successful, the study needs everyone to do their best in reaching and maintaining their goals. We know that participating in the WHI is sometimes challenging and there may be times when it's difficult to meet the goals of the study. Even if you are going through difficult

times it is important that you not drop out. Let us know when you are struggling and we will try to provide support. We've been meeting together for a long time and you have made friends in your group. We encourage you to support each other when you are having challenges.

### Questions for Thought:

- ◆ **What behavior/activity will you increase to be more successful in meeting your WHI nutritional goals?**
- ◆ **How do you plan to maintain your goal?**



## Home Activity

### Areas to work on during the next three months:

- ◆ Use your Fat Scan (or other self-monitoring method) to monitor your intake of fat, fruits/vegetables and grains. Be sure to use at least one form of self-monitoring each month.
  - Write down both “typical” and “unusual” days. This will give you a better picture of how different situations may affect the total grams of fat and servings of fruits/vegetables and grains eaten.
- ◆ On Worksheet Winter 4-3 you identified behaviors, activities and food choices that have helped you be more successful in meeting your WHI nutrition goals. During the next three months, see how often you can increase your positive behaviors, activities and food choices. Consider keeping a tally sheet on your refrigerator or bathroom mirror to track your success at meeting your goals.

### Evaluation

- ◆ How differently do you eat on “typical” versus “unusual” days?
- ◆ Were you able to meet your fat, fruit/vegetable and grain goals on your “unusual” days?
- ◆ How often did you increase the behaviors you checked on Worksheet Winter 4-3?

# How Am I Doing?

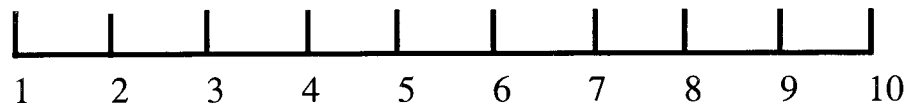
1. Look at your Individual Progress Report

There is summary information at the bottom of the report. Take this information and fill in the blanks below:

Group attendance	Session completion	Fat Score completed	Fat gram goal	Average fat score
_____ %	_____ %	_____ %	_____	_____

2. Graph your fat scores on Worksheet Winter 4-2.
3. How often did you meet your fat gram goal? \_\_\_\_\_
4. Are you meeting your fat gram goal now? \_\_\_\_\_
5. How do you know how much fat you eat? \_\_\_\_\_
6. How often do you meet your fat gram goal on the days you don't record? \_\_\_\_\_

Rate yourself on a scale of 1 to 10, with 1 representing "I never meet my goal" to 10 representing "I always meet my goal."



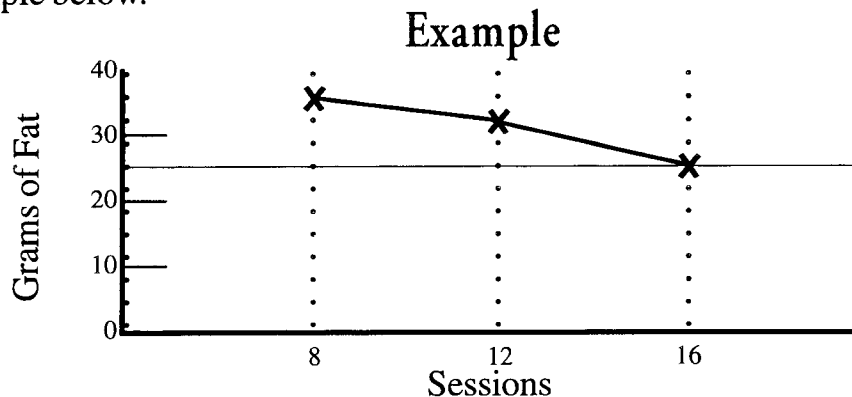
## Worksheet 4-2

# Graph your Progress

1. My fat gram goal is: \_\_\_\_\_ (listed on your Individual Progress Report.)
2. Use a colored pen and ruler to draw a line across the graph on the next page to show the location of your fat gram goal.
3. Use your Individual Progress Report to find your fat scores. (Hint: Use a ruler to help you line up the session number and fat score.)

Session	Fat Score
8	_____
12	_____
16	_____
2SU	_____
2W	_____
3SU	_____
3W	_____

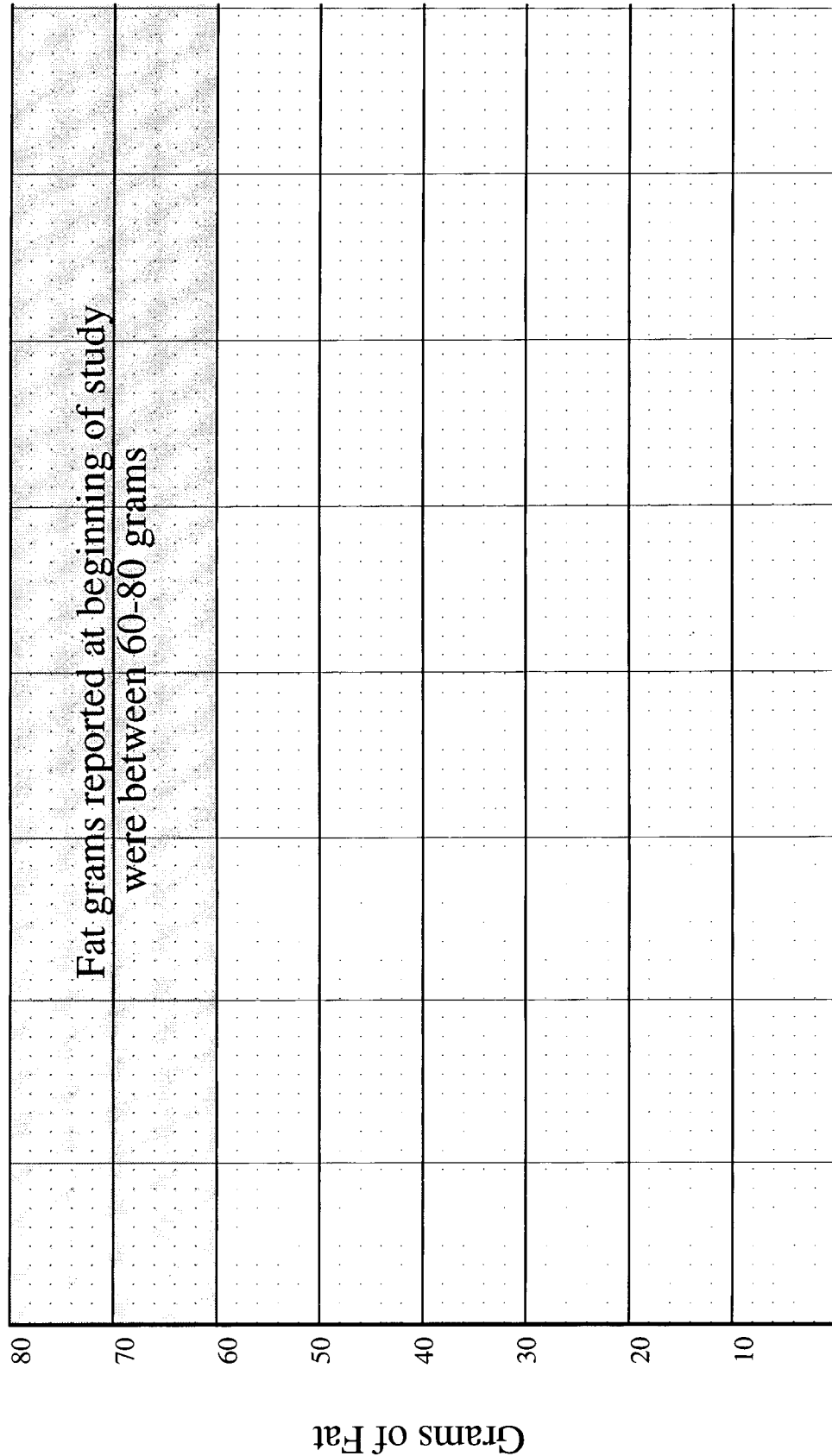
4. Mark an X or a dot for each fat score on the dotted line above each session number on the bottom of the graph. Draw a line to connect the marks. See example below.



Fat gram goal = 25	Session	Fat Score
	8	<u>35</u>
	12	<u>32</u>
	16	<u>25</u>

5. **Optional.** Estimate how much fat you eat on the days you don't record and mark it on your graph.

# Graph Your Progress



## Changes I Have Made

Dietary Change participants have made many changes in their eating habits, that help them meet their WHI goals.

What changes have you made? Use the list below to check off all the behaviors you do now. Are there some behaviors you could increase? Check off at least two behaviors you plan to do more often.

Do Now	Plan to Do More	
		Reduce added fats by:
_____	_____	Using smaller amounts of added fat.
_____	_____	Choosing fat-free products.
		Reduce fat from dairy foods by:
_____	_____	Choosing smaller servings.
_____	_____	Choosing fat-free or skim products.
		Reduce fat from meat by:
_____	_____	Eating smaller servings.
_____	_____	Triming fat off all meats.
_____	_____	Choosing leaner cuts of meat.
_____	_____	Choosing chicken and fish.
_____	_____	Trying meatless meals.

## Worksheet 4-3 (continuation)

Do Now	Plan to Do More
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Reduce fat from snacks and desserts by:

<hr/>	<hr/>	Snacking on fruits and vegetables.
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<hr/>	<hr/>	Eating fruit for dessert.
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<hr/>	<hr/>	Choosing fat-free desserts.
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<hr/>	<hr/>	Choosing pretzels, air popped popcorn and fat free crackers.
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<hr/>	<hr/>	Eating smaller servings.
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<hr/>	<hr/>	Read food labels.
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<hr/>	<hr/>	Select restaurants with lower fat choices.
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<hr/>	<hr/>	Make special requests at restaurants.
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<hr/>	<hr/>	Say "no thanks" to high fat foods.
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<hr/>	<hr/>	Change my recipes to make them lower in fat.
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<hr/>	<hr/>	Use new low-fat recipes.
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<hr/>	<hr/>	Plan ahead—budget fat carefully for what I want.
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<hr/>	<hr/>	Record food intake.
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<hr/>	<hr/>	Attend WHI group sessions.
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<hr/>	<hr/>	Attend peer group activities.
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<hr/>	<hr/>	Others: _____
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		_____
		_____

# Visual Reminders Can Help Keep You Motivated

Positive messages that you see or say to yourself can help you maintain your low-fat eating habits.

Here are some examples:

I enjoy fruit for dessert!  
I love veggies!  
Frozen yogurt tastes delicious.  
I prefer small servings of meat.  
Meatless meals add variety.  
Cooking with spices adds flavor.  
I enjoy finding new low-fat recipes.  
Cooking low-fat foods is quick and easy.  
Carrots are crunchy snacks.  
There are many delicious low-fat convenience foods.  
I've started a new tradition with low-fat foods.  
Keeping monthly food records helps me maintain healthy eating habits.  
I'm making a vital contribution to an important research study for women.  
I get many new ideas when I attend group sessions.  
Low-fat eating makes me feel better and think more highly of myself.  
Staying in the study means I have kept my commitment  
to science and womankind.  
My friends and family enjoy tasty, low-fat foods, too.  
I am an expert at eating low-fat in restaurants.

Write down some messages you could use to keep you motivated or to share with group members.

My positive messages:

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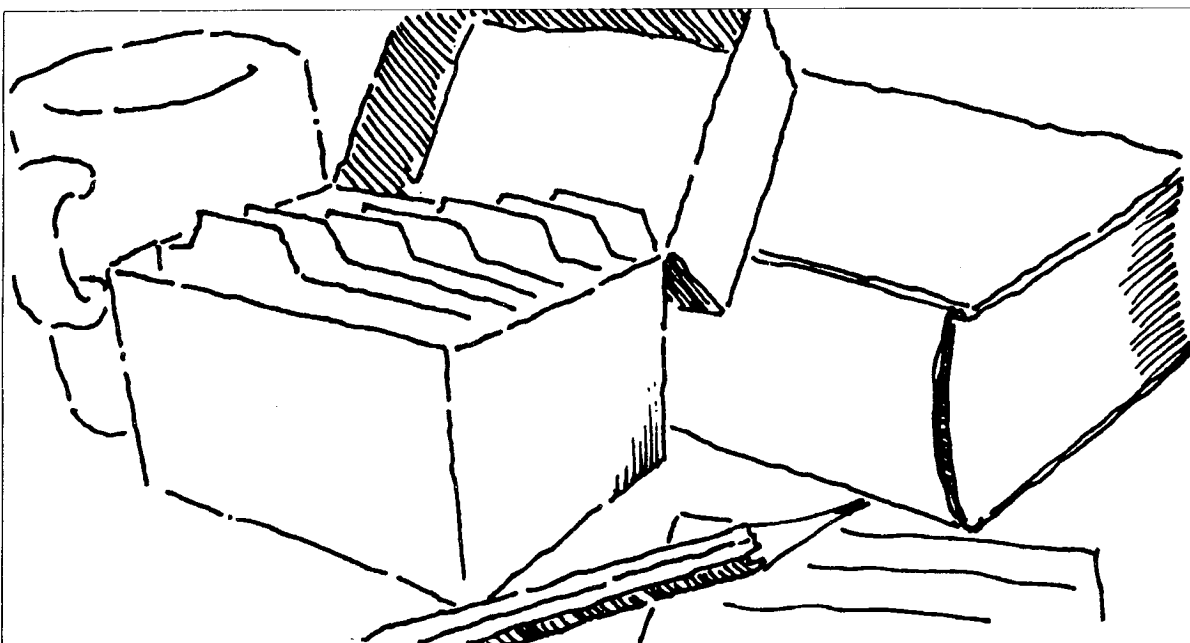
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# Recipes

- ◆ *Shelley's Cherry Chocolate Cake*
- ◆ *Chocolate Raspberry Brownies*
- ◆ *Banana Fudge Cake*
- ◆ *Chocolate Biscotti*





## Shelley's Cherry Chocolate Cake

**2 cups flour**  
**1-1/2 cup sugar**  
**3/4 cup unsweetened cocoa powder**  
**2 teaspoons baking soda**  
**1 teaspoon baking powder**  
**1/2 teaspoon salt**  
**1 tablespoon vegetable oil**  
**2 teaspoons vanilla**  
**2 teaspoons almond extract**  
**1 can pie cherries (16 oz.) in water**

### Frosting:

**6 oz. chocolate chips (3/4 cup)**  
**1/2 cup powdered sugar**  
**2 tablespoons skim milk**

### Glaze (lower fat option):

**1-1/2 cups powdered sugar**  
**2 tablespoons unsweetened cocoa powder**  
**3 tablespoons skim milk**  
**1 teaspoon vanilla extract**

Combine flour, sugar, cocoa, baking soda, baking powder and salt and stir to mix well. Add oil, vanilla, almond extract and can of cherries with juice. Stir to mix well, do not over mix. Coat a 9 x 13" pan with nonstick cooking spray. Spread the batter evenly in the pan. Bake at 350° F for about 30 to 35 minutes, or just until a wooden toothpick inserted into the center of the cake comes out clean. To make frosting, melt chocolate chips. Add powdered sugar and stir. Gradually add milk until frosting is desired consistency. Spread over cake

while cake is still warm. If you want a lower fat cake make glaze instead. Combine ingredients for glaze and heat until runny. If using a microwave it takes about 35 seconds on high power to heat the glaze. Drizzle glaze over the cake, while it's still warm.

Makes: 18 servings

Fat: 3.5 grams (with frosting)  
1.5 grams ( with glaze)

Grain Servings: 1 per serving

Recipe from: Shelley Weiseth

## Chocolate Raspberry Brownies

**1-1/2 cup sugar**

**3/4 cup unsweetened cocoa powder**

**1 cup fat-free egg substitutes**

**1 10 oz. jar sugar-free raspberry preserves,  
or apricot or cherry**

**1 teaspoon vanilla**

**1/2 teaspoon salt**

**1/4 teaspoon almond extract**

**1 cup flour**

**1/2 teaspoon baking soda**

Thoroughly coat a 9"x13" pan with non-stick cooking spray and dust with flour. With an electric mixer, combine sugar and cocoa.

Gradually pour in egg substitute and raspberry jam, beating on low-speed until sugar is no longer grainy. Add vanilla, salt, and almond extract and beat briefly to mix. Combine flour and baking soda and stir in with a flexible rubber spatula. Do not over mix. Turn into prepared pan. Bake in preheated

325° F oven 30-35 minutes. Brownies should be slightly under baked, but not runny in the center. Allow to cool and cut into 3"x3" squares.

Makes: 12 servings

Fat: 1 gram per serving

Grain Servings: 1 per serving

Recipe from *Low-Fat Lifestyle Forum*  
<http://www.wctravel.com/lowfat>

## Banana Fudge Cake

2 cups flour, unbleached  
1/2 cup unsweetened cocoa powder  
1-1/2 cups sugar  
2 teaspoons baking soda  
1/4 teaspoons salt (optional)  
1-1/2 cups banana, very ripe, mashed  
1/2 cup 1% buttermilk  
2 egg whites  
1-1/2 teaspoons vanilla extract

### Glaze:

1-1/2 cups powdered sugar  
2 tablespoons unsweetened cocoa powder  
3 tablespoons skim milk  
1 teaspoon vanilla extract  
1/4 cup chopped walnuts

Combine the flour, cocoa, sugar, baking soda, and salt, if desired, and stir in to mix well. Add the banana, buttermilk, egg whites and vanilla extract. Stir to mix well. Coat a 9"x13" pan with nonstick cooking spray. Spread the batter evenly in the pan. Bake at 350° F for about 35 minutes or just until a wooden toothpick inserted in the center of the cake comes out clean. Cool the cake to room temperature.

To make the glaze, combine the glaze ingredients in a small bowl. If using a microwave oven, microwave the glaze, uncovered, at high power for 35 seconds, or until runny. If using a conventional stove top, transfer the glaze to a small saucepan and place over medium heat for 30 seconds, stirring constantly. Drizzle the glaze over the cake, then sprinkle with chopped walnuts and let harden before cutting into squares and serving.

Makes: 12 servings.

Fat: 2.5 grams per serving (with nuts)  
1 gram per serving (without nuts)

Grain Servings: 1 per serving

Recipe from *Low-Fat Lifestyle Forum*  
<http://www.wctravel.com/lowfat>

## Chocolate Biscotti

**2/3 cup almonds, whole**  
**1-3/4 cups all-purpose flour**  
**1/3 cup unsweetened cocoa powder**  
**1 tablespoon instant coffee, or espresso (optional)**  
**1 teaspoon baking soda**  
**1/4 teaspoon salt**  
**1/3 cup semisweet chocolate chips**  
**2 eggs**  
**2 egg whites**  
**1 cup sugar**  
**1 teaspoon vanilla extract**  
**1/2 teaspoon almond extract**

Position racks in upper and lower third of oven. Heat oven to 350° F. Place almonds in jelly-roll pan and toast until golden. Cool almonds completely. Coarsely chop. Reduce oven temperature to 300° F. Line cookie sheet with parchment paper. Whisk flour, cocoa, espresso, baking soda, and salt together in bowl. Place one quarter of flour mix and chocolate chips in food processor; process until very fine. Combine with remaining flour mix. Set aside. Whisk

whole eggs, egg whites, sugar, vanilla, and almond extract in bowl until frothy. Stir in dry ingredients, and almonds. Mix will be thick and sticky.

Spoon batter into three 12"x2-1/2"- inch strips, at least 2-1/2" inches apart, on prepared cookie sheet. Even edges with metal spatula. Bake 45 minutes on lower rack. Cool on sheet on wire rack for 10 minutes. Leave oven on. Transfer loaves from parchment to cutting board. Cut into 1/2" slices with serrated knife. Arrange cut side down on cookie sheet. Bake 12 minutes per side. Cool.

Makes: 50-60 servings.

Fat: 1.5 grams per serving

Recipe from *Low-Fat Lifestyle Forum*  
<http://www.wctravel.com/lowfat>