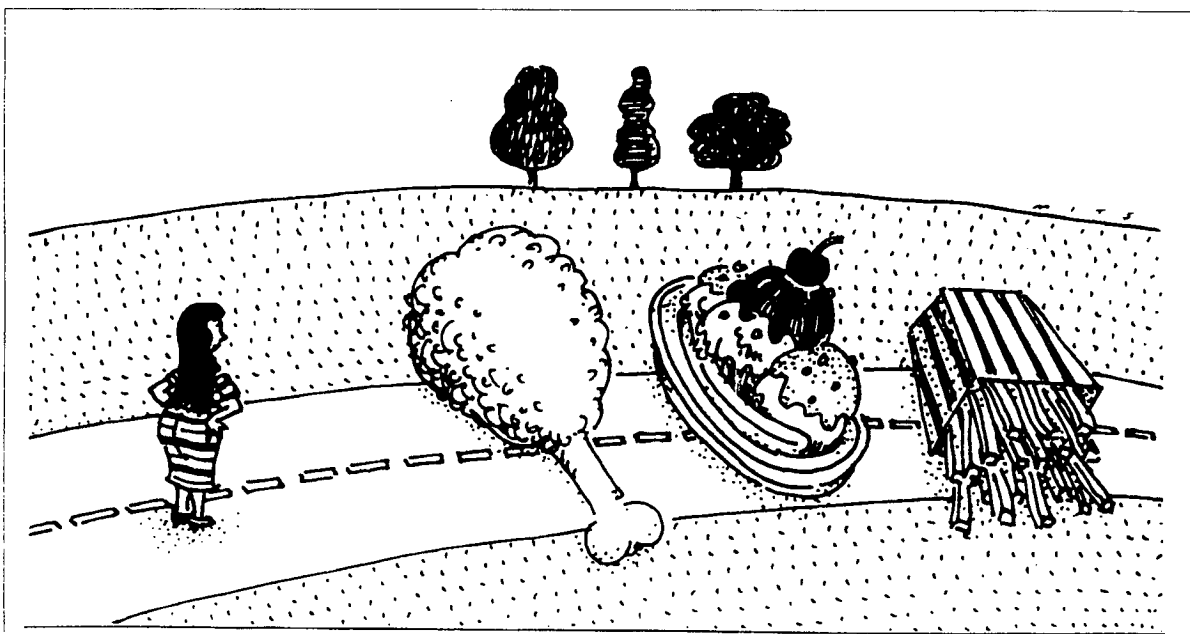


Winter 2000

WHI Weight?

During this session you will:

- ◆ *Discuss weight management expectations and experiences.*
- ◆ *Evaluate the safety and effectiveness of “popular diets.”*
- ◆ *Identify ways that meeting WHI goals can support healthy eating and weight management interests.*



Next Steps Follow-Up

- ◆ During the last 3 months, what new whole grains did you try?
- ◆ If you were unable to increase your grain servings, what would you need to change for you to be more successful?

Weight Management Expectations and Experiences

Why are we talking about weight management in WHI? Because you asked for it! Weight management is a topic of interest to many WHI participants. Nearly half of the American population is on a diet. Every year Americans spend more than \$30 billion on weight loss products. In spite of these efforts Americans are getting heavier. Millions of people every year change their eating patterns in an attempt to lose (or gain) weight and become more "fit." Yet most dietary changes are temporary and don't provide the foundation needed for permanent healthy lifestyle changes.



- ◆ Many people expect that if they change to a low-fat eating pattern, they will automatically lose weight. If they don't lose weight, they wonder why.
- ◆ Reducing fat intake doesn't mean calorie intakes are reduced. United States Department of Agriculture statistics show that in the U.S. total daily intake of calories has risen by 150 calories a day, while the fat intake has decreased from 40 to 33 percent.

An extra 150 calories a day can add an extra 15 pounds a year.

In this session, we'll talk about how WHI can support your weight management interests, even though WHI is not a weight management program.

- How would you define weight management?
- How is weight management different from weight loss?

Weight management is more than just weight loss, it could be maintaining weight, preventing weight gain, or gaining weight.

Weight management is usually a long-term, rather than short-term process (i.e., lifestyle vs. a temporary diet).

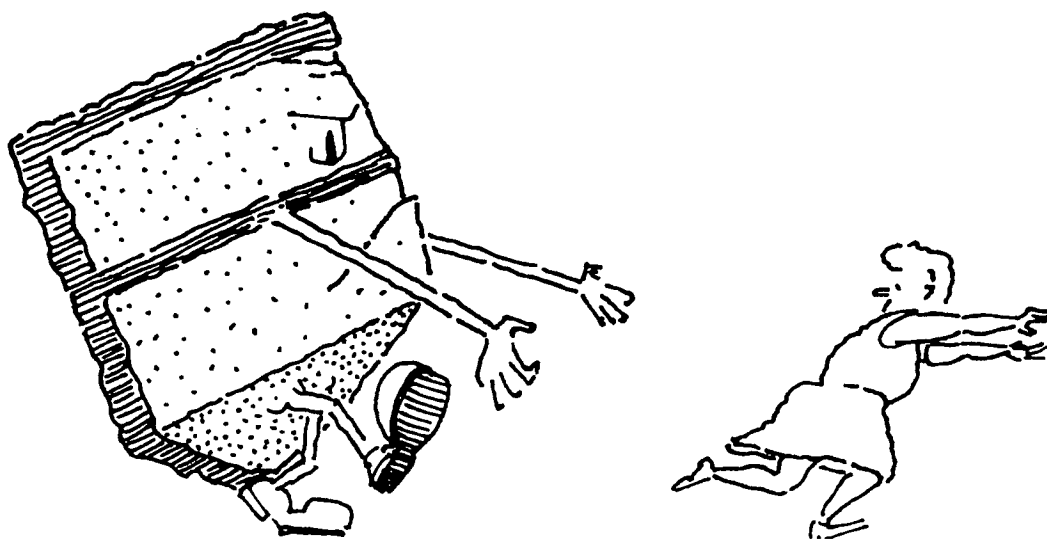
What's the Difference Between Dieting and a Lifestyle Change?

Weight management is a lifestyle change, not a "diet." Weight management is a permanent lifestyle change that helps balance calorie intake and activity levels. Permanent weight loss is dependent upon developing new habits, rather than following a diet. Many diets for weight reduction are popular and produce successful short term weight loss. However, once a person is "off" the diet, she often

finds that she soon regains the weight and must start another diet. Many people spend much of their lives going from one weight loss diet to another. Changing one's body weight permanently is a complicated and difficult challenge which must involve changes in lifestyle.

Let's compare diets to lifestyle change. Think about these questions and review the table on page 4 - *Diets vs. Lifestyle*.

- What motivates you to start on a diet?
- What is your attitude when you start a diet?
- How flexible are you about following a diet?
- How does being on a diet affect your behavior?
- What is the typical result when the diet is over?
- How does a lifestyle change compare to being on a diet (think about the differences in motivation, attitude, behaviors and results)?



Diets vs. Lifestyle



Diet	Lifestyle Change
<p><u>Motivation:</u></p> <ul style="list-style-type: none"> • Being fat is bad, being thin is good • I must weigh <u>xxx</u> pounds • Hate my body • When I lose weight, my life will be better 	<p><u>Motivation:</u></p> <ul style="list-style-type: none"> • Health • Energy • Fitness • Self-esteem • Become my own best friend • Treat myself like the wonderful person I am
<p><u>Attitude:</u></p> <ul style="list-style-type: none"> • Quick fix, impatient • Temporary behavior • Rigid, perfectionistic 	<p><u>Attitude:</u></p> <ul style="list-style-type: none"> • Gradual learning, patient • New life-long healthy habits • Flexible • Comfortable with my body size
<p><u>Behavior:</u></p> <ul style="list-style-type: none"> • Rely on “experts” • Deprivation, restriction • Judge foods and eating behavior as good or bad • Program controls what I eat, how much and when 	<p><u>Behavior:</u></p> <ul style="list-style-type: none"> • Trust myself to find what works for me • Kind, positive • Eat what I want with awareness • Eat when I am hungry and stop when I’ve had enough
<p><u>Results:</u></p> <ul style="list-style-type: none"> • May lose weight, but usually gain it back, plus more • Follow set-backs by beating myself up • Feel like a failure when weight is regained • Become discouraged that I will ever find a solution that is safe and effective 	<p><u>Results:</u></p> <ul style="list-style-type: none"> • Small steps lead to success with becoming fit • Follow setbacks with forgiveness, increased understanding of behavior and actions that work • Feel in-charge as I become more skilled • Learn more about myself than I imagined

--Used with permission - Kaiser Permanente Health Education, Portland, Oregon

Evaluating Popular Diets

The media often makes things such as popular diets sound “too good to be true.” It’s important for consumers to be able to evaluate health information for themselves.

Would you like to learn how to evaluate safety and effectiveness of some of the more “popular” diets?

How to evaluate popular diets. Ask yourself the following questions. (See Worksheet 1, page 11)

☛ **Does this diet promote slow gradual weight loss and avoid claims that sound “too good to be true.”**

If a diet promises quick results, watch out. Sound weight loss plans aim for losing no more than one to two pounds per week. Studies show that gradual weight loss increases your success at keeping it off permanently.

Does it sound too good to be true? It probably is! Be wary. Over the years, promoters of unsafe weight loss schemes have used words and phrases like:—*guaranteed, magical, miraculous, mysterious, new discovery, quick, effortless, easy, secret, breakthrough.*

Diets that promote magic foods or food supplements will thin your wallet, but may not thin your waistline. Foods don’t burn or melt away fat. There are no “super foods” that can undo the long-term effects of over-eating and lack of exercise. A calorie is a calorie. The source of the calories --fat, protein or carbohydrate-- does not have unique effects on weight loss or maintenance. It is total calories of the diet that counts.



☛ **Does this diet include a variety of foods from the five food groups?**

A healthy diet includes a variety of foods from the five food groups [grains, vegetables, fruits, dairy and meats (meat, poultry, fish, dry beans, eggs and nuts)]. These foods provide the vitamins, minerals, fiber, and phytochemicals that your body needs to stay healthy. If a diet severely restricts the foods you can eat, your body may not get the needed nutrients. In addition to being unhealthy, forbidding certain foods or food group may increase the likelihood that you will cheat, binge or just give up.

☛ **Will this diet fit into your life?**

If you want to be successful long term, you need to choose a weight management plan that includes appealing foods you will enjoy eating for the rest of your life, not just for a few weeks or months. It should include your favorite foods. The plan

should recommend changes in your eating habits that will fit into your lifestyle and budget and foods that are available at your local grocery store.

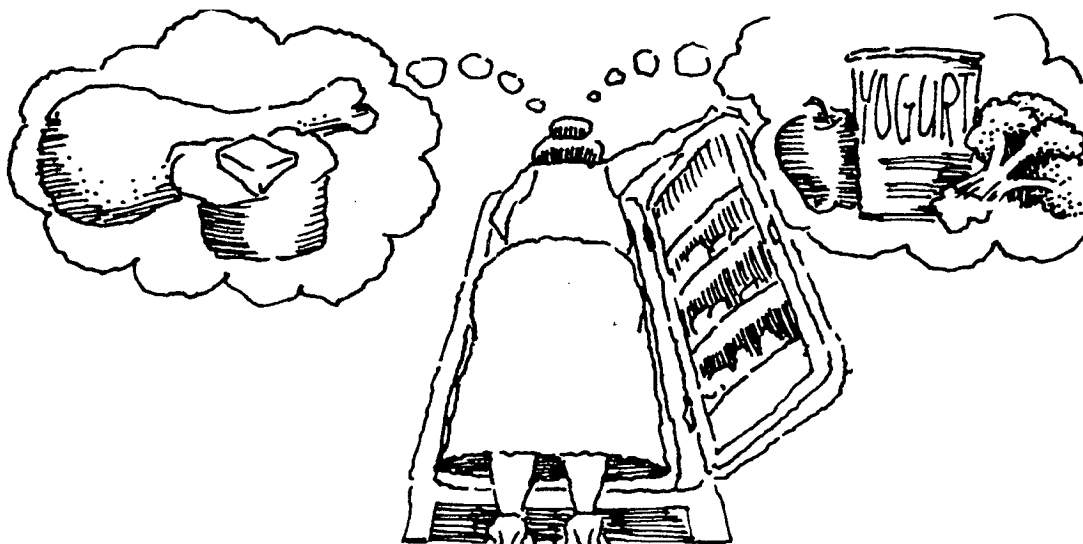
☛ **Is daily activity emphasized?**

Research clearly shows the importance of daily activity and exercise in both losing weight and

maintaining weight loss. An increase in your daily activities that fits into your lifestyle will help you burn more calories.

☛ **Is this diet compatible with WHI dietary goals?**

Look for a weight management plan that allows you to meet your fat, fruit/vegetable and grain goals.



WHI Dietary Goals Support Healthy Eating and Weight Management

How does meeting WHI dietary goals support healthy eating and weight management? Think about the skills you have learned since you've joined WHI. Which of these skills has helped you meet your dietary goals?

Some questions to think about:

- How does meeting the fat, fruit/vegetable and grain goals of the study help make your diet more healthy?
- How does meeting the fat, fruit/vegetable and grain goals of the study support weight management?
- What skills have you learned in WHI that have improved your eating habits and could support weight management?

Meeting the WHI dietary goals promotes health and supports weight management

- ♦ Eating less fat is healthy because excess fat may add calories and increase cholesterol.
- ♦ Fruits and vegetables provide vitamins, minerals, phytochemicals and fiber. Most fruits and vegetables are low in calories and high in nutrients. (For more information on fruits and vegetables, review Session 7 and Spring 2000)
- ♦ Grains provide protein, complex carbohydrates, vitamins, minerals, phytochemicals and fiber. Whole grains help you eat less fat because they are more filling. (For more information on grains review Session 14 and Fall 2000)
- ♦ Variety, balance and moderation are cornerstones of healthy eating and the WHI eating pattern supports these.



Skills learned. (For more information review the sessions listed by each skill.)

Eating awareness

- ♦ Self-monitoring helps by increasing awareness and measuring progress in meeting goals. (Review Session 2 and Fall '98)
- ♦ Reading labels tells you the fat grams, as well as the calories, in foods. (Review Session 4)
- ♦ Limiting portion size helps reduce fat and calories. (Review Fall Yr. 2 and Summer 2000)



Communication skills

- ♦ Assertiveness (saying “no” and asking for what you want) helps you avoid foods you don’t want to eat and get the foods you want. (Review Session 8)
- ♦ Asking for help. Knowing who to ask and how they can support you in meeting your dietary goals. (Review Resources- *Asking For Help and Support*)
- ♦ Getting family support. If you share foods with family members, it makes life easier if they will eat the same foods you do without complaining. (Review Session 14)

Strategies to handle challenges

- ♦ Problem solving--a step by step approach to define and solve the challenge--helps you think through a situation and remind yourself of the choices. (Review Session 10)

- ♦ Planning ahead – anticipate problems and make a plan to deal with them. (Review Session 12)
- ♦ Budgeting fat and calories by adjusting your food intake allows you to save up for splurges. (Review Session 6 and Resources)
- ♦ Strategies for eating out – selecting low-fat choices and limiting portion size. (Review Session 6, Resources and Summer 2000)

Expectations

- ♦ Positive thoughts influence your success. Change your negative thoughts to positive thoughts. (Review Session 11)

Next Steps

WHI was not designed to be a weight management program. However, weight management concerns may influence your motivation to stay in WHI. Long-term lifestyle changes are more effective for

permanent weight management. WHI dietary changes are compatible with weight management programs that promote healthy weight loss.

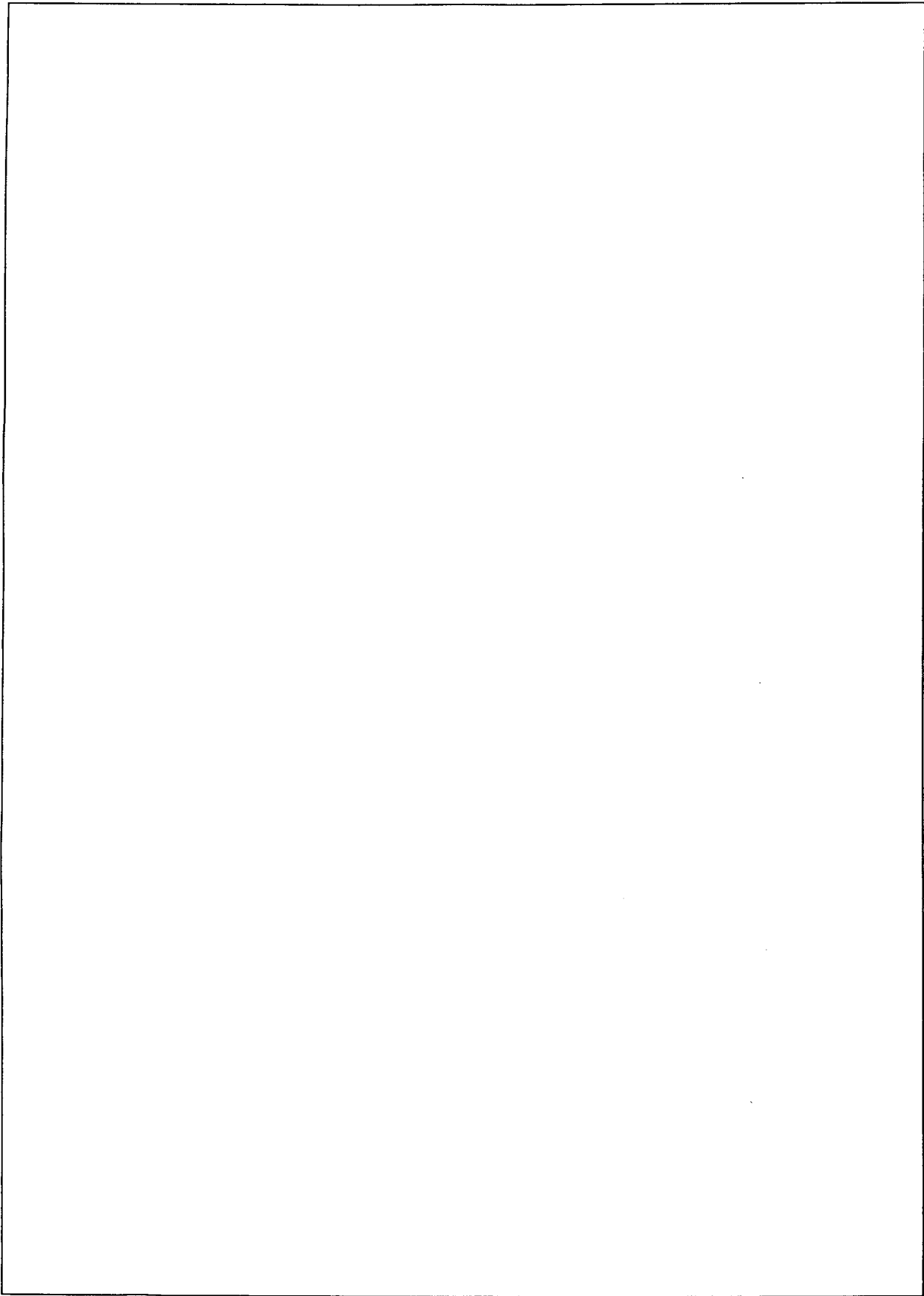
Are you looking for more information on healthy weight management programs?

Look at Resource Winter 1 on pages 12-13 - *Where to Find Sound Weight Management Advice*. This resource lists books and internet web sites that provide information about popular diets and weight management programs.



Questions for Thought

- ◆ How can you tell whether a diet is safe and effective?
- ◆ What are some of the words that alert you that a diet is too good to be true?
- ◆ How does being in WHI support good eating habits?
- ◆ How does being in WHI support your weight management interests?



Evaluating Popular Diets

You need help in improving your diet, but how can you find a safe and effective diet? Here are some questions to ask yourself before you try out a new diet. The more yes answers marked, the more likely the diet will be safe and effective.

Questions	Yes	No
Does this diet promote slow gradual weight loss and avoid claims that sound "too good to be true"?		
Does this diet include a variety of foods from the five food groups?		
Would this diet fit into my life?		
Is daily activity emphasized?		
Is this diet compatible with WHI dietary goals?		

Where to Find Sound Weight Management Advice

***Internet Resources for Weight Management Advice**

www.phys.com

Fun, interactive site. Great dietitian written articles and five-step weight loss program you can download for free. Reviews current reputable weight management books on the market. Also includes information on fad diets.

(Diet Debunker www.phys.com/b_nutrition/02solutions/diet_debunker/diet_debunker.html.)

www.cyberdiet.com

The mission of this site is to help you succeed at weight loss. To this end, they provide you with all the necessary tools: 12-week meal plans (designed for specific calorie levels and dietary restrictions), recipe makeovers, exercise and motivational tips, online support groups, and more.

www.efit.com

This upbeat site offers advice on how to start and stay with a sensible weight loss program. Readers can complete a short questionnaire in exchange for a profile of their “nutrition goals” and a week’s worth of calorie-controlled menus. eFit also covers the basics on cooking, walking, yoga, and other parts of a healthy lifestyle.

www.mealsforyou.com

This site has thousands of healthful recipes and meal plans. Search for recipes by ingredient, nationality, a category (weight management) or nutritional specification (low fat). Complete nutrition analysis for each recipe is provided and automatically adjusted if you add or delete ingredients. Print out shopping lists that contain all the ingredients in several recipes.

www.nutrio.com

This site has lots of advice and resources available to people who want to develop and maintain healthy eating and exercise habits. Complete a free assessment to receive personalized menu plans and a fitness routine.

Resource (continued)

www.aicr.org/faddiets.htm

The American Institute for Cancer Research has evaluated four of the most popular diet books of the moment. They analyzed the potential effectiveness and possible health risks associated with each plan.

The books reviewed were:

- **Dr. Atkins' New Diet Revolution**, by Dr. Robert Atkins
- **The New Beverly Hills Diet**, by Judy Mazel and Michael Wyatt
- **Protein Power**, by Michael Eades, MD and Mary Anne Eades, MD
- **Suzanne Somers' Get Skinny on Fabulous Food**, by Suzanne Somers

www.wheatfoods.org/nutrition/faddiets.html

This web site includes comprehensive information on fad diets. Diets reviewed include: The Zone, Protein Power, Dr. Bob Arnot's Revolutionary Weight Control Program, Sugar Busters, and Dr. Atkins' New Diet Revolution.

www.navigator.tufts.edu

The Tufts University Nutrition Navigator is the first online rating and review guide that solves the two major problems Web users have when seeking nutrition information: how to quickly find information best suited to their needs and whether to trust the information they find there. The Tufts University Nutrition Navigator is designed to help you sort through the large volume of nutrition information on the Internet and find accurate, useful nutrition information you can trust.

***Book Resources for Weight Management**

The American Dietetic Associations Complete Food and Nutrition Guide by Roberta Duff, MS, RD (Chronimed Publishing, 1996)

Intuitive Eating by Evelyn Tribole, MS, RD and Elyse Resch MS, RD (St. Martin's Paperbacks, 1996)

Eating Thin for Life: Food Secrets from People Who Have Lost Weight and Kept It Off, by Anne Fletcher, MS, RD (Houghton Mifflin, 1998)

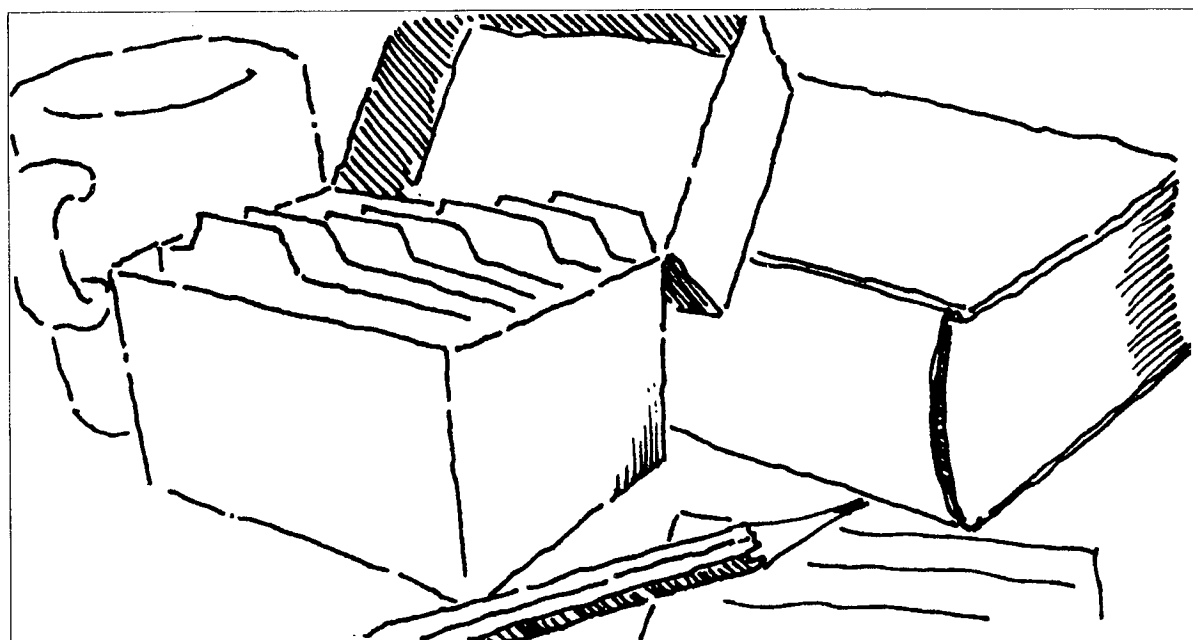
Dieting For Dummies, by Jane Kirby, RD (IDG Books Worldwide Publisher, 1999)

* The information in the above web sites and books is not an endorsement by WHI of specific food products or information.

Winter 2000

Recipes

- ◆ *Quick Black Bean Soup*
- ◆ *Spinach Soup*
- ◆ *Twenty-Minute Minestrone*
- ◆ *Vegetable Curry Soup*



Quick Black Bean Soup

1/2 cup chopped onion (or 1 tablespoon dried onion)
1 teaspoon garlic, minced (or 1/2 teaspoon garlic powder)
1 can (15 oz.) chopped tomatoes
1 can (15 oz.) black beans
1 can (15 oz.) corn
1/2 cup salsa (or 2-3 teaspoons chili powder)
2 teaspoons cumin
1 teaspoon oregano

Spray large pot with vegetable oil spray, saute onion and garlic until tender. Stir in the rest of the ingredients. Bring to a boil, reduce heat and simmer 5 minutes, stirring occasionally.

Makes 4 servings

Fat: 1 gram per serving

Vegetable Servings: 2 per serving

Grain Serving: 0.5 per serving

Recipe from Holly Henry, WHI Clinical
Coordinating Center, Seattle,
Washington

Spinach Soup

1 onion, diced
1 clove garlic, minced
1 tablespoon olive oil
2 cups sliced fresh carrots (about 4)
2 1/2 cups diced fresh potatoes (about 3)
1-2 cans fat-free chicken broth
1 can Campbell's Condensed 98% Fat Free Cream of Chicken soup
1 box frozen chopped spinach (or chopped broccoli)
black pepper, to taste

Sauté onion and garlic in olive oil. Add the carrots, potatoes, and 1 can chicken broth to cover; simmer 15 minutes. Add the soup (undiluted), spinach, and pepper; simmer for an additional 10 minutes. Add extra chicken broth as necessary for desired consistency.

Servings: 8 (approximately 1 cup)

Fat: 0.5 gram per serving

Vegetable Servings: 1.5 per serving

Recipe from Pawtucket WHI Clinical Center

Twenty-Minute Minestrone

5 cups fat-free beef, chicken or vegetable broth
1 can (14 1/2 oz.) diced tomatoes
1 can (8 oz.) tomato sauce
1 teaspoon dried crushed basil
1 teaspoon dried crushed thyme
1/4 teaspoon black pepper
1 teaspoon sugar (optional)
1 cup pasta (spirals or elbow macaroni)
2 cups frozen mixed vegetables
1 can (15 1/2 oz.) cannellini (white kidney) beans
1 teaspoon grated parmesan cheese (optional)

In a large kettle or saucepan, combine broth, tomatoes, tomato sauce, herbs, pepper, and sugar (if used). Bring to a boil. Add the remaining ingredients. Simmer uncovered until the pasta and vegetables are cooked, about 15 to 20 minutes. Serve in soup bowls with a sprinkle of parmesan cheese for accent and taste.

Servings: 8 (approximately 1 cup)

Fat: approx. 1 gram per serving (with cheese)
approx. 0.5 gram per serving (without cheese)

Vegetable Serving: 1 per serving

Grain Serving: 1 per serving

Recipe from Houston, Texas WHI Clinical Center

Vegetable Curry Soup

2 teaspoons olive oil
1 1/2 cups thinly sliced mushrooms
2 cloves garlic, minced
4 teaspoons curry powder
3 1/2 cups canned vegetable broth
1 can (14 1/2 oz.) Italian-style stewed tomatoes, undrained
1/2 cup water
2 cups diced, peeled butternut squash
1 cup thinly sliced carrot
1 1/2 cups small cauliflowerets
1 1/2 cups small broccoli flowerets

Heat the olive oil in a large, heavy saucepan over medium heat. Add the mushrooms and garlic, and cook for 5 minutes, stirring frequently. Add the curry powder and stir for 1 minute. Stir in the broth, tomatoes, and water, and bring to a boil. Add the squash and carrots, cover, and simmer for 10 minutes. Add the cauliflowerets and broccoli flowerets; cover and simmer 10 minutes or until tender.

Servings: 5 (2 cups each)

Fat: 2 grams per serving

Vegetable Servings: 3.5 per serving

Recipe from *Volumetrics* by Barbara J. Rolls and Robert A. Barnett