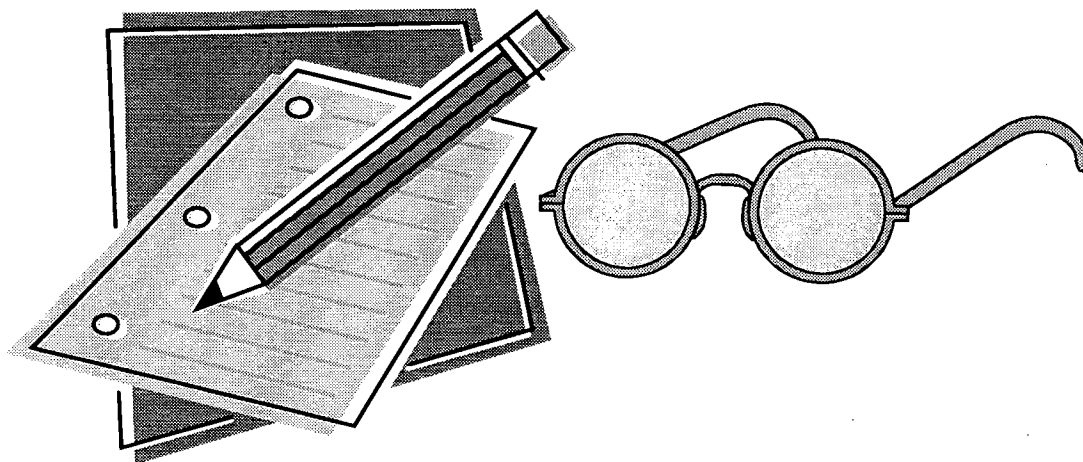


# A Closer Look: What Do I See?

*During this session you will:*

- ◆ *Receive personalized information about your dietary fat intake from the PEFI self-assessment questionnaire.*
- ◆ *Explore your personalized information from the PEFI self-assessment questionnaire.*
- ◆ *Identify options and a plan for dietary change to meet (or maintain) your fat gram goal.*



## Next Steps Follow-up

At the Summer session, you completed the PEFI self-assessment questionnaire to help you learn more than you already know about your dietary fat intake.

- ◆ How could knowing more about the fat you eat help you meet (or maintain) your fat gram goal?

## Personalized Evaluation of Fat Intake (PEFI)

**Y**our PEFI self-assessment questionnaire has been analyzed by computer and a packet of materials has been prepared just for you. The packet gives you personalized information about your dietary fat intake from the foods you marked on the questionnaire. The packet is titled *Your Personalized Evaluation of Fat Intake (PEFI)*. This session provides an opportunity for you to:

- ◆ Learn even more than you already know about your fat intake and food sources of fat.
- ◆ Think about how your fat intake compares to where you thought it might be and where you would like it to be.
- ◆ Consider how you might make dietary changes to meet (or maintain) your fat gram goal, if making some changes seems right for you.

### A Closer Look

If you received a packet of information titled *A Closer Look*, it means that you have not yet completed the PEFI self-assessment questionnaire. If you would like to complete the questionnaire, please contact your WHI nutritionist.

In the meantime, use the enclosed *A Closer Look* packet to help you begin learning more than you already know about your dietary fat intake. To do this:

- ◆ Work through each page of the *A Closer Look* packet.
- ◆ Complete *Worksheet 1 – My Plan* (page 7 of these materials).



## Exploring Your PEFI Packet

**Y**our personalized PEFI packet includes four pages plus a cover page. The cover page shows your name and the date you completed your PEFI self-assessment questionnaire.

Pages 1-3 show information about YOUR dietary fat intake based on your responses on the self-assessment questionnaire.

Page 4 provides a place for you to begin thinking about dietary changes you might consider making.

Let's look at each of the pages in your personalized PEFI packet.

### Where Are You in Relation to Your WHI Fat Gram Goal?

Page 1 of your PEFI packet helps you compare the fat grams you reported on the PEFI self-assessment questionnaire to your fat gram goal.

- **What does this information tell you about your fat intake?**

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When you look at your personalized information, you may find that you're eating just the amount of fat you expected. Or, it's possible that you find yourself eating more or less fat than you thought you were. Seeing a different amount than you expected

isn't a bad thing. That's what the PEFI self-assessment questionnaire is designed to do. It can help you learn more than you already know about your fat intake.

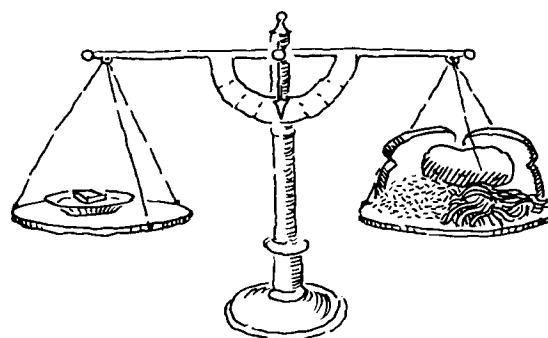
- **Where is your fat intake compared to your fat gram goal?**

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You may find that your fat intake is below goal, above goal, or the same as your fat gram goal.

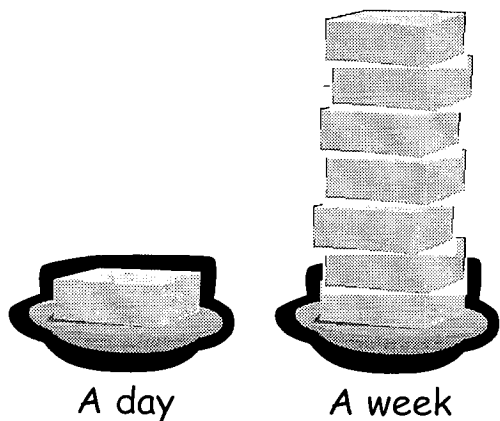


## Fat Grams Over Goal

Does your personalized information include a graph that shows your fat grams over goal per day compared to the number over a week's time? If yes:

- **What does this information tell you?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- **Why is it helpful to think about fat gram intake over more than just one day?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

You might be thinking that fat grams can really add up over a week's time.



## Where Does Your Dietary Fat Come From?

Page 2 of your PEFI packet helps you to see the 'big picture view' of where your dietary fat comes from. The 'pie-shaped' chart shows the six groups of food that commonly provide fat in the diet. Each section of the 'pie' represents a food group. The size of each section shows the proportion of fat in your eating pattern coming from that food group.

Let's use an example: if a person's chart shows "40%" for the section called 'Mixed Dishes & Soups', that would mean that 40% of the fat in that person's eating pattern comes from foods in the Mixed Dishes and Soups group.

- **Which food group provides the most fat in your diet?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Top Ten Foods That Provide Fat in Your Diet

Page 3 of your PEFI packet helps you to see your top 10 sources of dietary fat reported on the PEFI self-assessment questionnaire. For each of the foods listed, this page shows:

- the fat grams the food provides per week;
- ideas for lower-fat choices;
- the fat gram savings per week if the lower-fat choices were used instead of the higher-fat option.

Page 3 shows there are many different ways to reduce fat intake, if that seems right for you.

- **What does this page tell you about the top 10 foods providing the most fat in your diet?**

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Your top 10 foods might be just what you expected, or there might be some foods listed that surprise you. It's possible that you're unsure whether this matches what you eat. Again, that's OK. This is about learning more than you already know about the fat you eat. Keep in mind that your personalized information comes from your responses on the self-assessment questionnaire.

- **What comes to your mind when you see the fat grams listed in the 'fat gram savings per week' column?**

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It is possible you are seeing that a small change can add up over time.

## **Next Steps: Where Do You Go From Here?**

Page 4 of your PEFI packet provides space for you to begin thinking about ideas for change. Before we look more closely at Page 4, take a moment to think about the following question.

- **What surprised you the most, if anything, about the information in your packet?**

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You might be surprised to see where your fat is coming from. You might be surprised by the amount of fat in your foods. It is also very possible that you found no surprises in your personalized information.



## What Do You Think?

**T**hink back to the Summer 2002 session when you completed the PEFI self-assessment questionnaire. If you have the Worksheet Summer 2 that you completed at that session, take a look at it now.

- **Where did you think your fat intake might be compared to your fat gram goal?**

\_\_\_\_\_

You might have expected your PEFI information to tell you that your fat intake is below or above goal. Or, you might have expected it would say that you are meeting your fat gram goal.

Look at Page 1 of your personalized packet.

- **Where is your fat intake compared to where you thought it would be?**
- **Where would you like your fat intake to be?**

\_\_\_\_\_

You might be very happy with your fat intake and have no thoughts about changing it. On the other hand, you might be thinking that your fat intake isn't quite where you would like it to be. It is possible that you are thinking about making some changes in your fat intake.

## Considering Dietary Change

Look at Pages 3 and 4 of your packet. Take some time to answer the questions on these two pages and then think about the questions below.

- **What new information about your fat intake have you learned from PEFI?**

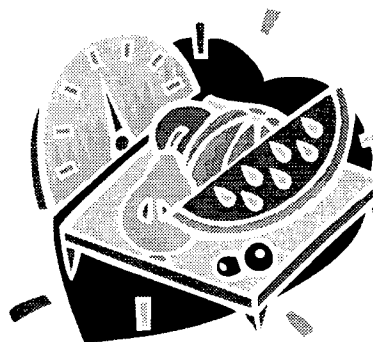
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- **How might this be used to help you meet (or maintain) your fat gram goal?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- **What are some changes you would consider making?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Next Steps

**L**ook at *Worksheet 1 – My Plan*. This worksheet can help you develop a plan for meeting (or maintaining) your fat gram goal. It will help you create a plan to make a change you are considering for the near future. If you're ready to make the change today, great! If you're considering the change but aren't ready to do it today, that's OK too. It's up to you. Take a few minutes to answer the questions on Worksheet 1.



### Questions for Thought

- ◆ What one change do you see yourself making in the near future, if any?
- ◆ Why did you choose this change over others?
- ◆ What can you do that will tell you if you're on track with the plan you've created?



# My Plan

Use the questions below to help you develop a plan for meeting (or maintaining) your fat gram goal. Identify a change you are considering for the near future (from page 4 of your PEFI packet). If you're ready to make the change today, great! If you're considering the change but aren't ready to do it today, that's OK too. It's up to you.

- 1. Of the changes I am considering , the change that I can see myself most likely making in the near future is:**

(Example: I will consider reducing my portion size of red meat.  
My new serving size is \_\_\_\_\_.)

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- 2. What can I do to achieve this change?**

(Example: I will cut my red meat portion in half before I cook it.  
This way I won't be tempted to eat the other portion.)

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### 3. What can I do that will tell me if I'm on track with the plan I created?

(Example: I will record the foods and fat grams I eat.)

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### 4. Why did I choose this option over others?

(Example: I feel it is a goal I can accomplish without giving up too much of what I like to eat.)

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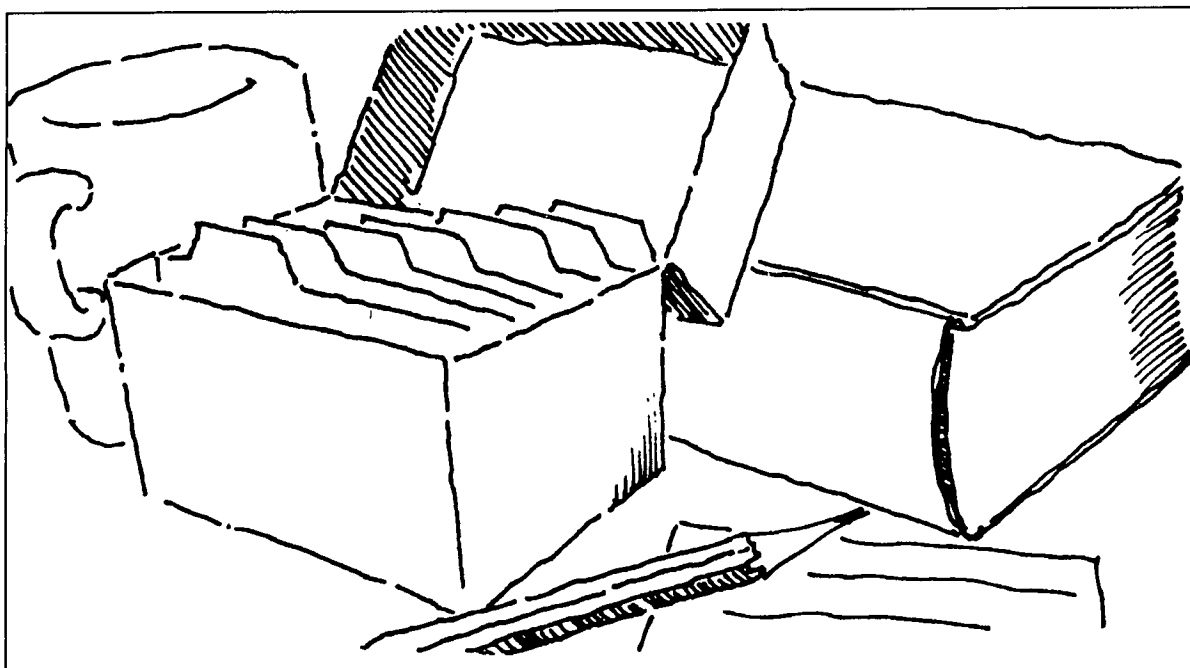
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Fall 2002

# Recipes

- ◆ *Thai Pumpkin Soup*
- ◆ *Lazy Day White Bean Soup*
- ◆ *Curried Fruit*
- ◆ *Vanilla & Chocolate Marble Cheesecake*



## Thai Pumpkin Soup

**2 cans (16 oz.) fat-free chicken broth**  
**1 can (15 oz.) pumpkin**  
**1 can (12 oz.) mango nectar**  
**2 tablespoons peanut butter, chunky**  
**2 tablespoons rice vinegar**  
**1-1/2 tablespoons minced green onion**  
**1 teaspoon grated fresh ginger**  
**1/2 teaspoon grated orange rind**  
**1/4 teaspoon crushed red pepper**  
**1 clove garlic, crushed**  
**cilantro sprigs (optional)**

Cover liquids in large pot. Bring to a boil, reduce heat, simmer 10 minutes. Combine 1 cup liquid mixture and peanut butter in a blender. Process until smooth. Return to pan. Stir in rest of ingredients. Cook 3 minutes or until heated. Ladle into bowls.

Optional: Sprinkle with cilantro.

Makes 6 (one cup) servings

Fat: 2.5 grams per serving

Fruit/Vegetable Servings: 1 per serving

Recipe from Seattle WHI Clinical Center

## Lazy Day White Bean Soup

**1/4 cup chopped white onion (1 medium onion)**  
**2 cloves garlic, minced**  
**1 can (14.5 oz.) diced tomatoes**  
**1 can (14.5 oz.) fat-free, reduced sodium chicken broth**  
**1 can (4 oz.) chopped green chilies**  
**1/2 teaspoon dried oregano**  
**1/4 teaspoon ground cumin**  
**1 can (15 oz.) cannellini beans, drained (can substitute great northern beans)**  
**1-1/2 tablespoons fresh lime juice**  
**1 can (10 oz.) 98% fat-free white chicken meat, packed in water**  
**dash pepper**

Add all ingredients to large cooking pot. Bring to a boil, reduce heat and simmer until heated thoroughly and onion is tender.

Makes 4 (1-1/2 cup) servings

Fat: 2 grams per serving

Grain Servings: 1

Fruit/Vegetable Servings: 1

Recipe from Madison WHI Clinical  
Center Nutritionists

## Curried Fruit

**1 can (16 oz.) apricot halves in light syrup**  
**1 can (8 oz.) pineapple chunks in juice**  
**1 can (16 oz.) peach slices in juice, drained**  
**1 can (16 oz.) pear halves in juice, drained**  
**3 tablespoons brown sugar**  
**2 teaspoons curry powder**

Drain apricot halves and pineapple chunks, reserving 1 cup liquid. Set liquid aside. Combine drained apricots, pineapple, peaches, and pears in an 11 x 7 x 1-1/2 inch baking dish. Combine reserved liquid, brown sugar, and curry powder in a small bowl; stir well. Pour over fruit mixture. Bake uncovered at 350°F for 25 minutes or until thoroughly heated and bubbly. Serve with a slotted spoon.

Makes 8 (3/4 cup) servings

Fat: 0 grams per serving

Fruit/Vegetable Servings: 1.5 per serving

Recipe from Wake Forest WHI  
Clinical Center

## Vanilla and Chocolate Marble Cheesecake

**1/4 cup low-fat chocolate cookie crumbs (reduced-fat chocolate Nilla® wafers--approximately 16 cookies)**  
**2 cups non-fat small-curd cottage cheese**  
**8 ounces light cream cheese, at room temperature**  
**3 eggs**  
**1 cup sugar**  
**1 tablespoon vanilla extract**  
**1 tablespoon strained lemon juice**  
**1/4 teaspoon salt**  
**3 tablespoons cocoa**  
**1/4 teaspoon instant coffee powder**  
**1 tablespoon sugar**  
**3 tablespoons hot water**

See instructions on the following page.

Makes 10 servings

Fat: 6 grams per serving

Recipe from Chef Amy Coleman M.S.,  
R.D., Pawtucket WHI Clinical  
Center

## Vanilla and Chocolate Marble Cheesecake (cont.)

### Instructions:

1. Preheat the oven to 350°F and position the rack in the middle of the oven. Prepare a waterbath by filling a pan, which is larger than a 9-inch cake pan, with 1/2-inch of hot water, and place into the oven.
2. Spray a 9-inch round, non-stick cake pan with vegetable oil spray. Spread the cookie crumbs evenly into the bottom of the pan.
3. Process the cottage cheese in a food processor for 2-1/2 to 3 minutes (NO LESS), or until silky smooth, scraping the sides and bottom of the bowl once or twice as necessary. Add the softened cream cheese and process until completely smooth.
4. Add the eggs one at a time, processing after each addition. Add the 1 cup sugar, vanilla, lemon juice, and salt. Pulse until incorporated and perfectly smooth.
5. Pour all but approximately 1/4 cup of batter into the cake pan leaving the 1/4 cup of remaining batter in the food processor bowl.
6. In a separate small bowl, mix the cocoa, coffee, 1 tablespoon sugar and water until smooth. Add the cocoa mixture to the remaining 1/4 cup batter. Process until smooth.
7. Drizzle the chocolate batter into the baking pan of vanilla batter. With a butter knife draw marble lines throughout the chocolate into the vanilla batter to give a marbled effect.
8. Carefully slide the oven rack part way out of the oven. Place the cheesecake into the waterbath pan. Gently slide the oven rack back into the oven to avoid sloshing the water.
9. Bake until the cheesecake is set in the center and is just beginning to shrink from the edges of the pan, about 45-50 minutes. Remove the cheesecake from the water bath and cool on a rack. When cool, cover and **chill for at least 12 hours** or up to 2 days before serving.

Cheesecake may be refrigerated for up to 2 days or frozen for 1 month.



## A Closer Look

The information in this packet can help you take a fresh look at your sources of dietary fat.

The following pages provide information that can help you:

- Think about how your current fat intake compares to your fat gram goal.
- Identify the foods and food groups that provide fat in your eating pattern.
- Think about ways you could begin to reduce your fat intake.

Thank you for your energy, enthusiasm, and continued commitment to WHI. Your determination and efforts are greatly appreciated.

# Where Are You in Relation to Your WHI Fat Gram Goal?

Use the questions below to begin thinking about how your current fat intake compares to your fat gram goal.

**1. Where is my fat gram goal?**

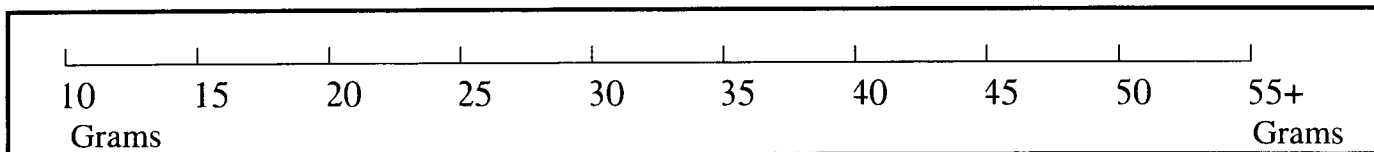
Mark “FG” on the line below to show your fat gram goal.

**2. What is my dietary fat intake?**

Mark “DF” on the line below to show your dietary fat intake. If not currently self-monitoring, mark your best guess.

**3. Where would I like my dietary fat intake to be?**

Mark a “\*” on the line below to show where you would like your fat intake to be.



**4. What do I see when I look at the three numbers I marked above?**

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The following page can help you think about the food groups that provide fat in your eating pattern.

# Where Does Your Dietary Fat Come From?

When thinking about where dietary fat comes from, sometimes it is helpful to see the 'big picture view'. Thinking about a few food groups, rather than many specific foods, may help you see the big picture. Below you will find six groups of food. These groups are common sources of dietary fat. Where do you think your dietary fat comes from?

**Circle the two food groups below that you think provide the most fat in your eating pattern.** If you're not sure, that's OK. Make your best guess.

<b>Common Sources of Dietary Fat</b>
<b>Fats Used at the Table or Added in Cooking</b>
<b>Meat, Poultry, Fish, and Eggs</b>
<b>Milk, Yogurt, and Cheese</b>
<b>Grain Products and Salty Snacks</b>
<b>Mixed Dishes and Soups</b>
<b>Sweets</b>

Now that you have an idea of the food groups that might provide the most fat in your eating pattern, what **foods** do you think might be contributing the most fat?

For ideas, look at the next page...

# Foods That Provide Fat in Your Diet

Look at the foods and food groups listed below. These are common sources of dietary fat. **Check (✓) the foods that you eat often and, therefore, might be contributing the most fat to your eating pattern.**

Fats Used at the Table or Added in Cooking	Meat, Poultry, Fish, and Eggs
<ul style="list-style-type: none"> <li><input type="checkbox"/> Butter, margarine, oil or other fats such as salt pork</li> <li><input type="checkbox"/> Regular mayonnaise or salad dressing</li> <li><input type="checkbox"/> Peanut butter</li> <li><input type="checkbox"/> French fries or other fried vegetables</li> <li><input type="checkbox"/> Other: _____</li> <li><input type="checkbox"/> Other: _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Beef, pork, ham, lamb (including hamburger and meatloaf)</li> <li><input type="checkbox"/> Fried chicken, fried fish or seafood</li> <li><input type="checkbox"/> Eggs, breakfast meats, lunch meats, hot dogs</li> <li><input type="checkbox"/> Other: _____</li> <li><input type="checkbox"/> Other: _____</li> </ul>
Milk, Yogurt, and Cheese	Grain Products and Salty Snacks
<ul style="list-style-type: none"> <li><input type="checkbox"/> Cheeses such as cheddar, mozzarella, or cream cheese</li> <li><input type="checkbox"/> Milk (whole or 2%)</li> <li><input type="checkbox"/> Other: _____</li> <li><input type="checkbox"/> Other: _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Peanuts or other nuts and seeds</li> <li><input type="checkbox"/> Snack chips or crackers</li> <li><input type="checkbox"/> Biscuits, muffins, corn bread</li> <li><input type="checkbox"/> Other: _____</li> <li><input type="checkbox"/> Other: _____</li> </ul>
Mixed Dishes and Soups	Sweets
<ul style="list-style-type: none"> <li><input type="checkbox"/> Potato, noodle or rice dishes with meat, cheese, or cream sauce</li> <li><input type="checkbox"/> Pizza, tacos, burritos, enchiladas or other dishes with meat or cheese</li> <li><input type="checkbox"/> Cream soups</li> <li><input type="checkbox"/> Other: _____</li> <li><input type="checkbox"/> Other: _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Chocolate candy</li> <li><input type="checkbox"/> Ice cream</li> <li><input type="checkbox"/> Cookies, cakes, pastries, pies</li> <li><input type="checkbox"/> Other: _____</li> <li><input type="checkbox"/> Other: _____</li> </ul>



Circle the foods you might change.

## Next Steps: Where Do You Go From Here?

Look at the foods you circled on the previous page. Use the statements below to help you **think about** as many ideas for change as you wish. Then, consider which changes you might make. Remember...the choice is yours!

### **I would consider making the following changes:**

- Reduce my portion size.

☐ Food: \_\_\_\_\_ New portion size: \_\_\_\_\_

☐ Food: \_\_\_\_\_ New portion size: \_\_\_\_\_

- Change how often I eat a food.

☐ Food: \_\_\_\_\_ Times per week to eat: \_\_\_\_\_

☐ Food: \_\_\_\_\_ Times per week to eat: \_\_\_\_\_

- Cut back on the fat I use to prepare and cook my food.  
(examples: trim fat off meat, use non-stick spray, oven baked fries)

☐ Food: \_\_\_\_\_ New way to cook: \_\_\_\_\_

☐ Food: \_\_\_\_\_ New way to cook: \_\_\_\_\_

- Choose a low-fat or fat-free food instead of the regular full-fat choice.  
(examples: fat-free mayonnaise, low-fat cheese, fat-free lunch meat)

☐ New food to use: \_\_\_\_\_ Instead of: \_\_\_\_\_

☐ New food to use: \_\_\_\_\_ Instead of: \_\_\_\_\_

- Other Idea: \_\_\_\_\_  
\_\_\_\_\_

☒ Check the changes that you are willing to try over the next 3 months.

**Remember – if every woman made just a small change in her eating pattern, it could make a big difference to the Dietary Change program!!**

**Thank you for helping to make WHI successful.**