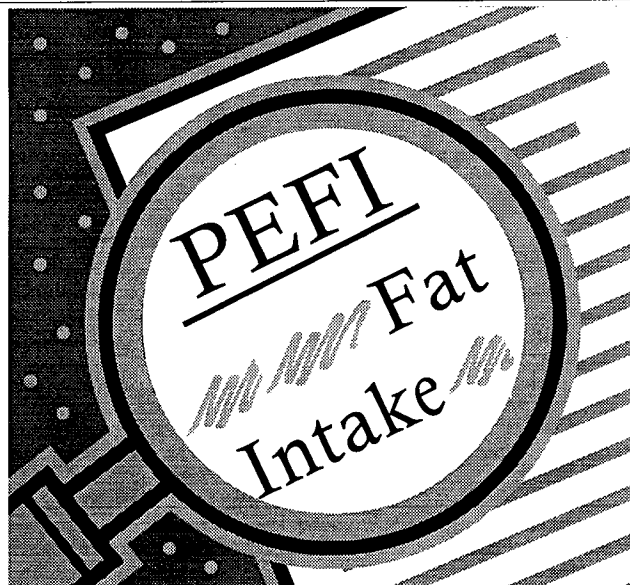


Take A Closer Look

During this session you will:

- ♦ *Explore the benefits of self-assessing and receiving personalized information about your fat intake.*
- ♦ *Complete the PEFI self-assessment questionnaire.*
- ♦ *Explore your expectations about the personalized information you will receive from the PEFI self-assessment questionnaire.*



Next Steps Follow-up

At the Spring session we talked about evaluating health information.

- ◆ **What types of health information did you come across in the last three months?**
- ◆ **How did the Spring session help you evaluate health information?**

Take a Closer Look

This session is about taking a closer look at your fat intake. The session provides an opportunity for you to:

- **Think about progress toward meeting your fat goal and how closely your self-monitoring reflects what you eat.**
- **Explore how knowing what you eat can help you meet your fat goal.**
- **Complete the Personalized Evaluation of Fat Intake (PEFI) self-assessment questionnaire to learn even more than you already know about your fat intake.**

As a WHI participant, you have spent a large amount of time and effort making dietary changes to reduce your fat intake. Thank you! We know that it is not easy to make and maintain these lifestyle dietary changes. For some women, changes made in the beginning are getting difficult to maintain and

they are looking for help to eat low fat. This session (along with the Fall 2002 session) provides some help by creating an opportunity for you to take a closer look at your dietary fat intake.



What Do You See?

Look at Worksheet 1 – *A Closer Look*. Take a few minutes to answer the questions. They can help you think about:

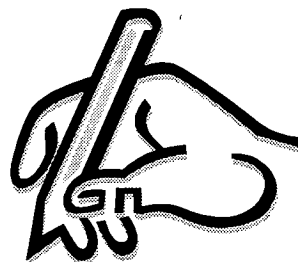
- ◆ where you are compared to your fat goal
- ◆ where the study is compared to its goal
- ◆ how closely your self-monitoring fat scores match what you eat

My Fat Intake

- What do you see when you look at the 3 numbers you marked on page 8?

When you look at the numbers you marked, you may see that you're eating at fat gram goal. On the other hand, you may see that you're eating above or below goal. Perhaps you are unsure of your current fat intake.

- Is there a difference between where you are and where you would like to be for your dietary fat intake?



Your fat intake may be just where you want it to be. On the other hand, you may have marked a different place (on the line) for your current fat intake compared to where you'd like your fat intake to be. Is there a gap between where you are and where you'd like to be?

Studywide Fat Intake

- What does the graph on page 9 tell you about studywide fat intake compared to the study goal?

Studywide Fat Intake Compared to Study Goal

During the first year of the study:

- ◆ fat intake went down a huge amount, and
- ◆ fat intake was close to study goal.

Since then, fat intake has gone up a little each year. This means we are getting further from the study goal. If fat intake continues to increase, we will be even further from study goal when the study ends. This will reduce our ability to answer study questions.

My Self-Monitoring Fat Scores

- What do you see on page 10 when you look at your estimate of how closely your self-monitoring fat scores match what you're eating?

- Is there a difference between your self-monitoring fat scores and your fat intake?

- If there is a difference, what are some reasons why your self-monitoring fat scores might not always match your fat intake?



Some Reasons Self-Monitoring Fat Scores Might Not Always Match Fat Intake

Here are some ideas WHI participants have shared:

- ◆ Record keeping is an estimate of intake, not an exact measure.
- ◆ I record only a few days per month.
- ◆ I may record only my lowest fat days.
- ◆ I don't always know what is in the foods I eat.
- ◆ I don't always know the portion size of the food I eat.
- ◆ I don't always know fat grams (even when I know ingredients and serving size).
- ◆ I may not take the time to figure out the fat grams in the foods I eat.
- ◆ I don't always count 3 portions of a fat-free food as 1 gram of fat.
- ◆ I round numbers down.

Keeping track of what we eat is very challenging. Food is complex! In fact, research shows that underestimating food intake is very typical – even for WHI participants who have much skill and experience keeping track. Yet, even with the challenges of keeping track, we know that it is one way to increase our awareness of what we eat.

Knowing What We Eat

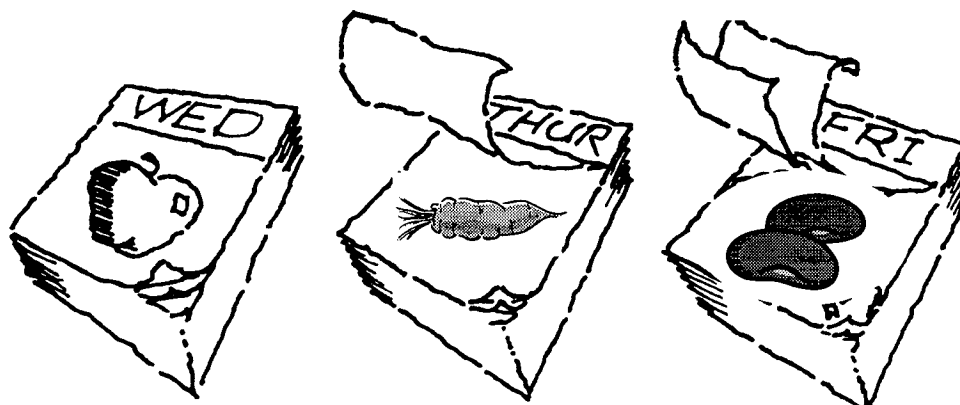
While keeping track of what we eat can be a challenge, knowing what we eat can be helpful when working toward (or maintaining) fat gram goal. The more we know about how much fat we're eating, the more able we are to meet or maintain goal.

- How does knowing what you eat help you meet (or maintain) your fat gram goal?

Some Benefits of Knowing What We Eat

Here are some ideas WHI participants have shared:

- ◆ Being aware helps me make adjustments in my eating.
For example: the amount I eat.
- ◆ Being aware allows me to make choices in my eating.
For example: what I eat.
- ◆ Being aware puts me in charge of my eating and meeting my fat gram goal.
- ◆ Being aware allows me to see my accomplishments — receive positive reinforcement and feel good about all I'm doing.
- ◆ Being aware helps me stay focused on my desire to meet my goal.



The PEFI Self-Assessment Questionnaire

To help you continue learning about your fat intake, we have created a questionnaire to supplement your self-monitoring efforts. It's called the Personalized Evaluation of Fat Intake (PEFI) self-assessment questionnaire.

- ◆ If you do not currently self-monitor, the PEFI self-assessment questionnaire will help you see the amount of fat you're eating.
- ◆ If you currently self-monitor, the PEFI self-assessment questionnaire may give you a broader (more long range) picture of your fat intake.

The PEFI self-assessment questionnaire has the following features:

- ◆ It is unique in that it can help identify foods that contribute fat and then give information about:
 - The number of fat grams in the foods marked on the questionnaire.
 - A breakdown of fat intake by food group.
 - A list of the ten foods providing the most fat grams in the foods marked on the questionnaire.
 - Ideas for lowering fat intake based on the foods marked on the questionnaire.

The PEFI self-assessment questionnaire will be analyzed by computer. The information that comes from the computer analysis is for your use (not for monitoring the study).

After you complete the PEFI self-assessment questionnaire, you will receive a packet of materials (at the Fall session) prepared just for you. The packet will give you information about your fat intake from the computer analysis of the foods marked on the questionnaire.

The PEFI self-assessment questionnaire isn't exact or perfect. Like self-monitoring tools, it provides an estimate of fat intake. For example, it won't know the amount of fat in a specific brand of food or a specially modified recipe.

We're pleased to be able to offer you this opportunity to learn even more than you already know about your fat intake. We know that each of you is working hard to meet and maintain your fat gram goal. We are hopeful that you'll find the information from PEFI helpful. Please complete the questionnaire. Before you begin, take a few minutes to review the key points on the next page.

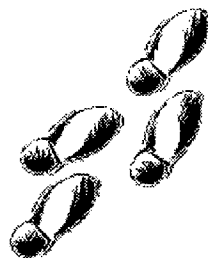


Key Points about the PEFI Self-Assessment Questionnaire

- ◆ The questionnaire focuses only on fat-containing foods. Foods that have little or no fat, such as fruits and vegetables, are not included.
- ◆ The questionnaire asks about foods you ate during the **PAST MONTH**. Think about the foods you ate when you were at home and away from home.
- ◆ Pages 2-4 ask about the type of foods you ate during the past month and how they were prepared.
- ◆ Page 5 asks about how often the mixed dishes and soups you ate were prepared to be lower in fat.
- ◆ Pages 6-12 ask about how often you ate a specific food and your usual serving size.

Next Steps

Look at Worksheet 2 – *My Expectations*. Take a few minutes to think about what your PEFI information might tell you about your fat intake.



Questions for Thought

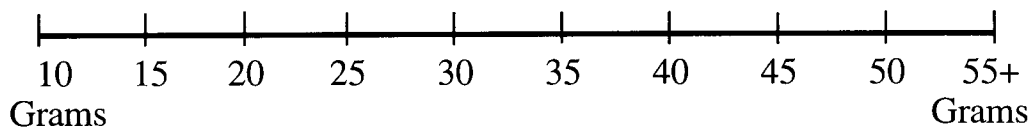
- ◆ What do you think your PEFI personalized information might tell you about your fat intake?
- ◆ Where do you think your fat intake might be compared to your fat gram goal?
- ◆ Where do you think most of your fat will come from (e.g., types of food or food groups)?

A Closer Look

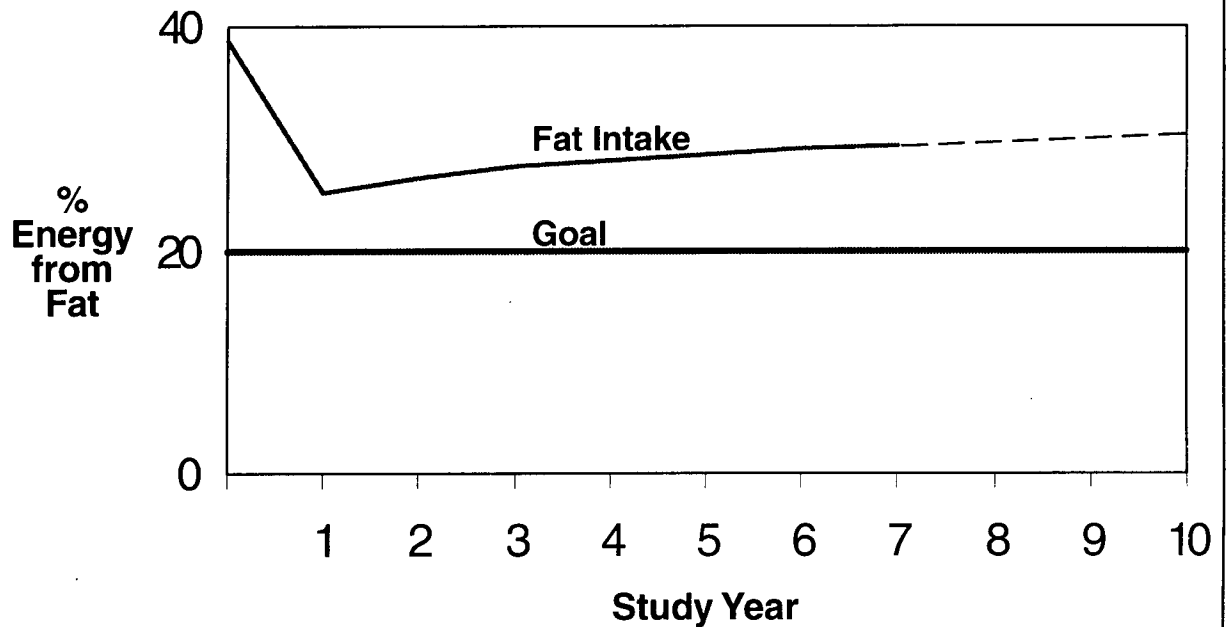
Use the information below to think about a) where you are in relation to your fat goal, b) where the study is compared to its goal, and c) how closely your self-monitoring matches what you eat.

Fat intake vs. 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.



Studywide fat intake vs. goal



4. When you look at the graph, what does it tell you about studywide fat intake compared to the goal:

At Study Year 1?

Now (Study Year 7)?

At the end of the study (Study Year 10)?

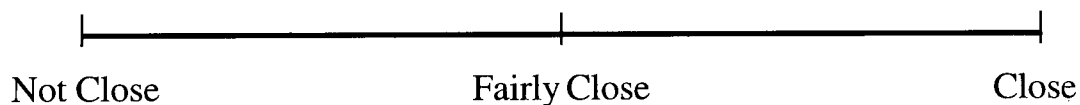
Self-monitoring fat scores vs. fat intake

Think about the following:

- How often do I record during holidays, parties, or when I'm eating away from home?
- How often do I know what is in the foods I eat?
- How often do I know the portion size of the foods I eat?
- How often do I take the time to figure out the fat grams in the foods I eat?

5. How closely do my self-monitoring fat scores match what I'm eating all the time?

Mark the line below.



My Expectations

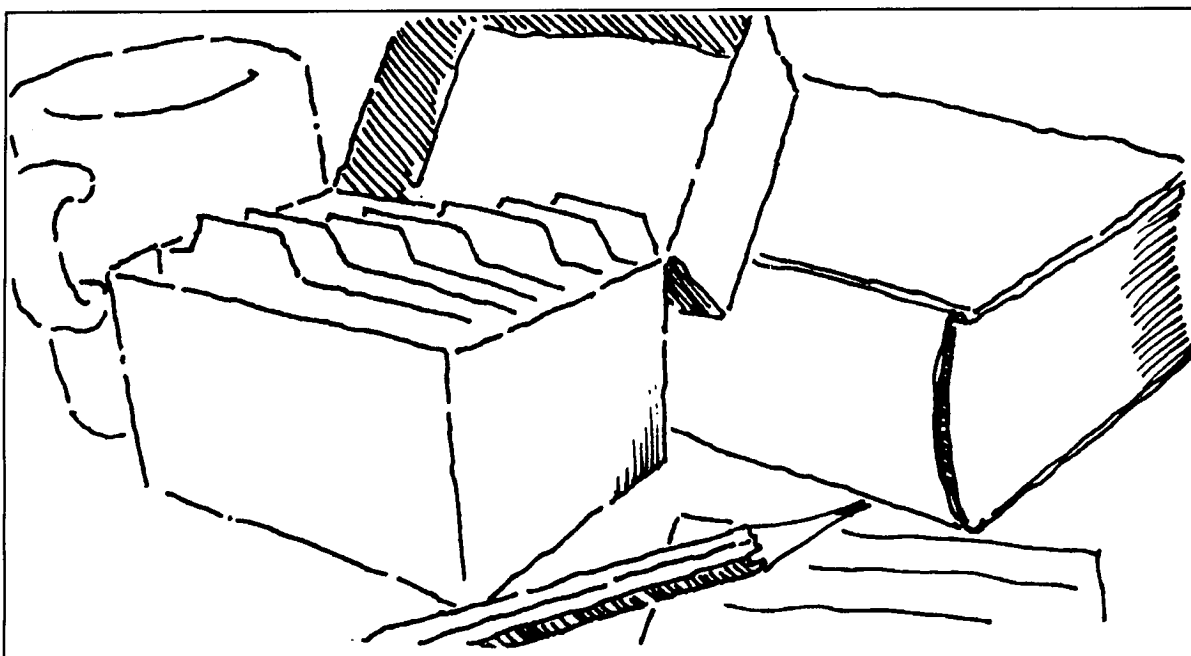
Take a few minutes to think about what you might learn from the PEFI self-assessment questionnaire. Use the following questions as a guide and record your thoughts.

- 1. What do I think the PEFI information might tell me about my fat intake?**
- 2. Where do I think my fat intake might be compared to my fat gram goal?**
- 3. Where do I think most of my fat will come from? For example: what foods or food groups?**

Summer 2002

Recipes

- ◆ *Fast and Fresh Tomato Soup*
- ◆ *Gingered Carrot Soup*
- ◆ *Sicilian Scallop Salad*
- ◆ *20-Minute Chicken Creole*



Fast & Fresh Tomato Soup

8 tomatoes (about 3 pounds)
2 teaspoons olive oil
4 garlic gloves, minced or pressed
3 tablespoons chopped fresh basil
1 tablespoon red wine vinegar
1 teaspoon salt
3 cups chilled tomato juice
chopped fresh basil (optional)
minced red onions (optional)

Coarsely chop 6 of the tomatoes. Place them in a blender with 1 teaspoon of the olive oil and purée until smooth. In a small skillet, warm the remaining teaspoon of olive oil and briefly sauté the garlic on medium heat until just golden.

Add the sautéed garlic, the basil, vinegar, and salt to the blender and purée until thoroughly mixed. Pour the purée into a large soup pot. Stir in the tomato juice. Chop the remaining tomatoes into bite-sized pieces and stir them into the soup. Chill for about an hour and serve.

Optional: Serve each bowl of soup topped with basil and some minced red onions.

Makes 4 servings

Fat: 2.5 grams per serving

Fruit/Vegetable Servings: 4 per serving

Adapted from *Moosewood Restaurant Daily Special*

Gingered Carrot Soup

2 cups chopped onions
2 teaspoons canola or other vegetable oil
2 cups peeled and diced carrots
1 tablespoon grated fresh ginger root
1/4 teaspoon salt
1/4 teaspoon ground black pepper
3 cups water
3 cups orange juice or unsweetened apple juice or cider
sprinkling of freshly grated nutmeg

In a nonreactive soup pot, sauté the onions in the oil on medium heat until softened, about 5 minutes. Add the carrots, ginger root, salt, and pepper and continue to sauté, stirring constantly, for 2 to 3 minutes. Add the water and bring to a boil. Reduce the heat, cover, and simmer for 20 to 30 minutes, until the carrots are very soft. Stir in the juice.

In batches in a blender, purée the soup until smooth and velvety. Serve warm or chilled with a dash of fresh nutmeg.

Variation: Replace the apple juice or cider with apple apricot juice.

Makes 4 servings (1-1/2 cups per serving)

Fat: 2.5 grams per serving

Fruit/Vegetable Servings: 3 per serving

Adapted from *Moosewood Restaurant Daily Special*

Sicilian Scallop Salad

Salad:

8 garlic cloves, minced or pressed
1 cup dry white wine
1 pound large sea scallops, cut in half crosswise
6 cups mixed salad greens, washed and dried
1 red bell pepper, seeded and cut crosswise into rings
2 oranges, peeled, seeded, and sectioned

Dressing:

1 cup orange juice
3 tablespoons fresh lemon juice
1 tablespoon olive oil
salt and ground black pepper to taste
chopped fresh basil

Combine the garlic and white wine in a saucepan and bring to a boil. Add the scallops and cook on medium-high heat for about 5 minutes, stirring often, until tender and opaque. With a slotted spoon, remove the scallops from the pan and set them aside in a bowl. Reduce the remaining garlic and wine to about 1/4 cup by simmering for about 10 minutes and set aside to cool.

Spread the greens on a large platter and arrange the pepper rings and orange sections around the edge. In a small bowl, mix together the orange juice, lemon juice, and olive oil. Add the reduced wine liquid and salt and pepper to taste. Toss the dressing with the scallops, then ladle them into the center of the serving platter and drizzle the rest of the dressing over the salad. Top with basil and serve immediately.

Makes 4 servings

Fat: 5 grams per serving

Fruit/Vegetable Servings: 2.5 per serving

Recipe from *Moosewood Restaurant*
Low-fat Favorites

20-Minute Chicken Creole

4 medium chicken breast halves (1 pound total), skinned, boned and cut into 1-inch strips
14-oz. can tomatoes, chopped
1 cup low sodium chili sauce
1/2 cups green pepper, chopped
1 cup okra, chopped (frozen or fresh)
1/2 cup celery, chopped
1/4 cup onions, chopped
2 cloves garlic
1 tablespoon fresh basil, chopped (or 1 teaspoon dried basil)
1 tablespoon fresh parsley, chopped (or 1 teaspoon dried parsley)
1/4 teaspoon crushed red pepper
1/4 teaspoon salt
nonstick spray
4 cups cooked rice (optional)

Spray deep skillet with nonstick cooking spray. Preheat pan over high heat. Cook chicken in hot skillet, stirring, for 3 to 5 minutes, or until no longer pink. Reduce heat. Add tomatoes and their juice, low sodium chili sauce, green pepper, okra, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling. Reduce heat and simmer, covered, for 10 minutes. Serve with cooked rice.

Makes 4 servings

Fat: 3 grams per serving

Fruit/Vegetable Servings: 2 per serving

Grains: 2 per serving (if served with 1 cup cooked rice)

Recipe from New York City WHI Clinical Center