

Taste is Everything

During this session you will:

- ◆ *Review PEFI plans created during the Fall Session.*
- ◆ *Personalize Self-monitoring tools.*
- ◆ *Explore what influences taste.*



PEFI plans

At the Fall 2002 session, you received personalized information about your dietary fat intake from the PEFI self-assessment questionnaire. During the session you explored your personalized information and considered some plans that would help you reduce or maintain your fat intake.

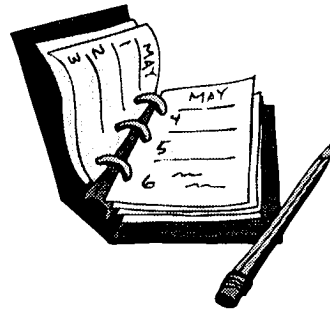
- ◆ How are things going with the plans you made?
- ◆ What successes have you experienced?
- ◆ What challenges or barriers have you experienced?
- ◆ What changes would you like to make to your plans, if any?

Increasing Awareness

We know that being aware of what you eat is one of the keys to maintaining low fat eating.

- How has the experience of receiving PEFI feedback been helpful?
- How has receiving PEFI feedback helped you become more aware of what you eat?

WHI has a variety of self-monitoring tools that can help you continue to be aware of what you eat - The Food Diary, the Fat Scan, the Quick Scan, and the Keeping Track of Goals. In addition, there are some easier tools, such as the Picture Tracker and Eating Pattern Questionnaire. What is nice about these tools is that they don't require math. What is even better is that you can personalize your self-monitoring tools to best fit your needs and busy lifestyle. Personalizing your tools make it easier to keep track of what YOU eat.



If you use the Fat Counter or Mini-Fat Counter: Write in your Top Ten foods from PEFI on the list of Commonly Used Foods and Beverages (page 103 in the Fat Counter and page 25 in the Mini Fat Counter). You may also find it helpful to list lower fat alternatives for your Top Ten foods.

If you use the Quick Scan or Fat Scan: Consider highlighting your Top Ten foods with a highlighter pen. The Quick Scan also allows you to add foods, such as low fat options for your Top Ten foods.

A personalized calendar: Use a calendar that includes regular activities, events and holidays. This visual reminder is an excellent way to help you recall what you eat.

Taste is Important

Eating should be a pleasurable experience. Many people rate taste as the most important factor in choosing the foods they eat. How important is taste to you?

The Science of Taste

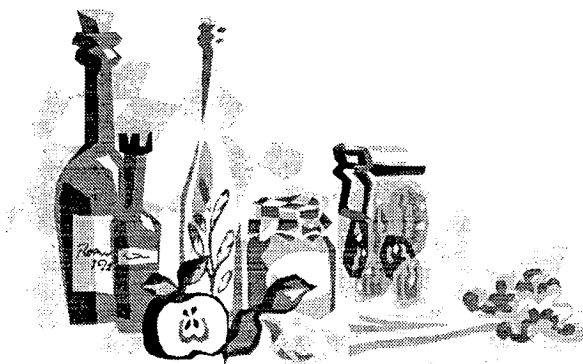
Your nose, mouth, eyes and brain all contribute to what you perceive as flavor.

You were born with about 9,000 taste buds. These tiny clusters of cells sense flavors from the foods you eat. Taste buds detect four primary tastes: sweet, salt, sour and bitter. Some people are more sensitive to bitter tastes and may react negatively to broccoli, spinach and other cruciferous vegetables. Individual taste response to bitter varies greatly.

Smell is 10,000 times more sensitive than taste. What you think of as taste is actually smell. When you eat, food odors pass through the cavity between your nose and mouth to receptor cells at the top of your nasal passages, sending nerve impulses to your brain. Cold food is not as flavorful as hot or warm food because odor can only be detected if flavor molecules are vaporized.

Experts say that losing the ability to taste is a normal part of aging. As one grows older, sensory receptor cells in the nose and on the tongue are not replaced as often. This reduces the sense of taste and smell. The ability to taste is influenced by a variety of factors. Medications are the most common source of taste disorders. Other factors that influence taste include: radiation therapy, surgical procedures, gum disease, dental appliances, upper respiratory infections, sinusitis, nasal polyps and chronic disorders such as: Parkinson's and Alzheimer's. If you experience a loss of taste or smell, see your doctor.

You may have noticed that some low fat foods are less flavorful. Fat does add flavor to foods, however low fat foods do not have to be bland and boring. There are many ways to flavor foods without fat. You have tasted many recipes in WHI that are high in flavor and low in fat. You can find seasoning tips in the following sessions - Session 17, Fall 98 and Spring 2001. There are more tips on the next page.



Maximize Enjoyment of Your Food

- ◆ Visual appeal of a meal is important. We begin to eat with our eyes. Use a variety of colors, shapes, textures, and smells. Choose foods that are beautiful, fresh and full-flavored. One perfect ripe juicy fruit can be a glorious dessert or snack.
- ◆ For a richer flavor experience, chew food slowly and completely to fully experience its subtle tastes and to increase the aromas that reach the nasal passages.
- ◆ Temperature is important. Warm or hot foods release smells which carry richer flavors. Cold foods need more flavoring. Ice cream or frozen yogurt do not have much flavor until they are warmed in the mouth, so eat them slowly to release full flavor.
- ◆ The type and intensity of flavor is important: Choose foods that add a lot of flavor, such as, garlic, onions, citrus, ripe berries, or sharp cheese.
- ◆ Use acidic foods such as balsamic vinegar, wine, lemon or lime to perk up bland dishes.
- ◆ Balance flavors. Adding a small amount of salt or soy sauce to broccoli reduces any bitter flavor. Adding a little sugar to under-ripe fruits or vegetables improves the flavor.

- ◆ Variety is important: Maximize flavor by providing a variety of foods within each meal. Switching from food to food throughout the meal reduces taste bud fatigue.

For more flavor tips, please see the Winter Reference.



Next Steps

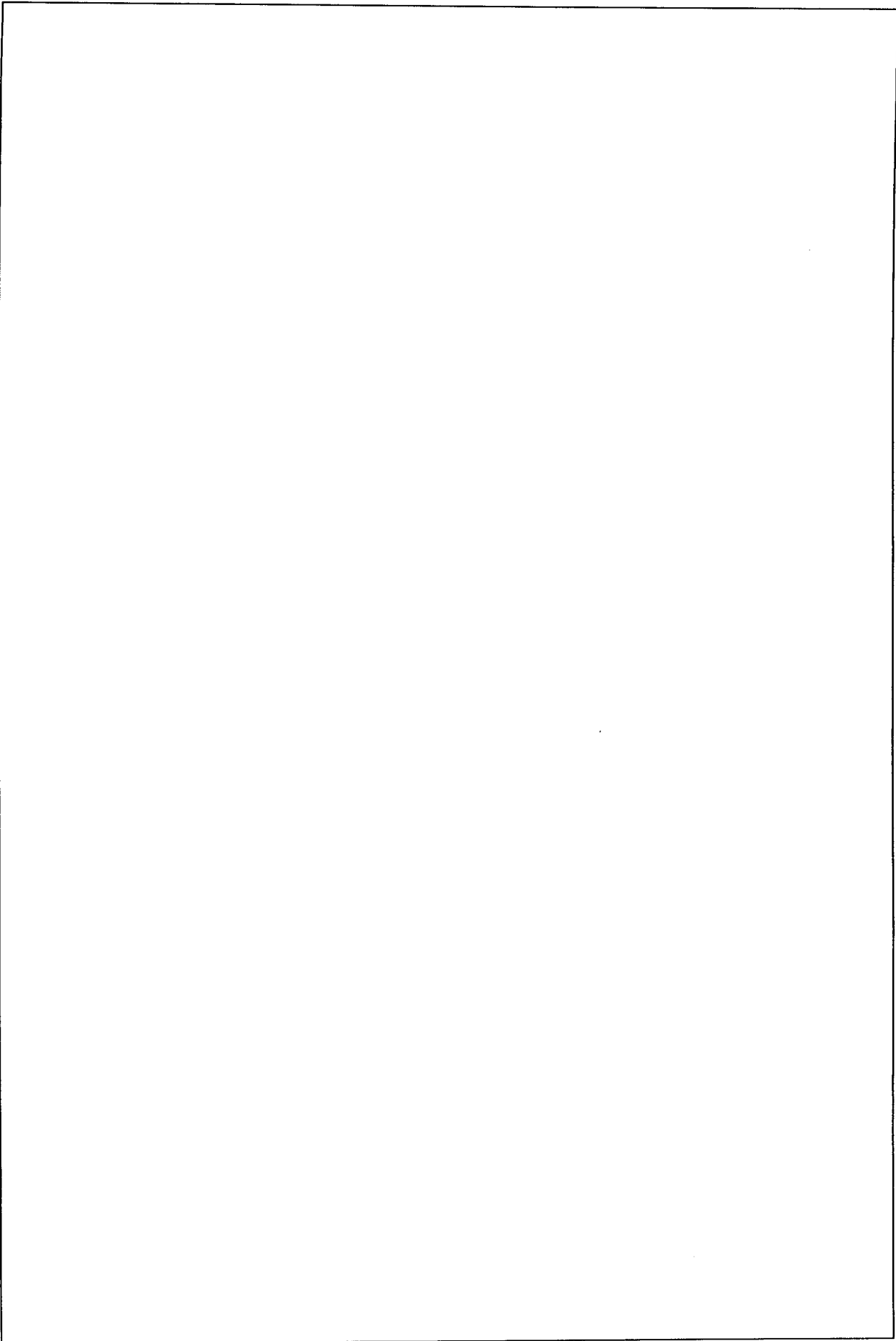
Many participants have discovered that being aware of what they eat helps them meet their study goals. Women who self-monitor find it easier to maintain a low fat eating plan. In this session, we looked at how your PEFI plans are going and ways to continue to maintain awareness of what you eat by using easy personalized self-monitoring tools.



We also looked at ways to maintain low fat eating by making your foods taste even better. There are a lot of ways to increase the flavor and enjoyment of your foods. Consider trying some of the flavor tips provided in this session to maximize your eating pleasure.

Questions for Thought

- ◆ How has PEFI helped you meet your dietary goals?
- ◆ In your opinion, what is the value of being aware of what you eat?
- ◆ How can a personalized self-monitoring tool be beneficial for YOU?
- ◆ In your opinion, what makes food taste good to YOU? What ideas might you use to enhance the taste of your foods?



Flavoring Ideas



1. Spice it up!

Allspice, anise, caraway seed, cardamom, cayenne pepper, chili powder, cinnamon, clove, coriander, cumin, curry powder, ginger, nutmeg, oregano, paprika, pepper, saffron, salt, tumeric. My favorite spices are:



2. Add flavor with herbs!

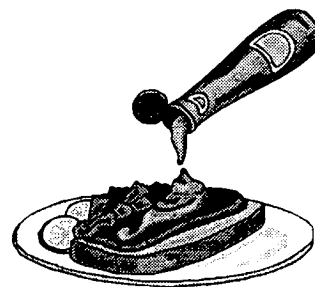
Basil, bay leaves, chives, cilantro, dill weed, lemon grass, mint, parsley, rosemary, sage, tarragon, thyme. My favorite herbs are:

3. Pep it up with condiments!

Barbecue sauce, catsup, chutney, Hoisen sauce, horseradish, hot pepper sauce, mustard, Pick-a-Pepper, salsa. My favorite condiments are:

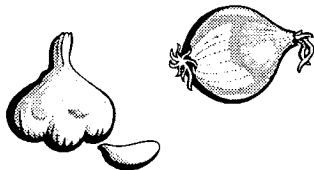
4. Add a splash of flavorings!

Fish sauce, fruit juice, soy sauce, Tabasco, teriyaki sauce, vinegar, wine, Worcestershire sauce. My favorite flavorings are:



5. High flavor foods: A little bit goes a long way!

Chilies, garlic, onions, peppers, parmesan cheese, sesame oil, sun dried tomatoes, zests of citrus. My favorite high flavor foods are:

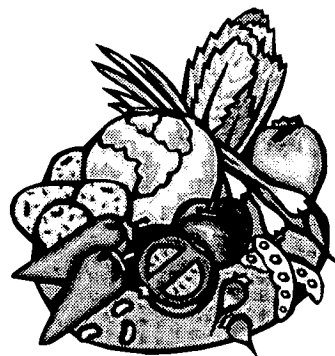


6. Add Texture with Crunchy Foods!

Raw vegetables: Peppers, carrots, snow peas, celery, cucumbers, cauliflower, water chestnuts.

Fruits: Apples, Asian pears, melons.

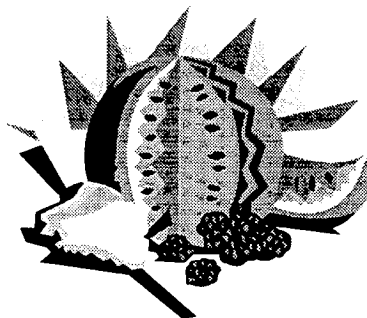
Pretzels, rice cakes, grapenuts, crackers, chow mein noodles (crispy).



7. Add Color!

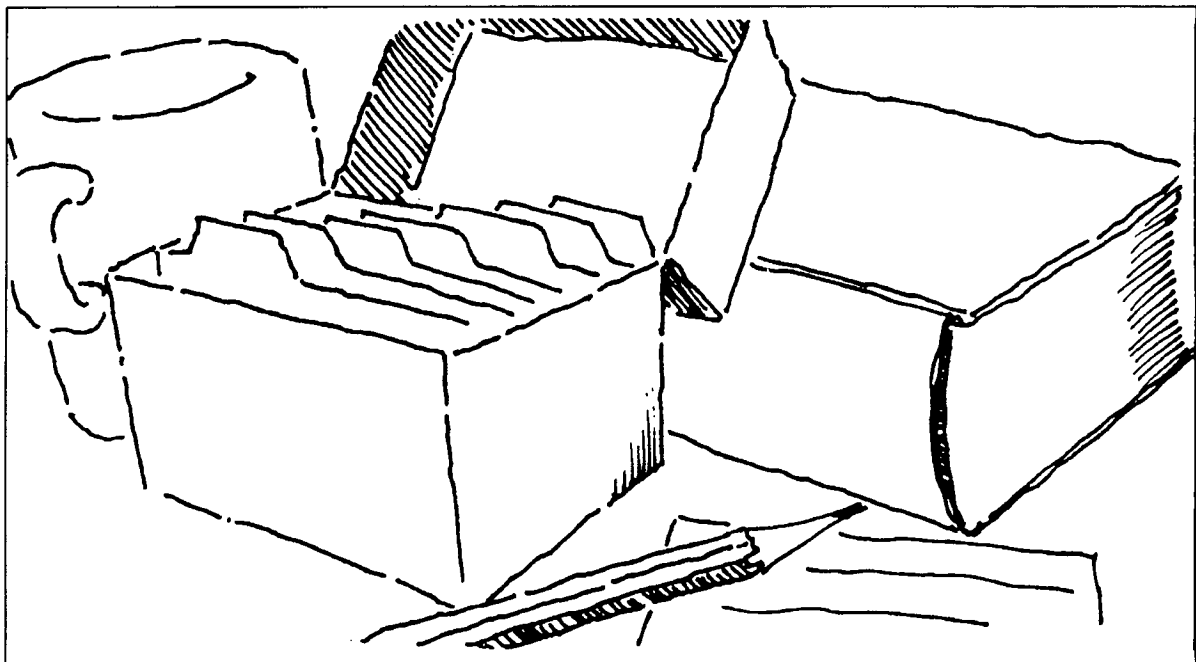
With vegetables: Tomatoes, beets, red cabbage, red potatoes, radishes, yams, peas, green beans, broccoli, peppers (red, yellow, orange, green).

With fruit: Red grapes, cherries, watermelon, papaya, mangos, oranges, tangerines, apricots, peaches, cantaloupe, kiwi, blueberries, raspberries, strawberries, blackberries, cranberries..



Recipes

- ◆ *Sweet and Sour Pork*
- ◆ *Chicken Mediterranean*
- ◆ *Chicken Kabobs with Fruit (or Vegetables)*
 - *Moroccan Style*
 - *Mexican Style*
 - *Hawaiian Style*
 - *Italian Style*
- ◆ *Fresh Tomato Salsa*



Sweet and Sour Pork

1 pound pork tenderloin
1 tablespoon oil
1/4 cup red pepper, sliced
1/2 cup sliced mushrooms
1 clove garlic minced
1/4 teaspoon ginger
3 tablespoons brown sugar
3 tablespoons rice vinegar
2 tablespoons soy sauce
1 can (8 oz.) pineapple
1 small can water chestnuts (sliced)
1 tablespoon cornstarch
1 cup liquid (pineapple juice + water)

Cut pork into small pieces. Stir fry pork, red peppers, mushrooms, and garlic in oil. Cook pork 5-10 minutes or until done (no longer pink inside). Mix ginger, brown sugar, rice vinegar, soy sauce and cornstarch together in a one cup measuring cup, add the pineapple juice from the canned pineapple and stir. Fill to one cup level with water. Add this mixture to the pork. Cook until liquid thickens. Add pineapple, water chestnuts and serve over rice.

Note: You can use the sweet and sour sauce with shrimp, chicken or veggies.

Makes 4 servings

Fat grams: 8 grams

Fruit/Vegetable serving: 1 per serving

Recipe from Holly Henry, WHI Clinical Coordinating Center

Chicken Mediterranean

4-6 dried mushrooms
boiling water to cover
1/4 cup chicken broth
2 tablespoons capers, drained
grated peel of 1 orange
2 teaspoons olive oil
8 oz. skinless, boneless fat-free chicken breast tenders, pounded flat, and cut into bite-sized pieces
1 teaspoon anchovy paste (or 1 mashed anchovy fillet)
juice of 1 orange
salt and pepper to taste
hot rice or couscous

Place the dried mushrooms in a mug, cover with boiling water, and set aside. In a small saucepan, simmer the broth, capers and orange peel for a few minutes. Chop the mushrooms and add to the saucepan, reserving the mushroom water. Let the sauce simmer for another 5 minutes or so. In a medium skillet, heat the olive oil until very hot. Add the chicken and brown quickly. Add the sauce and the orange juice, stirring occasionally, letting the sauce reduce. Stir the anchovy paste into 1/4 cup of the mushroom water, and add to the pan, letting the sauce bubble and reduce for 2-3 more minutes.

Spoon chicken and sauce over rice or couscous and enjoy!

Makes 2 servings

Fat grams:

5 grams (fat-free chicken tenders and sauce)

9 grams (if made with chicken breast)

Recipe from WHI Nevada clinic

Chicken Kabobs with Fruit (or Vegetables)

#1 - Moroccan Style

1/2 cup vanilla (or fruit) yogurt
1/2 tablespoon cinnamon (mix into yogurt)
2 boneless skinless chicken breasts (4 oz. raw), cubed
1 cup chunked fruit (i.e., pineapple, mandarin oranges, mango, peaches)

Dip chicken and fruit into yogurt-cinnamon mix to coat. Skewer. Bake 30 minutes at 350°F (for moister chicken, cover with foil).

Makes 2 servings

Fat grams: 3 grams

Fruit/Vegetable servings: 1 serving each

#2 - Mexican Style

1/2 cup lime juice
1-2 tablespoons fresh cilantro (1-2 teaspoons dried)
2 boneless skinless chicken breasts (4 oz. raw), cubed
1 cup chunked fruit (i.e., see recipe #1) or vegetables (onions, broccoli, tomato, peppers, zucchini)

Mix lime juice and cilantro. Marinade the chicken for 30 minutes in refrigerator. Skewer. Bake 30 minutes at 350°F (for moister chicken, cover with foil).

Makes 2 servings

Fat grams: 3 grams

Fruit/Vegetable serving: 1 serving each

More Chicken Kabobs with Fruit (or Vegetables)

#3 - Hawaiian Style

2 tablespoons soy sauce
2 tablespoons brown sugar
1 can (8 oz.) pineapple chunks
2 boneless skinless chicken breasts (4 oz. raw), cubed

Mix soy sauce and brown sugar, add juice from pineapple. Marinate fruit and chicken in mixture for 30 minutes in refrigerator. Skewer. Bake 30 minutes at 350°F (for moister chicken, cover with foil).

Makes 2 servings

Fat grams: 3 grams

Fruit/Vegetable serving: 1 serving each

#4 - Italian Style

1/2 cup fat-free Italian dressing
1/3 cup whole grain cracker crumbs
2 boneless skinless chicken breasts (4 oz. raw), cubed
1 cup vegetables (i.e., see recipe #2); sweet potato, carrots, potato

Marinate chicken and vegetables in dressing for 30 minutes in fridge., Dip chicken in cracker crumbs. Skewer. Bake 30 minutes at 350°F (for moister chicken, cover with foil).

Makes 2 servings

Fat grams: 4 grams

Fruit/Vegetable serving: 1 serving each

Other ideas: Any of the above recipes can be baked in a foil packet or small baking dish rather than on skewers.

Ideas for marinades: Raspberry vinaigrette dressing, salsa (see recipe for Fresh Tomato Salsa), or be creative!

Recipes are from Buffalo WHI clinic

Fresh Tomato Salsa

1 pound (2 large) ripe tomatoes, diced into 1/2 inch pieces
1 medium white onion, finely chopped
1/4 cup chopped fresh cilantro (same as fresh coriander)
1 teaspoon dry oregano
1 tablespoon finely diced seeded jalapeño pepper (optional)
3 tablespoons lime juice (fresh or bottled)
1/2 teaspoon salt

In a medium bowl, combine all ingredients, Let stand at room temperature at least 30 minutes or up to 2 hours. Cover and refrigerate for longer storage. Let return to room temperature before serving. De-seed tomatoes before dicing for thicker salsa with less juice.

Serving suggestions: With low fat tortilla chips, over a baked potato, over baked chicken;with cooked beef; stir some into your favorite broth-based soup or stew, over green beans; spread on your favorite bread or cracker and toasted...be creative!

Makes 3 cups

Fat grams: 0

Fruit/Vegetable serving: 1 serving

Recipe from Buffalo WHI clinic