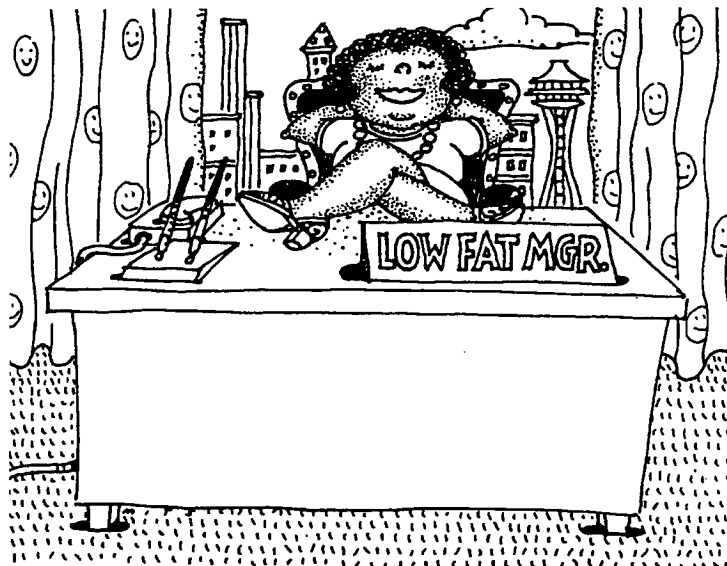


Winter 2003

Maintaining Your Investment in Women's Health

During this session you will:

- ◆ *Revisit key dietary change skills and strategies.*
- ◆ *Discuss WHI “words of wisdom” for others.*
- ◆ *Create a personalized list of dietary change skills and strategies.*



Next Steps Follow-Up

At the Fall session, we talked about the priceless value of WHI in women's health research and the importance of the WHI Dietary Study. You shared your reasons for participating in WHI and some of the benefits of your participation.

- ◆ How has taking some time to recognize your investment in women's health helped you continue participating in the WHI Dietary Study?

Maintaining Your Investment in Women's Health

You have invested many years in women's health by making rigorous dietary changes to help test whether a low-fat eating pattern that is high in fruits, vegetables and grains reduces the risk of breast cancer, colorectal cancer, and heart disease. This investment includes giving much time and effort to using skills and strategies that make it possible to select low-fat food choices.

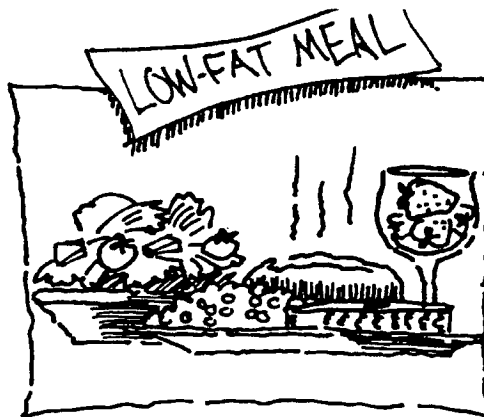
This session focuses on "maintaining your investment" in women's health through the WHI close-out contact.

During this session, you will:

- ◆ look back at the many low-fat eating skills and strategies you have learned in WHI.
- ◆ use your dietary change experience and expertise to think about "words of wisdom" for others who are trying to make (or maintain) a dietary behavior change.

- ◆ look forward at the skills and strategies you consider most important for helping you meet (or maintain) your fat gram goal through your close-out contact.

Let's begin by looking back and revisiting key dietary change skills and strategies.



Looking Back

As the years have passed, you may not realize that you've developed a vast inventory of low-fat eating skills and strategies. Of all the skills and strategies you have acquired, you may find that some are more helpful than others. The skills and strategies that you use also depend on the situation, whether you are in a restaurant, eating alone or are working overtime.

The scenarios below reflect some of the many situations that the women of WHI experience on a daily basis. Review the scenarios to find the ones that are most relevant to you and ask yourself the following question:

- **What low-fat eating skills or strategies would I use in these situations to help me meet or maintain my WHI fat gram goal?**



Scenario 1

I am tired of cooking and frequently eat in restaurants.

Scenario 2

I enjoy eating traditional family foods at holiday gatherings. These foods are often high-fat.

Scenario 3

My church has a potluck meal every Sunday. I enjoy the social time with church members. I rarely miss the potluck.

Scenario 4

I often eat alone and find that my meals have become boring. I want to make my meals interesting again.

Key Low-Fat Skills and Strategies

There are many different ways to eat low-fat. The box below shows some key low-fat eating skills and strategies.

Food Selection & Preparation Skills

- Eat smaller servings of high-fat foods
- Eat high-fat foods less often
- Replace high-fat foods with lower-fat substitutes
- Replace high-fat ways to prepare foods with lower-fat methods
- Eat more fruits, vegetables, and whole grains

Self-Management Skills

- Use food record keeping to track progress meeting goals
- Estimate portions and serving sizes
- Estimate fat grams in foods
- Budget fat grams

Communication & Problem Solving Skills

- Make requests for low-fat foods
- Say “no” to high-fat foods
- Ask for help or support

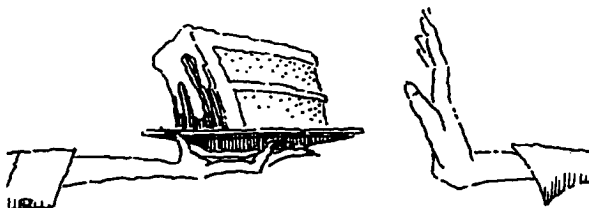
How does this list of key skills and strategies compare to those you recorded on page 3? You’re probably using many of these key skills and strategies!

- **What low-fat eating skills and strategies am I using most frequently?**

- **Which am I using less often?**

- **Are there any that I am not using?**

You have acquired many low-fat eating skills and have learned that different situations can be managed by using different skills and strategies. The next page gives you the chance to think about the skills and strategies you would suggest to someone else trying to make (or maintain) a dietary behavior change. You have much to offer others!



Words of Wisdom

You are a dietary change expert! Use the questions below to help you think about what you would suggest to someone trying to make (or maintain) a dietary change.

- What skills or strategies would I suggest they use?

- What are the reasons I would suggest they use these particular skills or strategies?

- If I were to narrow my suggestions down to only the “top 3” most important or helpful skills or strategies, which ones would I suggest?

1. _____
2. _____
3. _____

- What makes these “top 3” the very most important or helpful?

You’ve identified the skills and strategies that you think are most important for others to use. With that in mind, the next page can help you find the skills and strategies most important for YOU!



Looking Ahead

Looking ahead at the skills and strategies you can use to help you meet or maintain dietary changes can be empowering. Identifying the change skills that are relevant to you is an important way to help meet or maintain your fat gram goal.

Worksheet 1 - *Low-Fat Eating Skills and Strategies* (pgs. 9-11) can help you find the skills and strategies that you think are most important for helping you meet (or maintain) your fat gram goal through your WHI close-out contact. Take about 5-10 minutes to complete the worksheet, then answer the following questions

- **What skills and strategies did I identify as most important for ME to use?**
- **Are the skills and strategies I identified for myself the same or different than those I would suggest others use?**
 - If my suggestion(s) are the same, why?
 - If my suggestion(s) are different, why?
- **What ideas did I identify for 'ways to use' the most important skills and strategies?**

You may have found that the most important skills and strategies for YOU are the same as those you would suggest others use. At the same time, some of the skills and strategies may be unique to your individual lifestyle.



Next Steps

This session provided the opportunity for you to think about the low-fat eating skills and strategies you've learned in WHI. You thought about the skills and strategies you find most important for helping you meet (or maintain) your fat gram goal as well as ways to use your most important skills and strategies. The questions below can help you think about where you might go from here to maintain your investment in women's health through your WHI close-out contact.

- At this time, how confident do I feel that I have the skills and strategies to help me meet (or maintain) my fat gram goal? (Mark scale with an "X" in the general area).

Not Confident Extremely Confident

--	--

- What would help me feel even more confident?

--	--

- How important do I feel it is for ME to meet (or maintain) my fat gram goal through the WHI close-out contact? (Mark scale with an "X" in the general area.)

Not Important Extremely Important

--	--



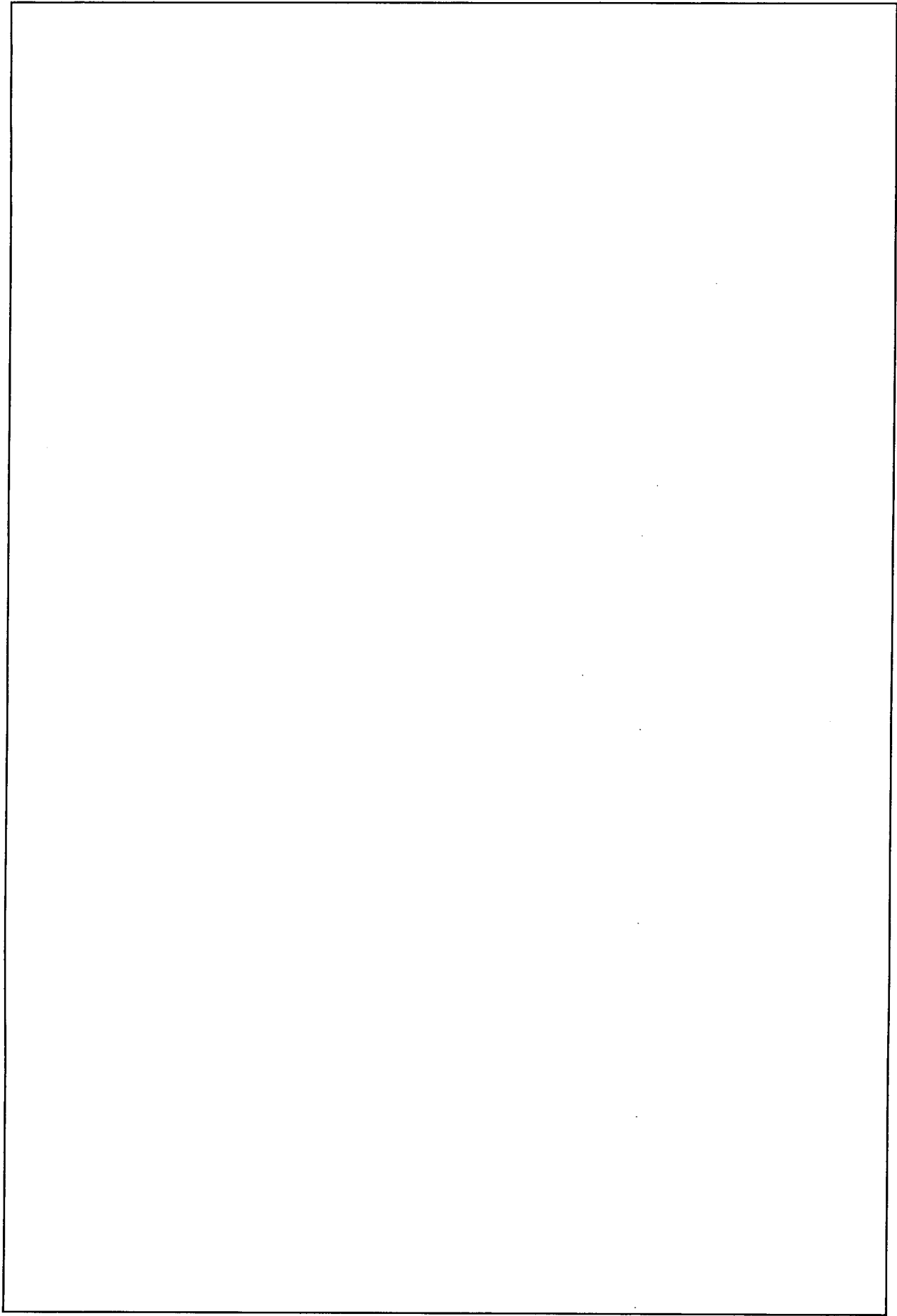
- What would help me feel that meeting or maintaining my fat gram goal is even more important?

--	--

- How might I be able to use my personalized list of dietary change skills and strategies to help me meet (or maintain) my fat gram goal?

--	--

You have worked very hard for WHI and for yourself! WHI nutritionists and staff hope this session has helped you renew your confidence and conviction to maintain your investment in women's health. Your continued use of low-fat eating skills and strategies that help you meet (or maintain) your fat gram goal through your close-out contact will help answer the Dietary Study question--whether a low-fat eating pattern that is high in fruits, vegetables, and grains reduces the risk of breast cancer, colorectal cancer, and heart disease.



Low-Fat Eating Skills & Strategies

Look at the low-fat eating skills and strategies listed below. Check (✓) the column that best describes how important each one is for helping YOU to eat low-fat:

- Mark the first column for those that are “**Most Important**” to you.
- Mark the second column for those that are “**Important**” to you.
- Mark the third column for those that are “**Not Very Important**” to you.

If you don't find your most important skills and strategies, add them in the space provided at the bottom of the table.

Low-Fat Eating Skills & Strategies	Most Important	Important	Not Very Important
Food Selection & Preparation			
Eat smaller servings of high-fat foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat high-fat foods less often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Replace high-fat foods with lower-fat substitutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Replace high-fat ways to prepare foods with lower-fat methods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat more fruits, vegetables, whole grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-Management			
Use food record keeping to track progress meeting goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Estimate portions and serving sizes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Estimate fat grams in foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Budget fat grams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication & Problem Solving			
Make requests for low-fat foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Say 'no' to high-fat foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask for help or support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other			
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Go to the next page to think about ways you use your “Most Important” skills and strategies.

Low-Fat Eating Skills & Strategies

The following pages list the low-fat eating skills and strategies shown on the previous page. Check (✓) the skills and strategies you marked as “Most Important” and then record some of the ways you use each skill or strategy. What works for you?

Example:

If one of your “Most Important” skills and strategies is to **eat smaller servings of high-fat foods**, you might record something like this:

- ◆ *Use butter and margarine sparingly on breads and vegetables.*
- ◆ *Share a restaurant entrée with a friend.*

Most Important	Low-Fat Eating Skills & Strategies	Ways I Use This Skill or Strategy
	Food Selection & Preparation	
<input type="checkbox"/>	Eat smaller servings of high-fat foods	◆ _____ ◆ _____
<input type="checkbox"/>	Eat high-fat foods less often	◆ _____ ◆ _____
<input type="checkbox"/>	Replace high-fat foods with lower-fat substitutes	◆ _____ ◆ _____
<input type="checkbox"/>	Replace high-fat ways to prepare foods with lower-fat methods	◆ _____ ◆ _____
<input type="checkbox"/>	Eat more fruits, vegetables, whole grains	◆ _____ ◆ _____

Go to the next page.

Low-Fat Eating Skills & Strategies

Most Important	Low-Fat Eating Skills & Strategies	Ways I Use This Skill or Strategy
Self-Management		
<input type="checkbox"/>	Use food record keeping to track progress meeting goals	♦ _____ ♦ _____
<input type="checkbox"/>	Estimate portions and serving sizes	♦ _____ ♦ _____
<input type="checkbox"/>	Estimate fat grams in foods	♦ _____ ♦ _____
<input type="checkbox"/>	Budget fat grams	♦ _____ ♦ _____
Communication & Problem Solving		
<input type="checkbox"/>	Make requests for low-fat foods	♦ _____ ♦ _____
<input type="checkbox"/>	Say 'no' to high-fat foods	♦ _____ ♦ _____
<input type="checkbox"/>	Ask for help or support	♦ _____ ♦ _____
Other		
<input type="checkbox"/>	Other: _____	♦ _____
<input type="checkbox"/>	Other: _____	♦ _____

Betty's Black Bean Salad

Salad Ingredients:

2 cans (15-1/2 oz. each) black beans, rinsed & drained
3 hard-boiled eggs, whites only, chopped
1-1/4 cups diced celery
1-1/4 cups diced red pepper
1/2 cup chopped green onions (scallions)

Dressing Ingredients:

1/2 cup low-fat (or non-fat) mayonnaise
1 tablespoon lemon juice
1 tablespoon pickle relish
(grind of fresh pepper to taste, if desired)

Whisk dressing ingredients in a large bowl. Add beans, egg whites, celery, red pepper and green onions to bowl. Mix well.

Best if prepared at least one hour ahead so flavors can blend.

Makes 6 (1-cup) servings

Fat: 2 grams per serving (using low-fat mayo)

Fruit/Vegetable Serving: 1 per serving

Grain Serving: 1 per serving

Submitted by the Evanston WHI
Clinical Center

Confetti Spaghetti Squash

2-1/2 - 3 lbs spaghetti squash

1/2 cup chicken broth

1-1/2 teaspoons cornstarch

1/2 cup sliced pitted Calamata olives (about 24 = 2-1/2 oz.); slice lengthwise into eighths

3/4 cup chopped parsley (reserve 1/4 cup for garnish)

1/2 cup sliced green onions

1/4 cup grated parmesan cheese (reserve 1 tablespoon for garnish)

**1 can (14-1/2 oz.) petite diced tomatoes, drained and rinsed OR
4 fresh plum tomatoes seeded and chopped**

1. Deeply pierce whole spaghetti squash 10-15 times with a two-pronged meat fork or sharp steak knife.
2. Place in an oven/microwave safe dish. Microwave on high for 2 minutes, turn over and continue another 2 minutes. Check for doneness with a thumb press; a slight dent in the skin indicates cooking is sufficient. Continue cooking in 2 minute intervals, turning over, until a dent forms with a thumb press. Squash can also be baked in a preheated 400° F oven for about 45 minutes; check intermittently with a thumb press. Better to slightly undercook (al dente texture) than to overcook (mushy texture). Allow to cool.
3. Mix chicken broth with cornstarch in a small bowl or measuring cup and microwave on high for 1-1/2 minutes; stir to prevent lumps.
4. Cut cooled squash in half lengthwise. Remove seeds and attached strands. Scrape squash into a large mixing bowl with a table fork. The squash will look like angel hair pasta.
5. Add the thickened broth and all remaining ingredients to the squash. Gently toss with 2 table forks.
6. Transfer to a serving bowl and garnish with reserved parsley and parmesan cheese.

Can be served cold or warm.

Makes 6 (1-cup) servings

Fat: 4.5 grams per serving

Fruit/Vegetable Servings: 2 per serving

Recipe by Chef Amy Coleman, MS,
RD, LDN, Pawtucket/Fall River
WHI Clinical Center