Recent findings from the WHI Dietary Study suggest that a low-fat dietary pattern may reduce the occurrence of invasive ovarian cancer in postmenopausal women. Published in October 2007 in the *Journal of the National Cancer Institute*, these findings are the first to show a statistically significant health effect from the WHI low-fat dietary pattern.

In the WHI Dietary Study, there were 160 cases of ovarian cancer reported among the 48,835 participants during the 8.1 years of the study’s intervention phase. There were fewer new cases of ovarian cancer identified among the dietary change (intervention) participants than among the usual diet (comparison) participants. For the equivalent of every 100,000 usual diet participants per year there were 43 cases of ovarian cancer diagnosed. This difference was statistically significant. The probability that a difference between groups, as large as that observed, occurs by chance alone is only 3%. A probability of 5% or less is considered statistically significant.

During the first four years of the WHI Dietary Study, no effect of diet on ovarian cancer was apparent. This was anticipated in the study’s design. It can take years to see the effect of a preventive intervention on cancer risk.

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We are very pleased ... to inform postmenopausal women that a change in the composition of the diet, toward a low-fat eating pattern, appears to reduce the risk of ovarian cancer and may also reduce the risk of breast cancer. Of course, other aspects of diet (total calories, type of fat) and physical activity patterns (frequency, duration and intensity of activity) may eventually be shown also to modify the risk of these and other cancers, and other chronic diseases.

— Dr. Ross Prentice, lead author and Principal Investigator, WHI Clinical Coordinating Center

Published in October 2007 in the *Journal of the National Cancer Institute*, these findings are the first to show a statistically significant health effect from the WHI low-fat dietary pattern.
Earthy, savory, brothy, salty, rich, satisfying—these are taste descriptors for foods rich in umami (oo-ma-nee). Umami (Japanese for savory) has been recognized as one of the five tastes that our tongues can sense. The other four tastes are salty, sour, sweet, and bitter. Umami-rich foods include mushrooms, especially shitake; tomatoes; potatoes; hard cheeses, such as Parmesan; seaweed; green tea; mackerel and sardines; and chicken, lean beef, and pork. Garlic enhances the umami tastes. Slow-cooking brings out the umami taste in foods, which is why slow-cooked tomato sauces can taste especially rich and satisfying.
During the winter holidays, it is all too easy to gain weight. The power of portions can stave off the weight gain, and umami foods can help. (For more about portion sizes, please see the Fall 2006 issue of WHIse Choices.)

**Umami Foods — A Little Goes a Long Way Toward Taste and Flavor Satisfaction**

<table>
<thead>
<tr>
<th>Food</th>
<th>Example</th>
<th>Your idea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parmesan cheese</td>
<td>Sprinkle 2 tsp of Parmesan cheese on top of half of a baked potato instead of a whole one.</td>
<td></td>
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<tr>
<td>Chicken, lean beef or pork</td>
<td>Top roasted lean meat or chicken with mushrooms sautéed in sherry.</td>
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<tr>
<td>Green tea</td>
<td>Drink a hot cup of green tea before going to a party to stave off extra nibbles.</td>
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</tr>
<tr>
<td>Potatoes, sweet potatoes &amp; carrots</td>
<td>Foil wrap and slow-roast sweet potatoes. Sprinkle the roasted potatoes with thyme, skip the added fat, and savor.</td>
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<tr>
<td>Nori, dried seaweed</td>
<td>Wrap a sheet of nori around steamed brown rice. Slice into half-inch rounds, and serve three sliced rounds as side dish.</td>
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<tr>
<td>Dashi*</td>
<td>Use mushroom stock as a soup base for winter soups. Twice the flavor, half the portion.</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Serve ratatouille <em>(see recipe)</em> with a holiday meal to add a full rich taste that satisfies sooner and deters second helpings.</td>
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</tbody>
</table>

*Japanese soup stock made with 2-3 dried shiitake mushrooms plus 3 cups of water

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For breakfast for the past four years (with a break here and there, of course), she has been eating an oat grain cereal served with vanilla flavored calcium-rich soy milk and accented with flax seeds, almonds, and frozen mixed berries. This bountiful breakfast bowl is filled with grains, calcium, protein, and fruits. Plus, it keeps her going strong until lunch!

**SUGGESTED ACTIVITY**

**Umami & the Power of Portions**

A reader from New Mexico shares her breakfast secret to success. For breakfast for the past four years (with a break here and there, of course), she has been eating an oat grain cereal served with vanilla flavored calcium-rich soy milk and accented with flax seeds, almonds, and frozen mixed berries. This bountiful breakfast bowl is filled with grains, calcium, protein, and fruits. Plus, it keeps her going strong until lunch!

**WHIse Choices invites readers to send tips about how to continue eating low-fat!** Tips will be shared in future issues of WHIse Choices.

Send your tips to:  
WHIse Choices, FHCRC,  
1100 Fairview Ave. North,  
M3-A410, P.O. Box 19024,  
Seattle, WA 98109
Ratatouille (French Vegetable Stew)

Dice eggplant into 1-inch cubes and slice zucchini into 1/2-inch rounds. Chop onion coarsely and cut green pepper into squares. Use a heavy-bottomed saucepan with a lid. Sauté the onion, garlic and green pepper until they are soft; stir in eggplant and zucchini and sauté a few minutes more. Add tomato and seasonings. Cover and simmer gently for about 30 minutes or until all the vegetables are well cooked. Uncover and turn the heat up to evaporate some of the liquid. Serve hot as main dish over rice, or cold for lunch. Keeps well in the refrigerator.

Makes 8 servings. Recipe can be halved to make 4 servings.
Fat: 4 grams per serving
Fruit/Vegetables: 2 per serving

Complete the meal with skinless roasted chicken and polenta.