Thai Pumpkin Soup


Fat: 2.5 grams per serving
Fruit/Vegetable Servings: 1 per serving

Recipe from Seattle WHI Clinical Center
RELAX FOR THE HEALTH OF IT
Continued from p. 1
control of your stress by organizing and prioritizing the things you need to do. Having a list of healthy foods to choose from when feeling stressed can also help.

It may also help to change the way you set goals and think about the things that need to be done. For example, by setting realistic goals and trying not to be perfect or accomplish everything at once, you are more likely to succeed. By being successful, you feel less stressed.

There are times when you cannot avoid or change the stress in your life. During these times, relaxation techniques may help you deal with the physical and emotional symptoms of stress. See the sidebar for a 5-minute Breath of Relaxation exercise.

RELAXATION AND STRESS MANAGEMENT
WHI Dietary Change Sessions

- Set realistic goals—Avoid trying to be perfect. Be patient with yourself. Review Session 3.
- Reach out to people—Don’t withdraw into yourself. Use social support. Review Sessions 4, 7, and 8.
- Learn to say no—Practice assertiveness, and say yes only to those activities that are important to you. Review Sessions 6 and 7.
- Use problem solving skills—Identify the problem causing stress, decide what you can do and take action. Review Session 10.
- Plan ahead to reduce the chance of problems. Review Session 12.

Note: The information provided in this section is not an endorsement by WHI of specific programs or products.

5-minute Breath of Relaxation
Close your eyes. Take a deep breath. (Pause.) Let go and hear the air whoosh out through your lips. (Pause.) When you are ready, take another deep breath. Each breath leaves you more and more relaxed. Each breath purifies and relaxes your whole body and mind.

Take another deep breath and feel the tension leaving your body. Relax and enjoy the feeling of peace and calm that has spread throughout your body with each deep breath. Imagine one more breath coming in through the soles of your feet, pure and white. It is removing the last bit of tension from your body. As you exhale you feel your body clean and relaxed, deeply relaxed.

Now, while keeping the rest of your body relaxed, clenched your right fist. (Pause five seconds.) Now relax your right hand. Notice the contrast between a tight muscle and a loose one. Now tighten your left fist. (Pause five seconds.) Relax your left hand and enjoy the feeling of looseness. Really give yourself a chance to feel a difference between tension and relaxation. (Pause.) Repeat this tightening and loosening throughout your body.

Finish with a shoulder shrug, a wiggle throughout your body, and a set of three breaths. Enjoy the sensation of peace and relaxation for a few moments. Call this sensation to mind any time you feel stress.

Have a list of healthy foods to choose from when feeling stressed.

Fat Budgeting Revisited
One of the most popular tools for eating low-fat during the Dietary Change program was fat budgeting. Perhaps you still prefer lower fat foods, and if so, this section is for you. As we enter into the fall season, with gatherings of family and friends on the holiday horizon, we offer a short review.

Fat budgeting gives flexibility in the amount of fat you eat each day while maintaining an eating style that is generally lower in fat. When you budget your fat intake, some days may have higher fat foods and other days lower fat foods. Fat budgeting can help you plan for social gatherings, eat out at restaurants, or choose foods from dine-in options at retirement residences. The key word is plan.

Fat Budgeting Tips

1) What are some of the ways you react to stress? Check the reactions you experience:
   PHYSICAL:
   - Shortness of breath
   - Pounding heart
   - Muscle tension
   - Headache
   - Other
   EMOTIONAL:
   - Irritability
   - Anger
   - Worry
   - Depression
   - Other
   BEHAVIOR:
   - Loss of appetite
   - Overeating
   - Trouble sleeping
   - Accident prone
   - Other

2) What happens to your eating habits when you are under stress?

3) What are some lower fat foods you could choose to eat when under stress?

A reader from Minnesota asks about low sodium: “I have been put on a low sodium diet. So I threw away my salt shaker and do not use salt in any recipes. Fruits and veggies are great, as well as most whole grains, but it is hard to find low sodium as well as low fat recipes. Would you appreciate any suggestions that you have. Thanks.”

WHIse Choices responds: Congratulations on keeping with your low-fat eating while decreasing the salt! For general recipe tips, contact the American Dietetic Association Consumer Nutrition Hotline at the toll-free telephone number 800-366-1655.

Interestingly, food items that are canned (many soups, but not all), preserved (like cold cut meats), and even many packaged breads have more salt in a serving than the amount of salt in a recipe would have! Reading the label is your best guide. Thank you for writing; we are glad that you are part of the Women’s Health Initiative!

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, FHRC, 1100 Fairview Avenue North, M3-A410, P.O. Box 19024, Seattle WA 98109

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