**Recipe**

Scalloped Apple for One

1 large apple, sliced (peeled or unpeeled)
2 Tablespoons dried currants or raisins
1 Tablespoon water or apple juice, if needed
1/4 teaspoon ground cinnamon
1 teaspoon brown sugar

Simmer water (or juice). Add apple and currants, stirring constantly. If the apple is dry, add more water or juice. Add cinnamon, and brown sugar; cook until the apple is tender but not mushy. Serve warm.

Makes 1 serving

**Nutritional Information**

- Fat: 0 gram per cup
- Fruit/Vegetable: 2.5 servings
- Grains: 0 per serving

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**Thank you for your participation in the WHI Extension Study.**

You are part of the answer!

**WHIse Choices** is produced quarterly by the WHI Coordinating Center at Fred Hutchinson Cancer Research Center. Editors: Lesley Tinker and Julie Hunt - Design: Sunny Bay Design

If you have questions or do not wish to receive WHIse Choices newsletters, please call the WHI Clinical Coordinating Center in Seattle, WA at this toll-free number: 1-800-218-8415.

Letters ... We’d love to hear your feedback on the newsletter and your story ideas. We regret that we cannot answer questions about individual medical conditions. Send a letter to: WHIse Choices, FHCRC, 1100 Fairview Avenue North, M3-A410, P.O. Box 19024, Seattle, WA 98109

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![Image of a bowl of bran cereal](image)

**Snack It or Leave It?**

As you pop a bit of a cookie or a chip into your mouth, have you ever thought, “This little nibble doesn’t count—it’s just a snack?”

Snacks can be fun, but they can also be a way for fat and calories to creep back into our eating patterns. Many traditional snack foods—like chips, candy, and cookies—are full of fat, sugar, and calories, but provide few vitamins and minerals. This makes these foods “calorie-rich” but “nutrition-poor.”

National nutrition surveys have shown that about one-third of U.S. adults get almost half of their calories from calorie-rich, nutrient-poor foods like desserts, chips, candy, soft drinks, and ice cream. What’s more, people who eat more calorie-rich desserts and sweets tend to eat fewer fruits and vegetables.

Well, how about making that snack count by adding some of those 40 or so nutrients that your body needs? Foods that are rich in nutrients are also called “nutrient dense” foods. Nutrient density is the amount of nutrients per calorie. Common nutrients are vitamins, minerals, and even fiber. Calories come from carbohydrates (sugars and starches), fat, and protein.

Results from the Women’s Health Initiative published in early 2009 showed that a higher calorie intake was related to a greater risk of invasive cancers overall and cancers of the breast, colon, endometrium, and kidney (see Spring 2009 WHIse Choices). The researchers also found that higher dietary protein density (for example, 17% calories from protein instead of 14%) was related to an 8% lower risk of invasive cancers overall. Biological markers of calorie and protein intake were used to adjust the estimates from the food frequency questionnaires.

A small bowl of bran cereal could be a way to fill up with protein, fiber, and vitamins, and start your day off right.
Health News: What to Believe? Is It for Me?

The daily headlines about health and dietary advice can be confusing. There are some questions you can ask to help you evaluate the news and whether the results apply to you.

- **Who participated?** Was the study done with men or women? What ages? Sometimes the differences between men and women may not matter, but sometimes they do. The more alike the study participants are to you, the more likely the results may apply to you.

- **Who did the study and how was it paid for?** The news media receive press releases about new research that provide the results, where the money came from to pay for the study, where the study was done including the names of the scientists, and where the results were published. Look for this information in news reports.

- **What is the source?** Where was the study published? If it was published in a scientific journal, the research has been reviewed by other scientists. News reports may say where the study was published or name the scientists.

- **How big was the study?** Sometimes studies are very small, with only a few people. That may be OK, depending on the objective of the study, such as testing new areas of research or looking at detailed processes. To learn about diseases, like WHI is doing, studies need to be large with hundreds or thousands of people.

- **What kind of study was it?** The most reliable studies have participants randomly divided into at least two groups—change (intervention) and control (usual care, comparison, or placebo). The WHI Dietary Study was this type of study—and the health of participating women continues to be watched according to intervention or comparison group assignment. Your participation in the WHI continues to provide much needed information about postmenopausal women’s health.

- **How was the study done?** What is the source? *What is the source?* Where was the study published? If it was published in a scientific journal, the research has been reviewed by other scientists. News reports may say where the study was published or name the scientists.

- **Do the results apply to me?** If the conclusions sound too good to be true, they may be. Seek more information. It is a good idea to check with your doctor or health care team about how the study results may apply to you.

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**SNACK IT OR LEAVE IT?**
Continued from p. 1

with skim milk (a good source of protein that is low in fat) and a half banana has about 150 Calories and vitamins and minerals—a nutrient-dense snack choice. Compare the cereal to twelve ounces of soda that also has about 150 Calories, but no other nutrients—a nutrient-poor snack choice.

As we get older, our calorie needs decrease yet our nutrient needs stay about the same. That’s why it is important to look for ways to get more “bang for our nutritional buck.” In other words, we need to look for nutrient-rich, low-fat snacks—notice the guideline of “1/2’s”:

- ½ portion of whole grain crackers,
- ½ slice of whole grain toast
- ½ cup of lightly steamed vegetables, such as broccoli flowerets, cauliflower flowerets, or baby carrots. These can be eaten cold or warm. Steaming gives vegetables a sweeter taste.
- ½ slice of whole grain toast
- ½ portion of whole grain crackers, spread with low-fat ricotta or cream cheese (read the label to determine a portion)

What are your favorite nutrient-rich snacks?

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**NUTRITION NEWS:**
Smart Choices Food Labeling Program Postponed

On Friday, October 23, 2009, the three-month old Smart Choices food labeling program came to a halt. The program’s goal was to identify healthy food choices and “stamp” the front of the package label with a green checkmark encircled by the words, “smart choices made easy.” The Smart Choices program included food industry and nutrition science organizations.

The halt came three days after the Food and Drug (FDA) Commissioners, Margaret Hamburg, M.D., said that the FDA was looking at misleading labels and intends to work with industry to standardize the criteria that would promote a food to being labeled a “smart food.” One example that was being investigated by the FDA was a high sugar breakfast cereal given a “smart label” because of being fortified with vitamins and minerals.

What is a consumer to do?  Know what the nutritional claims mean. For example, per serving, fat-free foods can have up to ½ gram of fat, low-fat foods can have up to 3 grams of fat, and reduced fat foods must be at least 25% lower in fat than commonly eaten amounts.

**RESOURCES**

**WHI Sources:**
- Summer 2001: Fulfilling Choices
- Spring 2002: Health Information: Help, Hope, or Hype
- Spring 2009 WHIse Choices newsletter

Food and Drug Association (FDA) of the U.S. government for information about food labeling. Website: www.fda.gov

The American Dietetic Association. Website: www.eatright.org