**Peppy Popcorn**

4 cups popcorn
1-1/2 cup mini pretzels
1 tablespoon soft tub margarine
1/2 teaspoon lemon pepper
1/4 teaspoon oregano
1/8 teaspoon chili powder (optional)
1/8 teaspoon onion powder

Heat oven to 325°F. In large bowl, combine popcorn and pretzels. In small saucepan over low heat, melt margarine; stir in lemon pepper, oregano, chili powder, garlic powder and onion powder. Pour margarine mixture over popcorn mixture; stir gently to coat. Spread mixture in ungreased 15x10-inch jelly roll pan. Optional: Instead of lemon pepper, oregano, chili, and onion powder, use cinnamon, clove, cocoa, and sugar.

Bake at 325°F for 10-15 minutes, stirring once during baking. Note: Some margarines used to have a lot of trans fat, a type of fat that has been linked with increased risk factors for heart disease. Most margarines have now removed the trans fats.

Makes 5-1/2 cups (1 serving = 1 cup)

Fat: 3 grams per serving
Fruit/Vegetable Servings: 0 per serving
Grain Servings: 0.3 per serving

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**NEW FINDINGS ABOUT Diet and Cancers**

(American Journal of Epidemiology, March 2009)

A new way of studying how many calories we take in through foods and beverages suggests that higher calorie intake may be more related to the risk of cancers than we thought. The new way of studying calories uses specially made water called doubly labeled water.

This water is safe to drink and is excreted in the urine, where it can be measured. By knowing the input and output of the doubly labeled water in the body, scientists can tell how many calories we use in activity and basic living.

In people who are not gaining or losing weight, calorie output equals input. That means that the information from doubly labeled water about calorie output can also be used as a marker (often called a biomarker) of calorie intake. Scientists can compare the biomarker of calorie intake to the calorie intake measured by what we say we eat.

Results from studies using doubly labeled water as a measure of calorie intake have repeatedly shown that people may report eating less food and beverage than they think they eat. This underreporting seems more common among women who are overweight or obese. The good news is that scientists can use the biomarker of calorie intake from doubly labeled water to adjust self-reports of foods and beverages eaten. This helps us understand how what we eat may relate to health and disease.

During the past few years, several hundred women in the WHI Dietary Study and Observational Study have participated in studies using doubly labeled water. Thanks to these participants, WHI scientists are able to look at the effects of diet and disease, allowing for underreporting of calories.

Dr. Ross Prentice, at the WHI Clinical Coordinating Center in Seattle, WA, and colleagues have recently published findings on how underreporting of calories can influence studying the risk of developing cancers. After allowing for underreporting of calories, high-calorie intake may be more related to the risk of cancers than we thought.
Spring 2009

NEW FINDINGS ABOUT DIET AND CANCERS
Continued from p. 1

er calorie intake appeared to be re-
related to a greater number of cancers in general, and more cancers of the breast, colon, endometrium, and kid-
ney. Without allowing for underre-
porting of calories, these associations
were not seen.

Even when being careful, we
can’t always accurately report what we eat. A clear understanding is
needed of ingredients, portion sizes,
how foods are prepared and how
they are cooked. While inaccurate
reporting may not seem troublesome
on a person-by-person basis, it can
challenge scientists’ ability to study
the public health effects of diet and
disease.

On the Road Again

With summer around the corner, you
might be making travel plans. Eating
low-fat with lots of vegetables and
fruits can be challenging on the road
as you leave the familiarity of what
is available to you at home. By using
the skills you have honed during
WHI, and planning ahead, you will
be able to enjoy your trip and feel
good about your food choices. Below
are some tips to help you enjoy your
trip and eat low-fat.

Factoid: At the grocery store, if the barcode
on the label of a fresh fruit or vegetable starts
with a “9,” the food is organic.

Road Trip Tips. For the first
day, pack lunches and favorite
snack foods. Pack lettuce and
tomato slices separately to add to
sandwiches when you eat. Carrot
or celery sticks make great road-trip
snack foods. Carrots can be parboiled
and chilled ahead of time to make
them softer, easier to eat, and
sweeter tasting. Small ice
packs or a cooler with
them softer, easier to eat, and
packets can help keep
cold foods cold and safe.

The Women’s Health Initiative
Dietary Study of a low-fat dietary
pattern was a randomized clinical
trial— the strongest experimental de-
sign. The results of the WHI Dietary
Study did not show a statistically
significant reduction overall in inva-
sive breast cancer after an average of
8.1 years of follow-up. However, re-
results were suggestive of reduced risk
of breast cancer among participants
who started with higher fat intakes
(as a proportion of calories) and de-
creased their fat intake more than oth-
ers. A reduction in ovarian cancer was
also seen among the dietary change
study group of the WHI Dietary
Study.

NEW FINDINGS ABOUT DIET AND CANCERS
The Women’s Health Initiative

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

The National Cancer Institute. Website: www.cancer.gov

FOOD SUDOKU
Each horizontal row, vertical column, and 3x3 box must contain each of the following nine food words—
these foods are packable for travel: Apple, Banana, Berries, Celery, Cherry, Tomato, Grapes, Orange, Pretzels.

<table>
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<tr>
<th>A</th>
<th>B</th>
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<th>E</th>
<th>F</th>
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<td>Berries</td>
<td>Banana</td>
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<td>Berries</td>
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<td>Grapes</td>
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<td>Pretzels</td>
<td>Orange</td>
<td>Cherry Tomatoes</td>
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</tr>
</tbody>
</table>

RESOURCES

• WHI Maintenance Session
  12: Planning for Vacations or Holidays

• WHIse Choices Summer
  1997: Happy Trails to You

• WHIse Choices Newsletter
  Spring 2007: Eating Seasonally & Locally

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