Licuado De Naranja (Blended Orange Juice)

Makes 1 serving
Fat: 0 grams per cup
Fruit/Vegetable Servings: 0.5 per serving
Grain Servings: 0 per serving

1 cup non-fat (skim) milk
2 tablespoons frozen orange juice concentrate
1/2 banana, medium
1 ice cube

Blend all ingredients until frothy and well blended. Serve immediately.

Variations: Instead of orange juice, use mangos, strawberries, blackberries or raspberries.

Recipe adapted from El Sabor de Salsa: Cocinando Para La Salud, Project Salsa Community Nutrition Project

Thank you for your participation in the WHI Extension Study.

You are part of the answer!

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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

Several factors can lower bone mass. One is a lower blood level of estrogen that occurs with menopause. Weight loss, which was experienced modestly in the dietary change group overall, can raise the risk of bone loss. Low intake of dairy foods, which are rich sources of calcium, can also raise the risk of bone loss. For these reasons, WHI scientists looked at the data from the Dietary Study to see if the low-fat dietary pattern affected bone mass and related bone fractures.

Among the 48,835 women in the Dietary Study, 3,951 were at one of the three Clinical Centers that collected information on bone mass: Tucson/Phoenix, Arizona; Birmingham, Alabama; and Pittsburgh, Pennsylvania. Among the 3,951 participants, 500 (nearly 13%) had a hip fracture. There was no difference in the number of hip fractures between the dietary change group and the usual diet group during the study.

The WHI scientists also looked at the relationship between hormone therapy and diet and calcium intake and diet. Bone mass was lower in the dietary change group women who were also taking hormones. Participants in the usual diet group who were also receiving hormone therapy had the lowest number of hip fractures. The relationship of being in both the Calcium Study and Diet Study did not appear to increase or decrease the risk of bone fractures.

Good sources of calcium in the diet are non-fat or low-fat dairy products such as milk, yogurt, or cheese and broccoli. Calcium can also be found in dark green leafy vegetables, sardines, and fortified juices.

In summary, although bone mass was lower among participants in the dietary change group than the usual diet group, there did not appear to be a greater risk of related hip bone breaks from a low-fat dietary pattern.
BONES, FRACTURES AND A LOW-FAT DIETARY PATTERN

Continued from p. 1

cheese. Some foods have calcium added, such as some orange juices, soy milk, cereals, and breads. Read the package labels to be sure of the calcium content. Calcium is found in salmon and sardines canned with their soft bones. Other low-fat sources of calcium are green leafy vegetables such as broccoli, collards, kale, mustard greens, turnip greens, and bok choy or Chinese cabbage. However, sometimes the calcium in green leafy vegetables is not as available to our bodies as the calcium in other foods.

HOW DOES YOUR CALCIUM INTAKE STACK UP?

The Daily Recommended Intake (DRI) of calcium is 1200 mg for women 50 years of age and older. The source may be from food or supplements.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>CALCIUM (MG)</th>
<th>CHECK IF YOU ATE THIS FOOD YESTERDAY</th>
<th>YOUR MG CALCIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, lactose reduced, 8 fl oz.</td>
<td>285-302</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sardines, canned, with bones, 3 oz.</td>
<td>324</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk, non-fat or reduced fat, 1 cup</td>
<td>302</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mozzarella cheese, part skim 1 ½ oz.</td>
<td>275</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange juice, calcium fortified, 6 fl oz.</td>
<td>200-260</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tofu, made with calcium sulfate, ½ cup</td>
<td>138-204</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yogurt, non-fat or low fat, 4 oz.</td>
<td>125-200</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salmon, pink, canned, solids with bone, 3 oz.</td>
<td>181</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cottage cheese, 1% milk fat, 1 cup unpacked</td>
<td>138</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach, turnip or other greens, cooked, ½ cup</td>
<td>90-120</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ready to eat cereal, calcium fortified, 1 cup</td>
<td>100-1000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soy beverage, calcium fortified, 8 fl oz.</td>
<td>80-500</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chinese cabbage, bok choy, raw, 1 cup</td>
<td>74</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Other</td>
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</tbody>
</table>

Your Total

Salute to Motivation

When we are motivated, we act. That’s clear. Every participant in WHI was once inspired to join the study and stay in the study. What prompted each person to join and what keeps them going is unique. Here’s what motivates some of the Dietary Change group participants across the country.

Why did you join WHI?

• “The fact that this study is a national groundbreaking effort that will help women for years to come makes me proud.” – Linda
• “I have never had much time to do something just for me, and this is just for me.” – Gertrude
• “I wanted to contribute to a better future.” – Elaine
• “For my own health and to help the next generation.” – Rose Marie
• “Research helps us move forward in the health field and without participants, research comes to a standstill.” – Tammie

How do you stay motivated?

• “I now realize that the quality of my life and health are greatly dependent on my eating style.” – Charmaine
• “Commitment to something I believe will help women everywhere.” – Marlis
• “The challenge is sort of fun.” – Minneapolis participant
• “My family and friends help me stay motivated.” – Detroit participant
• “My healthier lifestyle has given me a lighter step and a brighter outlook on life. I’ve learned what foods really taste like.” – Joan

Did you know?

73% of calcium in what people in the U.S. eat is from dairy foods. 9% is from fruits and vegetables. The remaining 18% is from a variety of foods.

RESOURCES

WHI Dietary Change Manual, Session Three: Goals for Tomorrow (for low-fat calcium sources)

A reader from Michigan asks for more information about the doubly labeled water that was described in the “Diet and Cancers” article in the Spring 2009 WHIse Choices.

Response: Water, on its own, is made from two elements, hydrogen and oxygen. Doubly labeled water is made from regular water that has had extra amounts of naturally occurring special forms of hydrogen and oxygen. These special forms of hydrogen and oxygen are measurable in the water and in our urine. From these measurements, we can estimate calories consumed and calories used when people are at a stable weight. Doubly labeled water is tasteless, odorless, and colorless.

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