## The Top 10:
### A Regional Look At Fat Sources in WHI

<table>
<thead>
<tr>
<th></th>
<th>Northeast</th>
<th>Southeast</th>
<th>Midwest</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Peanuts/other nuts and seeds*</td>
<td>Peanuts/other nuts and seeds*</td>
<td>Peanuts/other nuts and seeds*</td>
<td>Peanuts/other nuts and seeds*</td>
</tr>
<tr>
<td>2</td>
<td>Beef, pork/ham, or lamb*</td>
<td>Breads /bread products*</td>
<td>Beef, pork/ham, lamb*</td>
<td>Beef, pork/ham, lamb*</td>
</tr>
<tr>
<td>3</td>
<td>Breads /bread products*</td>
<td>Beef, pork/ham, or lamb*</td>
<td>Breads /bread products*</td>
<td>Breads /bread products*</td>
</tr>
<tr>
<td>4</td>
<td>Salad dressings*</td>
<td>Mayonnaise or mayo-type spreads*</td>
<td>Ground meat or ground poultry*</td>
<td>Salad dressings*</td>
</tr>
<tr>
<td>5</td>
<td>Regular full-fat cheeses*</td>
<td>Regular full-fat cheeses*</td>
<td>Regular full-fat cheeses*</td>
<td>Regular full-fat cheeses*</td>
</tr>
<tr>
<td>6</td>
<td>Butter or margarine on breads*</td>
<td>Ground meat or ground poultry*</td>
<td>Salad dressings*</td>
<td>Mayonnaise or mayo-type spreads*</td>
</tr>
<tr>
<td>7</td>
<td>Cookies or cakes</td>
<td>Eggs/egg substitutes with fat</td>
<td>Butter or margarine on breads*</td>
<td>Butter or margarine on breads*</td>
</tr>
<tr>
<td>8</td>
<td>Pies or fried pastries</td>
<td>Peanut butter</td>
<td>Cookies or cakes</td>
<td>Eggs/egg substitutes with fat</td>
</tr>
<tr>
<td>9</td>
<td>Chocolate or candy bars</td>
<td>Salad dressings</td>
<td>Peanut butter</td>
<td>Peanut butter</td>
</tr>
<tr>
<td>10</td>
<td>Peanut butter</td>
<td>Pies or fried pastries</td>
<td>Chocolate or candy bars</td>
<td>Pies or fried pastries</td>
</tr>
</tbody>
</table>

* On average, about 50% or more of participants reported eating these foods in the last month.

During last summer and fall, you had the opportunity to participate in a Personalized Evaluation of Fat Intake activity – PEFI. By now, you’ve probably explored and talked about the information you received.

Here is some interesting information about foods that made the Top Ten sources of fat in the four WHI regions. The table above shows the Top Ten list for each geographical area. As you can see, there are many similarities and a few differences.

### How Were Regions Alike?
- Peanuts or other nuts and seeds were the number one source of fat for all four regions and, on average, about 70 percent of participants completing the PEFI questionnaire reported eating these foods once a month or more!
- Beef, pork/ham, and lamb, and regular full-fat cheeses also appeared near the top of the list for all areas.
- Breads appeared near the top of the list for all regions. This may seem surprising. The reasons that breads, which include bagels, rolls and English muffins, appeared on the list is that 98% of participants reported eating breads and breads are eaten fairly often. However, breads can help you meet your WHI grain goal and are considered a healthy low-fat choice – especially if you are using whole grain bread products.

*Continued on page 2*
• A variety of table fats, such as butter/margarine, mayonnaise, peanut butter, and salad dressings, also appeared on the Top Ten lists for all areas of the country. Studywide, fats used at the table or in cooking added an average of 57 grams of fat per week—this is about 14 teaspoons of regular margarine or about 18 tablespoons of low-fat salad dressing each week.

How Were Regions Different?

Although most foods on the Top Ten lists were similar across the U.S., there were slight differences.

• Salad dressings were reported in the top five for the Northeast and West, while mayonnaise or mayo-type spreads appeared in the top five for the Southeast. Ground meat/ground poultry appeared on the Top Ten lists for the Midwest and the Southeast, but not for the Northeast and West.

The type of sweets also varied.

• The Northeast reported cookies/cakes, pies/fried pastries, and chocolate/candy bars within their Top Ten food sources of fat. The Midwest reported cookies/cakes and chocolate/candy bars on their list, while the Southeast and West reported pies/fried pastries.

Self-Monitoring: Awareness and Discovery

As you look at the similarities and differences across the four regions, think about your PEFI information. What did you discover? How was it helpful for you to think about your fat intake over a longer period—more than just a day or a week?

Self-monitoring, in any form, helps maintain awareness of what you're eating. It also provides a way to periodically check-in and “tune-up,” or adjust your eating patterns. Research studies have shown that people who self-monitor are more likely to succeed in making and maintaining a long-lasting behavior change. A good example of this research is found in the National Weight Control Registry. This research study maintains a database at the University of Colorado Center for Human Nutrition. The database is designed to identify the characteristics of people who are successful at losing at least 30 pounds and keeping it off for at least one year. So far, here are some things that we’ve learned from people participating in the National Weight Control Registry database:

• Half of the participants report that they continue to track their fat grams and calories.

• Successful participants report that they continue to follow a low-fat diet and watch portion sizes.

This study and others highlight the importance of portion control and self-monitoring for maintaining long-term nutritional behavior changes.

Self-monitoring is simply keeping track of yourself. It helps you tune in to your thoughts, feelings, goals and strategies. It involves charting your progress and rewarding your successes. Over time, it's easy for some higher-fat choices to drift back into any eating pattern or for portion sizes to get a little bigger. Consider using the information you received from PEFI as a springboard to take a closer look and identify what's working well and what could use some fine-tuning. What steps would you consider that could help maintain your awareness about your dietary choices? How can this awareness help you meet or maintain your WHF fat gram goal? Remember, small changes can make a BIG difference!
Volunteerism Strikes A Chord for WHI Participant

Mary Miller’s appointment book sags under the weight of her civic duties: Torrance, Calif., Cultural Arts Commissioner, President of the Symphony League, Arts Council of Torrance City Liaison, Vice-President of the Torrance Symphony Board, Past-President and resource article author for the California Retired Teachers Association (South Bay), performer in five choral groups, member of the Kashiwa, Japan, Sister City Civic Choral Group, contributor to the Educational Council of Torrance, and church music ministry participant.

“I love being busy!” gushes Mary, who describes herself as “perpetual motion.” “When I speak of it, I can’t believe I do all that, but it’s fun! I’m in so many of these organizations because I’ve always possessed a positive attitude and said, yes, very readily.”

Mary manages to fit in WHI participation, too. Active in both the Dietary and Calcium/Vitamin D programs, Mary learned about the study six years ago when she visited UCLA to research treatment options for her spouse’s Parkinson’s disease.

“WHI is a great thing. I wouldn’t change it for the world,” says Mary of the Torrance Clinical Center and her Dietary Change group, the Flying Zucchini. “My group has been faithful and wonderful. We take turns doing peer group outings, and everyone’s so supportive...we find a lot of camaraderie.”

She continues: “WHI is like a pyramid of support – we focus on health, sharing, healthy eating, learning from others, and sharing recipes. We’re women helping women, which is so important.”

Mary especially sees the value of peer support as she’s dealt with the physical decline of her husband, Nick. Married 51 years, Nick is now wheelchair-bound due to Parkinson’s and lives in an assisted living facility. Mary’s found understanding comfort among her Dietary group. “Attending WHI sessions really lessens this burden. Everyone shares what might be disturbing in their lives. It’s such a wonderful thing when you find you are not alone.”

Mary spends four to five hours daily visiting Nick. They talk, play games, pray together, go on wheelchair walks, and take an occasional car ride. Mary feeds him dinner and shares the joys of her overflowing schedule with her spouse. “Nick encourages me to keep busy,” she explains. “I have to give myself a little nudge. Illness within a family affects everybody. I have to push myself. I can’t become a recluse.”

Music has been a lifelong passion for Mary, who made her debut at the age of 7. “Since then, I just kept singing and singing and singing!” As a girl, she decided her life’s ambition was to sing to make people happy. Mary taught music in schools for 42 years, retiring in 1991. “I love to turn kids on to music, to move, sing, and interact,” she says. Her artistic spirit must have rubbed off: all four of her children are involved in the creative arts.

Why volunteer? For Mary, it’s about social involvement, enrichment, encouragement of the arts, and wanting to better things. “It’s nice to be
Low-Fat Bites

A web site by the National Cancer Institute for their “5 A Day” program may help you with your daily F/V goal. This health program encourages Americans to eat five or more servings of fruits and vegetables every day for better health. For recipes, cooking tips, and more, log on to www.5aday.gov. If you don’t have access to the Internet, call 1-800-4CANCER and select the option to order publications. “5 A Day” brochures, tip sheets, and recipe cards are free.

Peanut butter is delicious, but the hefty fat grams add up quickly. A low fat peanut spread, Better’n Peanut Butter, is a great alternative. By using peanut flour, the manufacturers managed to slash the fat—only 2.5 grams of fat for two tablespoons, compared to 16 grams of fat in regular peanut butter! The spread is available in regular, low-sodium, and chocolate varieties and is found at natural food stores and at Trader Joe’s. A 12-ounce jar sells for about $2.70.

Make the most of the seasonal bounty of produce. If you have an oversupply of pears, peaches, or berries, cook them to make a fruit compote. Or bake the fruit with a sprinkle of cinnamon. Throw some vegetables on the grill, either whole or cut and skewered. If you’re not up for a whole garden, try growing just a pot of tomatoes or beans — nothing beats the flavor of homegrown vegetables.

The information provided in this section is not an endorsement by WHI of specific food products.

WOMEN’S HEALTH INITIATIVE

Volume 22
Spring/Summer 2003