On the Road to Success

PICTURE YOURSELF HIKING UP A MOUNTAIN. Imagine taking step after step, following the trail to greater heights. You've come a long way and are really enjoying your surroundings. Now imagine the trail gets a bit rocky, or there's something blocking part of the path. Would you give up? Probably not. You may, however, need to rest a bit before going on, hold a fellow hiker's hand to avoid slipping, or reassess your route. But you'll continue on before too long.

The hike, and the rough spots along the way, are similar to the dietary changes you've made in WHI. It's hard work to change the way you eat, but it's very rewarding. The rough spots, such as eating a lot of high-fat foods for a time, feeling pressured to eat too much, or not getting support from family or friends, occur now and then. The best way to handle these times is to prepare yourself for them, and if you stumble a bit, try to keep going.

HERE ARE SOME TIPS TO AVOID SLIP-UPS:

- Feelings like anger and loneliness can be reasons for losing your motivation. Take a walk when you're upset or call a friend to chat.
- Have specific and realistic goals. Don't just resolve to "eat better." Refer back to your Session 3 materials for goal-setting examples.

- Be prepared for people around whom you have difficulty following your eating plan. Decide ahead of time how you can say "no."
- Identify and avoid or re-think situations that are too tempting. For instance, if family occasions always revolve around food, suggest another activity in addition to the meal.
- Create a new routine. Don't just drop a bad habit; create a good habit to replace it (e.g., enjoy a warm bath instead of a high-fat sweet).

IF YOU HAVE A SETBACK, HERE ARE SOME WAYS TO RECOVER:

- Remind yourself that a small slip does not mean you've failed. You've already proven you can eat in a low-fat manner. You can start over again at any moment you choose. The faster you return to your plan, the easier it will be.
- Make a list of all the reasons why you joined WHI and your Dietary Change group and refer to it when needed.
- Think over the events that led to your slip-up. Plan a realistic strategy for avoiding or coping with similar situations in the future.
- Keep a log for a few days listing all of the great choices you've made that day. Perhaps you met your grain goal or tried a new low-fat recipe. Build on your successes, not your setbacks.
- Take it one moment at a time. You only have to stick with your plan for this moment. Moments lead to days, days to weeks, and before you know it, you're back on track.

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An Art for Living

Bohe-mian: a person (as a writer or an artist) living an unconventional life. WHI Dietary Change participant Jeannie Doelger is a bohemian in the truest sense of the word. In her many roles as student, fiber artist, farmer, mother, guild member, mentor and grandmother, she is anything but conventional. This 54-year-old New Yorker sports a “Born to Knit” tattoo and attends college full-time, while also teaching craft classes in her community and raising animals at her suburban home.

So why did such an active “Renaissance woman” decide to add WHI to her already packed life? “I believe in causes,” Jeannie explains. “I have daughters and granddaughters, and for everybody else’s daughters and granddaughters, too. I think it’s an excellent study. I’m in awe of the magnitude of it.”

Though she’s always been active in her community, the loss of income Jeannie experienced when she was widowed two years ago prompted her return to school. She currently attends Suffolk Community College and plans to transfer to the Fashion Institute of Technology in New York City after she receives her Associate’s degree. Once she completes her degree in art restoration, she hopes to become self-employed and repair furniture for local museums. “I don’t plan to make big bucks. I’m just going to enjoy myself,” she says.

Jeannie adds, “I have a thirst to learn. So many things catch my attention.” She passes on many of her self-taught skills by leading classes in her community; her topics include everything from knitting and spinning wool to making lace, soap and liquors. Her specialty is lace and Jeannie spins very fine thread into “wedding ring” shawls, so named because 54 square inches of the lace can fit through a wedding band. She also brings her goats to a local farmer’s market and demonstrates cheese-making on-site, as well as selling her wares.

Cheese, both her own and richer varieties, is something Jeannie misses since joining her Dietary Change group at the Stony Brook Clinic in New York. But she says, “You just have to keep talking to yourself...Of course you love this, but don’t you love yourself, too?” Her group nutritionist’s demonstration of the fat contained in foods by showing plastic butter pats really made an impression. “When I go out to dinner and see these people putting all these pats of butter on things, I’m dying! I’m always thinking, ‘What’s the fat grams?’ and it’s a constant thought, just sitting there on my shoulder. It’s a real eye opener.”

She admits there’s more of a tendency to slip now that her group meets infrequently. “I’m slowly getting back on track. I go to a lot of meetings and the women try to outdo each other with cooking or baking. I either have to have all or none of it. So I bring herbal teas so I can have a taste of something. And cold water is great, too.”

“I know I’m giving back to my community being a part of this,” Jeannie reflects. “But I think I reap the most benefit. I can never forget those pats of butter! It’s changed how I look at things. It’s not completely easy. There are a lot of temptations in the world, but it’s a fantastic program.”

Jeannie Doelger, pictured with her late husband, George.
Lemon Bars

1 cup flour
1/4 cup powdered sugar
6 tablespoons fat-free cream cheese
1 tablespoon vegetable oil
2 medium eggs or 1/2 cup liquid egg substitute
1/2 cup sugar
1-1/2 tablespoons grated lemon peel
2 tablespoons flour
1/2 teaspoon baking powder
1/4 teaspoon salt
1/3 cup lemon juice

Preheat oven to 350°F. In a large bowl, stir together 1 cup flour and powdered sugar. Using a pastry cutter, cut in the cream cheese and oil until the mixture is crumbly. Press mixture into the bottom of an 8-inch square baking pan. Bake for 20 minutes, until light golden in color. In a mixing bowl, beat eggs with sugar and lemon peel until smooth. Whisk in 2 tablespoons flour, baking powder, salt, and lemon juice. Pour onto baked crust and bake for 20 minutes until the top is light golden and set.

Makes 12 servings

Fat: 2 grams per serving

Recipe from 366 Low-Fat Brand-Name Recipes in Minutes, by M.J. Smith.
Quick Three-Bean Soup

1 can (about 15 ounces) red kidney beans, with liquid
1 can (about 8 ounces) garbanzo beans, with liquid
1 can (about 8 ounces) small white beans, with liquid
2 cups Italian green beans, frozen
2 medium tomatoes, diced (about 1-1/2 cups)
1 cup zucchini, diced
1 medium onion, chopped (about 1/2 cup)
1 clove garlic, minced
1/2 teaspoon basil leaves
dash of salt and pepper

In a 2-quart saucepan combine canned beans, the liquid from the beans and the remaining ingredients. Bring to a boil. Reduce the heat and simmer until vegetables are tender, about 10 to 15 minutes.

Makes 4 servings
Fat: 2 grams per serving
Fruit/Vegetable Servings: 2-1/2 per serving
Grain Servings: 2 per serving
Recipe from *Souper Skinny Soups*
LOW-FAT AND LOVING IT

“The Fabulous 102’s” know how to celebrate and reach their long-term nutrition goals. This Dietary Change group from the Los Angeles Clinical Center recently organized a potluck and threw a baby shower for their nutritionist, Pamela Clausen.

WHAT'S NEW

- Hard to find time for breakfast? Fantastic Foods Hot Cereals, grains and fruit in a “cup of soup” container to which you add boiling water, are fast and tasty. They’re slightly sweetened and come in such chill-chasing flavors as Cranberry Orange Oatmeal and Banana Nut Barley (1-3 grams of fat per cup). Another breakfast tip: Prepare a pot of regular oatmeal the night before and reheat it in the morning in a microwave oven or double boiler.

- Using a cooking spray or lining a pan with foil are non-fat ways to eliminate greasing a pan. New Teflon Bakeware Liners work great, too. These non-stick flexible sheets come in a variety of shapes and sizes and just need to be placed in a pan or on a cookie sheet. If used in a casserole dish, the sides bend to mold to your dish. The reusable liners go easily from freezer to oven or microwave oven—and they’re dishwasher safe! Look for them in retail cookware departments.

- Some people have more sugar cravings during the winter months. Fat-Free Fiddle Faddle, buttery caramel corn without any fat (per cup), is great for moments when you want something sweet and crunchy. Air-popped popcorn is another filling snack.

- Side dishes can really perk up a meal, and these quick options can help you meet your daily grain goal. Fantastic Foods Rice & Beans and Pasta & Beans require just water, one teaspoon of oil and 15 minutes for cooking. They’re only 1 to 1.5 grams of fat per serving—what could be easier? For even more variety, check out Spice Islands Good Harvest Creative Side Dishes. These low-fat potato, stuffing and rice dishes come in 13 appealing flavors. Some varieties call for optional butter or margarine to be added, but just omit it; the flavors are still fabulous!

This information is furnished to help you become aware of new food products and help you make wise choices among brand name foods, as well as generic foods. The information provided in this section is not an endorsement of specific food products by WHI. It is important to read product labels for the most current information since the ingredients in foods sometimes change.
Ask the Nutritionist

“I am a participant in WHI Dietary Change group and am using only small amounts of fat. Recently, the news media reported about the health benefits of eating a ‘Mediterranean-style diet’ that uses a lot of olive oil. Should I use large amounts of olive oil for my health?”

Response:
First, it is important to understand that olive oil is not the only part of a “Mediterranean-style diet.” The Mediterranean eating pattern focuses on breads and cereals and includes large amount of fruits and vegetables. It is also contains very little red meat and lots of fish.

Some studies show that people with unhealthy blood fats may improve when they eat olive oil or similar fats. By unhealthy blood fats, we mean cholesterol, especially low levels of high density cholesterol (HDL) and high levels of triglycerides. If you are worried about your blood fats, talk with your doctor. Fats that are similar to olive oil come from peanuts, almonds, avocado, and canola oil. These kinds of fat are called monounsaturated fats. Within your fat gram goal, you may choose to eat small amounts of foods or oils with monounsaturated fats. Look up the total fat grams of these foods in your Fat Counter.

When evaluating health news, keep the following points in mind:

- Studies that observe people’s eating patterns help to identify possible risk factors. They are not final proof.
- Studies that involve a small number of people may provide important clues, but not final proof.
- The type of people involved in a study will affect how well the information relates to you. For example, the results of studies done with men may not relate to women.

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Talk with group members for invaluable “been there” suggestions. Attend your DM maintenance sessions and peer groups for support. Or call your group nutritionist and ask for help or just call to touch base.

Most importantly, whether you’ve had slip-ups or not, congratulate yourself for the progress you’ve made up to this point. Eating habits are tough to change, but you’re doing it! Keep up the terrific work!