Salute to Motivation

WHEN WE'RE MOTIVATED, WE ACT. That's clear. Every participant in WHI was once inspired to first join the study. For those in Dietary Change groups, ongoing motivation is required to stick with a new eating plan. What prompted each person to join and what keeps them going is unique. We asked Dietary Change participants across the U.S. to share these feelings. You may find yourself nodding in agreement to some of the responses:

WHY DID YOU JOIN THE WOMEN'S HEALTH INITIATIVE?

- "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
- "Research helps us move forward in the health field and without participants, research comes to a standstill." — Tammie
- "I am deeply concerned about the quality and quantity of life for my children and grandchildren and they are the reason for my being in this study." — Boston participant
- "For my own health and to help the next generation." — Rose Marie
- "I thought this would be an excellent learning opportunity." — Garnet
- "Not enough African Americans take part in studies. Our voices and experiences need to be heard and observed." — Donna
- "If you believe in something, you had better be ready to participate." — Marlis

HOW DO YOU STAY MOTIVATED?

- "I now realize that the quality of my life and health are greatly dependent on my eating style." — Charmaine
- "Coming to the meetings and reading the material I receive." — Mercedes
- "Commitment to something I believe will help women everywhere. If I do not follow the guidelines, the study could be flawed." — Marlis
- "I am a better person inside and out—I feel better and look better and have a purpose to eat right." — LaDonna
- "I enjoy the other ladies, the food samples, the exchange of recipes, and the instructor." — Elaine

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SOUTHERN HOSPITALITY

This Dietary Change group from Huntsville, Alabama, enjoys fine food and company at a potluck held at member Linda Jacob’s home.

(Pictured from left to right, back row: Sue Marino, Jeanne Derington, Barbara Kirkpatrick, Barbara Vines, Peggy Bishop, Ernestine Cothran, Margie Markham. Front row, left to right: Carrie Gordon, Norma Bell, Rada Lee, Linda Jacob, Charlotte Bragg, MS, RD (Group Nutritionist))

WHAT’S NEW

■ When it comes to low-fat cheese, it can be hard to find one that both tastes good and melts well. Kraft Sharp Reduced Fat Cheddar got top marks in a recent newspaper survey. It has a strong cheddar flavor and texture, and it melts well, too. It has six grams of fat per ounce. When shopping for reduced-fat products, remember to look for stronger flavors (such as a sharp cheese).

■ On busy nights, prepared entrees can come in handy. A new line of pre-seasoned, frozen chicken breasts fits the bill. Butterball Chicken Requests are crispy, baked breasts, with 2-6 grams of fat per 3.5 ounce serving. They come in such tempting flavors as Parmesan, Southwestern, and Lemon Pepper. Another way to get dinner on the table in a hurry: freeze extra portions of main dishes on nights when you have more time to cook and then just reheat them later.

■ Have you checked out what’s new on the produce aisle for spring? Fresh strawberries, asparagus, rhubarb, artichokes, apricots, and mangoes will help you meet your fruit/vegetable goal. Eating a variety of fruits and vegetables means you’ll get a good balance of vitamins and minerals, and meals will be more interesting.

■ Here’s a dilemma: You don’t want to add fat to your casserole by over-greasing the dish, but you hate the messy clean-up required by baked-on food. There’s a new line of casserole dishes with an amazing 25-year guarantee: no sticking, no soaking or scrubbing ever required. Wearaway CushionAire Pro dishes have a non-stick surface, are insulated for even cooking, and even have “cooling feet” which act as a built-in trivet. They range in price from $25-$35, depending on size. Look for them in retail cookware departments.

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

1 tablespoon olive oil
2 cloves garlic, minced
1 medium onion, chopped
1 package (10 ounces) chopped frozen spinach, thawed and drained to remove excess water
1/2 cup fresh mushrooms, sliced
1/2 cup fresh tomatoes, seeded and chopped
1/4 teaspoon dried oregano (optional)
salt and ground black pepper to taste
6 flour tortillas, (8" diameter)
1 cup salsa
1/2 cup low-fat cheddar cheese, grated
nonstick vegetable cooking spray

Lightly coat bottom of 9 x 13 inch baking dish with nonstick spray. Heat oil in large frying pan on medium heat. Add garlic and onion, and saute until golden brown. Add spinach and cook for 3-4 minutes or until half cooked. Add mushrooms, tomatoes, oregano, salt and pepper. Stir well and continue cooking for 2-3 minutes. Place 1/2 cup of spinach mixture in center of flour tortilla. Fold over all sides of tortilla and place on baking dish. Fill the remaining tortillas.

Spread the salsa and grated cheese evenly over the top of the filled tortillas. Bake at 350° F for 20 minutes or until tortillas are light (golden) brown. Serve immediately. You can also bake this dish ahead of time and reheat later.

Makes 6 servings

Fat: 8 grams per serving
Fruit/Vegetable Servings: 1 per serving
Grain Servings: 1.5 per serving

Recipe from Sona Mulye, CCC
Lemon Pound Cake

Nonstick vegetable cooking spray
2-1/2 cups plus 1 teaspoon sifted cake flour, divided
2/3 cup sugar
1/2 cup margarine, softened
3 egg whites or 1/2 cup frozen egg substitute, thawed
1 tablespoon vanilla extract
1 teaspoon almond extract
1 tablespoon lemon extract
3/4 teaspoon baking soda
1/4 teaspoon salt
1 (8 ounce) carton fat-free lemon yogurt
1/4 cup applesauce

Coat bottom and sides of an 8-1/2 x 4-1/2 x 3-inch loaf pan with nonstick cooking spray; dust with 1 teaspoon flour, and set aside.

Cream sugar and margarine at medium speed with an electric mixer until light and fluffy. Add egg whites; beat 4 minutes at medium speed or until well blended. Add vanilla, lemon and almond extracts; beat at low speed until well blended. Combine remaining 2-1/2 cups flour, baking soda, and salt. With mixer running at low speed, alternate adding yogurt and flour mixture to creamed mixture, beginning and ending with flour mixture. Stir in applesauce. Pour batter into prepared pan. Bake at 350° F for 65 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan, and cool on a wire rack. Serve plain or topped with fruit.

Makes 22 servings
Fat: 4 grams per serving
Grain Servings: 1 per serving
Recipe from Cooking Light Magazine
Green Thumb Grows Admiration

When Agatha Youngblood set out to plant a few flowers, she had no idea she'd end up gaining national attention for her efforts. Then again, this 73-year-old's dedication is anything but ordinary. A "little flower garden" grew into an acre during the past seven years, becoming a fantastic English cottage garden along the way. The size and beauty of Agatha's work has the gardening world in awe. Her garden is frequently visited by gardening clubs, has been featured in magazines like Victoria, pictured in Time-Life and Sunset gardening books, and has been shown on local television shows and the nationally distributed show, Victory Garden.

Despite the large amount of time required for maintaining such a garden, Agatha jumped at the chance to join WHI four years ago. "I've always been interested in nutrition," she says. "I wanted to learn a lot more and I thought it would be a great incentive to watch my fat intake." She participates in a Dietary Change group at the La Jolla Clinical Center.

Agatha credits her Dietary Change group for keeping her motivated to continue her low-fat eating. "I have the most fabulous class!" she exclaims. "Some of the women are so comical, and some are quiet and sweet, and they all have really interesting lives. I just enjoy it very much!"

She also receives a lot of support from her husband of nearly 50 years. They're both in good health, but he has undergone two angioplasty procedures. "I like to have a really low-fat diet to take care of him," she explains. "We eat right so we'll be healthy in our later years." Agatha "budgets" her fat intake by keeping well under her daily goal, so she can indulge once in a while without feeling guilty.

Agatha's efforts to meet her daily fruit/vegetable goal are aided by her garden. Since Southern California is sunny year-round, Agatha can always find something to eat in her backyard: broccoli, brussels sprouts, peas, lettuce, beans, kale, tomatoes, carrots, strawberries, apples, oranges, and more. "I can grow almost anything," says Agatha delightedly. "I love it when I can have beautiful salads. I just don't load on the dressing." She also grows parsley, which she mixes with bulgur wheat to make tabbouleh; this helps her meet her grain goal.

Caring for the immense garden is the equivalent of a part-time job for Agatha. She rises each day at 4:00 a.m., does some housework, and begins tending her garden at sunrise. She usually finishes by noon. By getting so much done early in the day, Agatha has time to spend on her other loves: art and her grandchildren. To pursue the former, Agatha volunteered at the San Diego Museum of Art for 15 years and enjoys painting still life scenes and flowers. Agatha also delights in her six grandchildren: "They are a very important part of our lives," says this proud grandmother.

Given her busy life, Agatha is glad her WHI group doesn't meet as often now. But she's as dedicated as ever to meeting her goals: "You feel kind of self-satisfied when you know that you're eating right and that you have changed habits. You're really aware of what you're cooking and what you're putting into your mouth. I just love being a part of it!"
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- "I used to 'live to eat.' Now I 'eat to live.' Instead of reaching for high fat cakes, snacks, etc., I reach for vegetables and other healthy, natural foods. The best part? They are my preference!" — Tammy
- "My healthier lifestyle has given me a lighter step and a brighter outlook on life. I've learned what foods really taste like and I've made new friends with common goals." — Jean

SPRING INTO ACTION:
If you've lost your motivation, here's how to get it back:

- Pick one of these reasons for joining or staying in WHI which best matches your feelings about the study.
- Think about ways you can build on those feelings now.
- Talk to your WHI peers about how they stay motivated. New ideas can give you a fresh perspective!

- "By talking about it to others and trying to keep it on my mind." — Ellen
- "My family and friends help me stay motivated." — Detroit participant
- "The challenge is sort of fun." — Minneapolis participant
- "I am becoming aware of ways to make changes. Hearing how other people make changes helps." — Val Jean
- "I signed up for 10 years and I have to keep my word." — Marvel
- "I am doing something good for myself and other women." — Betty
- "The support and communication of my classmates and group leader is great. We're learning lots of helpful, fun ways to get the fat out." — Mary Lee

It's important to think about why you first joined WHI and what keeps you there. These reasons will keep you going, even when it's hard to stick with the plan. You can feel satisfied day-to-day with the progress you're making toward your goals. Though what motivates you is unique, you share a common purpose with thousands of women in the study.