

COORDINATED APPROACH TO CHILD HEALTH (CATCH)

GO – SLOW – WHOA List

Introduction

The CATCH **GO–SLOW–WHOA List** is a tool to guide children and families toward making healthy food choices. The overall message is that all foods can fit into a healthy diet and a healthy diet consists of more **GO** foods than **SLOW** foods, and more **SLOW** foods than **WHOA** foods.

- **GO** foods include fruits, vegetables, whole-grain foods, lean meats, and lower-fat dairy products. **GO** foods are lower in fat and/or sugar, and/or they are whole foods (less processed).
- **SLOW** foods are higher in fat and/or sugar, and/or they are more processed than **GO** foods.
- **WHOA** foods are highest in fat and/or sugar, and/or they are the most processed.

Foods are categorized relative to foods in the same food group. It is important to note that many foods can become **WHOA** foods if eaten in large quantities.

The **GO–SLOW–WHOA List** does not contain combination foods such as sandwiches or pizzas because each ingredient is either a **GO**, **SLOW**, or **WHOA** food. For instance, a pizza is made up of a crust, sauce, cheese, and toppings. These ingredients belong in more than one category. To determine if the pizza is a **GO**, **SLOW**, or **WHOA** pizza, all of the ingredients need to be taken into consideration.

Here is a sample breakfast and lunch menu to show balanced meals.

Sample GO Breakfast

Oatmeal without added sugar (GO)
Brown sugar (WHOA)
Fresh blueberries (GO)
1% milk (GO)

Sample GO Lunch

Turkey sandwich
Whole-wheat bread (GO)
Low-fat turkey (GO)
Mustard (GO)
American cheese (WHOA)
Tomato (GO)
Lettuce (GO)
Baked potato chips (SLOW)
Canned peaches without added sugar (GO)
Skim milk (GO)

VEGETABLES

	GO	SLOW	WHOA
Vegetables	<ul style="list-style-type: none"> All fresh, frozen, or canned vegetables without added sugar or fat 	<ul style="list-style-type: none"> Vegetables with added oil, butter, margarine, or low-fat cheese sauce Baked french fries and hash browns Stir-fried vegetables 	<ul style="list-style-type: none"> Fried battered vegetables Fried potatoes, fried french fries, fried hash browns
Vegetable Juice	<ul style="list-style-type: none"> 100% Vegetable juice 		

Some examples of vegetables are: asparagus, avocado, bean sprouts, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chayote, collard greens, corn, cucumbers, eggplant, garlic, green beans, jicama, kale, lettuce, mushrooms, mustard greens, nopalitos, okra, onions, parsnip, peas, peppers (such as bell, jalapeno, poblano, etc.), potatoes, pumpkin, sweet potatoes, spinach, squash, taro root, tomatillos, tomatoes, turnip greens, turnips, yucca (cassava or manioc), zucchini

FRUITS

	GO	SLOW	WHOA
Fruit	<ul style="list-style-type: none"> All fresh, frozen or canned fruits without added fat or sugar 	<ul style="list-style-type: none"> Fruits canned in light syrup Fruits with added sugar 	<ul style="list-style-type: none"> Fruits canned in heavy syrup
Fruit Juice	<ul style="list-style-type: none"> 100% fruit juice Frozen 100% fruit juice bars and smoothies 	<ul style="list-style-type: none"> Sherbet, sorbet, gelato Frozen fruit juice bars and smoothies with added sugar 	<ul style="list-style-type: none">
Dried fruit/Fruit Leather	<ul style="list-style-type: none"> Dried fruit (such as raisins, figs, dates, apricots, plums) 100% fruit leather 	<ul style="list-style-type: none"> Dried fruit with added sugar Fruit leather with added sugar 	<ul style="list-style-type: none"> Fruit roll-ups

Some examples of fruits are: apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, figs, grapefruit, grapes, honeydew, kiwi, kumquats, lemons, limes, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, pomegranate, star fruits, strawberries, tangerines, watermelon

GRAINS

	GO	SLOW	WHOA
Breads/Muffins/Sweet breads	<ul style="list-style-type: none"> • Whole-grain bread, buns, rolls, bagels, tortillas, pita bread • Corn tortillas 	<ul style="list-style-type: none"> • White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread • Cornbread • Low-fat muffins • Waffles • Pancakes • French toast 	<ul style="list-style-type: none"> • Croissants • Biscuits • Sweet rolls • Doughnuts • High-fat muffins
Pasta	<ul style="list-style-type: none"> • Whole-grain pasta 	<ul style="list-style-type: none"> • Pasta made with refined flour pasta • Egg noodles 	<ul style="list-style-type: none"> • Instant higher-fat noodle soups
Rice	<ul style="list-style-type: none"> • Brown rice 	<ul style="list-style-type: none"> • White rice • Rice cakes 	<ul style="list-style-type: none"> • Fried rice
Cereals	<ul style="list-style-type: none"> • Whole grain, low sugar cereals, hot and cold (e.g. toasted oats, shredded wheat, oatmeal, muesli) • Cracked wheat (bulgur) 	<ul style="list-style-type: none"> • Low-fat granola • Instant oatmeal • Low sugar cereals made with refined grains 	<ul style="list-style-type: none"> • High sugar cereals made with refined grains – hot and cold • Granola
Crackers	<ul style="list-style-type: none"> • Low-fat whole-grain crackers 	<ul style="list-style-type: none"> • Low-fat crackers made with refined grains 	<ul style="list-style-type: none"> • High-fat crackers
Chips	<ul style="list-style-type: none"> • Baked tortilla chips 	<ul style="list-style-type: none"> • Tortilla chips • Baked potato chips • Pretzels 	<ul style="list-style-type: none"> • Potato chips • Other chips (e.g. cheese puffs, corn chips)
Cookies/Cake	<ul style="list-style-type: none"> • Whole grain animal crackers • Graham crackers 	<ul style="list-style-type: none"> • Animal crackers made with refined flour • Vanilla wafers • Low-fat cookies • Cereal/fruit bars • Low-fat cakes 	<ul style="list-style-type: none"> • High-fat, high sugar cookies • High-fat, high sugar cakes
Popcorn	<ul style="list-style-type: none"> • Air popped popcorn 	<ul style="list-style-type: none"> • Low-fat popcorn 	<ul style="list-style-type: none"> • Popcorn with butter • Flavored popcorn (e.g. caramel, cheese) • Kettle corn

MILK AND DAIRY FOODS

	GO	SLOW	WHOA
Milk	<ul style="list-style-type: none"> • Fat-free (skim/non-fat) milk • Fat-free soy milk • 1% (low-fat) milk • 1% soy milk • Non-fat dry milk • Fortified rice milk 	<ul style="list-style-type: none"> • 2% (reduced fat) milk • 2% soy milk • Flavored fat-free (skim/non-fat) or 1% milk • Flavored fat-free or 1% soy milk 	<ul style="list-style-type: none"> • Whole milk (plain or flavored) • Flavored 2% (reduced fat) milk • Flavored 2% soy milk • Milkshakes
Yogurt	<ul style="list-style-type: none"> • Fat-free or low-fat plain yogurt or 100% fruit juice sweetened • Fat-free or low-fat yogurt drinks with no sugar added 	<ul style="list-style-type: none"> • Fat-free or low-fat yogurt with sugar added • Fat-free or low-fat yogurt drinks with sugar added 	<ul style="list-style-type: none"> • Whole milk yogurt • Whole milk yogurt drinks
Cheese	<ul style="list-style-type: none"> • Part-skim natural cheese • Low-fat string cheese • Low-fat (1%) cottage cheese • Low-fat soy cheese 	<ul style="list-style-type: none"> • Natural cheeses such as Colby, cheddar, Swiss • Cottage cheese (2%-reduced fat) • Ricotta cheese (part-skim) • Low-fat cheese sauce • Low-fat processed cheese • Soy cheese • Low-fat cream cheese • String cheese 	<ul style="list-style-type: none"> • Processed cheese • Cream cheese • Cheese sauce • Ricotta cheese (whole milk) • Cottage cheese (whole milk)
Dairy Desserts		<ul style="list-style-type: none"> • Non-fat or low-fat frozen yogurt • Low-fat ice-cream • Pudding made with skim or 1% milk 	<ul style="list-style-type: none"> • Ice cream • Pudding made with 2% or whole milk • Cheesecake • Frozen yogurt • Gelato

MEAT, BEANS, & EGGS

	GO	SLOW	WHOA
Dried Beans and Peas	<ul style="list-style-type: none"> • Beans (such as pinto beans, black beans, red beans, without bacon or ham) • Fat-free refried beans • Black-eyed peas, split peas, garbanzo beans (chickpeas), lentils • Hummus 	<ul style="list-style-type: none"> • Beans with bacon or ham • Pork and beans • Baked beans • Refried beans • Falafel 	
Nuts and Seeds	<ul style="list-style-type: none"> • Peanuts, almonds, pecans, walnuts, cashews, pistachios • Pumpkin seeds, sunflower seeds • Natural peanut butter and other nut butters 	<ul style="list-style-type: none"> • Peanut butter and other nut butters with added sugar and fat 	
Eggs	<ul style="list-style-type: none"> • Whole eggs • Egg whites • Egg substitute 	<ul style="list-style-type: none"> • Eggs fried in vegetable oil 	<ul style="list-style-type: none"> • Eggs fried in a butter, lard, margarine, bacon grease or salt pork
Fish	<ul style="list-style-type: none"> • Fish and shellfish – baked, grilled or broiled (e.g. salmon, catfish, shrimp, crab, lobster) • Tuna canned in water 	<ul style="list-style-type: none"> • Baked breaded fish, shellfish, and fish sticks • Tuna canned in oil 	<ul style="list-style-type: none"> • Fried fish, shellfish, and fish sticks
Poultry	<ul style="list-style-type: none"> • Chicken and turkey without skin (baked, grilled, or broiled) 	<ul style="list-style-type: none"> • Chicken and turkey with skin (baked, grilled, or broiled) • Breaded baked chicken and turkey • Baked chicken nuggets • Lean ground chicken and turkey 	<ul style="list-style-type: none"> • Fried chicken • Fried chicken nuggets
Beef	<ul style="list-style-type: none"> • Lean cuts of beef (e.g. round roast, round steak, sirloin, tenderloin) • Extra lean ground beef • Ground beef that has been drained and rinsed 	<ul style="list-style-type: none"> • Lean ground beef • Lean or low-fat hamburgers 	<ul style="list-style-type: none"> • Regular cuts of beef (e.g. brisket, T-bone, chuck roast) • Regular ground beef • Regular hamburgers • Ribs

MEAT, BEANS, & EGGS (CONT.)

	GO	SLOW	WHOA
Pork	<ul style="list-style-type: none"> Lean cuts of pork (e.g. tenderloin, pork chops without fat) 	<ul style="list-style-type: none"> Lean ham Canadian bacon 	<ul style="list-style-type: none"> Higher-fat cuts of pork (e.g. pork roast, shoulder, ham) Ribs Bacon Ham hock Pork skins
Other Protein Foods	<ul style="list-style-type: none"> Tofu Tempeh “Veggie” burger Venison 		
Processed meat	<ul style="list-style-type: none"> Low-fat or non-fat luncheon meats (chicken, turkey, ham) 	<ul style="list-style-type: none"> Regular luncheon meats (chicken, turkey, ham) Low-fat hot dogs Turkey or chicken sausage 	<ul style="list-style-type: none"> Hot dogs Pepperoni Sausage Beef jerky Bologna Salami Chorizo Pastrami

OILS

	GO	SLOW	WHOA
Oils	<ul style="list-style-type: none"> Non-stick cooking spray 	<ul style="list-style-type: none"> Vegetable oils – such as olive, canola, peanut, soybean, corn, cottonseed, safflower, or sunflower 	<ul style="list-style-type: none"> Butter Margarine Lard Salt pork Shortening
Foods rich in oils		<ul style="list-style-type: none"> Fat-free or low-fat gravy Fat-free or low-fat mayonnaise Fat-free or low-fat sour cream Fat-free or low-fat salad dressing Oil and vinegar dressing 	<ul style="list-style-type: none"> Gravy Mayonnaise Sour cream High fat salad dressing

OTHER

	GO	SLOW	WHOA
Herbs and Spices	<ul style="list-style-type: none"> • Fresh spices (such as garlic or ginger) • Fresh or dried herbs (such as basil, rosemary or cilantro) • Seasonings without salt such as garlic powder or onion powder 		<ul style="list-style-type: none"> • Salt • Seasonings with salt or sodium • Monosodium glutamate (MSG)
Sugars/Sweeteners/ Candy		<ul style="list-style-type: none"> • Reduced sugar syrup • Artificial sweeteners 	<ul style="list-style-type: none"> • Sugar • Brown sugar • Chocolate candy • Candies • Sugar sweetened gelatin • Honey • Syrup
Beverages	<ul style="list-style-type: none"> • Water • Sparkling water • Unsweetened decaffeinated tea 	<ul style="list-style-type: none"> • Unsweetened tea 	<ul style="list-style-type: none"> • Soft drinks (regular and diet) • Beverages with added sugar • Sweetened tea and tea drinks • Coffee drinks • Sports drinks • Fruit-flavored drinks • Fruit-juice drinks • Energy drinks
Spreads/Condiments	<ul style="list-style-type: none"> • Mustard • Butter flakes 	<ul style="list-style-type: none"> • Jam • Jelly • Olives • Ketchup 	<ul style="list-style-type: none"> • Pickles

Recommended Daily Amounts by Age*

Food Group	Recommended Amount for Children 4-8 Years Old	Recommended Amount for Children 9-13 Years Old
Vegetables	1½ cups	2–2½ cups**
Fruits	1–1½ cups	1½ cups
Grains	4–5 ounce equivalents (1 ounce equivalent equals: 1 slice bread, 5–7 crackers, ½ cup cooked oatmeal, 1 cup dry cereal, ½ cup cooked rice, 3 cups popped popcorn)	5–6 ounce equivalents***
Milk Group Foods	2 cups (1 cup of hard cheese = 1½ ounces)	3 cups
Meat, Beans, and Eggs	3–4 ounce equivalents (1 ounce equivalent equals: ¼ cup cooked beans, 1 ounce meat, 1 egg)	5 ounce equivalents
Oils	4 teaspoons	5 teaspoons
Other	None	None

* www.MyPyramid.gov

** Girls – 2 cups; Boys – 2½ cups

*** Girls – 5 ounce equivalents; Boys – 6 ounce equivalents