Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

**GO Foods** – commonly described as ‘whole foods.’ They are lower in fat and/or added sugar.

**SLOW Foods** – higher in fat and/or added sugar than GO Foods; may have undergone some processing.

**WHOA Foods** – highest in fat and added sugar. They are usually highly processed and contain less nutrients than GO or SLOW foods.
Eat Smart with CATCH
Do you know your GO-SLOW-WHOA Foods?

• Raw, fresh carrots, celery, tomatoes, and strawberries = GO
• GO foods have no added sugar and/or fat.

GO, SLOW, or WHOA?
Eat Smart with CATCH
Do you know your GO-SLOW-WHOA Foods?

• **Fresh Salads** - depends on **amount** and **type** of **salad dressing**.
  - **GO** = lemon juice or no salad dressing.
  - **SLOW** = salad dressings made from vegetable oils such as olive and canola.
  - **WHOA** = high fat salad dressings made with mayonnaise or sour cream.

• **AVOID** salad bars that offer a lot of high fat pasta salads and desserts.
**Eat Smart with CATCH**

Do you know your **GO-SLOW-WHOA** Foods?

- **GO, SLOW, or WHOA?**
  - Broccoli with cheese sauce = SLOW
  - Added sauces (including cheese), butter, margarine, and other fat seasonings make all cooked vegetables a SLOW food.
  - Season broccoli with lemon juice and herbs = GO
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Do you know your **GO-SLOW-WHOA** Foods?

- French fries = WHOA
- Baked fries = SLOW
- All fried foods are WHOA Foods.
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Do you know your GO-SLOW-WHOA Foods?

- Fresh, raw apples = GO
- Apples provide a natural source of nutrients and fiber.
- GO foods contain no added sugar and/or fat.
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Canned Fruit Cocktail is usually *processed* with *added sugar*.
- If canned in *water & natural juices* = GO
- If canned in *light syrup* = SLOW
- If canned in *heavy syrup* = WHOA
Eat Smart with CATCH
Do you know your GO-SLOW-WHOA Foods?

- 100% orange juice = GO
- Contains naturally occurring vitamins.
- Excellent source of Vitamin C.
- Contains no added sugar.

GO, SLOW, or WHOA?
Eat Smart with CATCH
Do you know your GO-SLOW-WHOA Foods?

- Fruit Roll-ups = WHOA
- Processed with added sugar, corn syrup, oil.
- Each Fruit Roll-up contains:
  - 50 calories
  - ≈ 2 tsp sugar (7 grams)
  - 55 grams sodium
Eat Smart with CATCH
Do you know your GO-SLOW-WHOA Foods?

- Raisins = GO
- Raisins contains natural sugars, vitamins, minerals, and fiber.

GO, SLOW, or WHOA?
Eat Smart with CATCH
Do you know your GO-SLOW-WHOA Foods?

• 100% Juice, Frozen Fruit Bars = GO
• Contain no added sugars.

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Popsicles = WHOA
- Made with added sugar and fruit flavoring, not real fruit.
- Popsicles are a low-nutrient food.
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

• Corn Tortillas = GO
• Made with whole grain cornmeal.

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Bagels = GO
- *Adding spreads* make a GO food a SLOW food.
- Use low-fat cream cheese, or fruit spreads *sparingly* to prevent a SLOW food from becoming a WHOA food.
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Donuts = WHOA
- *Most* donuts are *deep-fried* in fat and contain a lot of *fat* and *sugar*.
- **Note:** some donuts *may* be made with whole grains and less fat and sugar = SLOW
- Be sure and read the Nutrition Facts food labels
**Eat Smart with CATCH**

Do you know your **GO-SLOW-WHOA** Foods?

- **GO**, **SLOW**, or **WHOA**?

  - Air-popped Popcorn = **GO**
  - Low-fat Popcorn = **SLOW**
  - Popcorn with butter and flavorings, e.g. caramel, cheese, etc. = **WHOA**
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

• Chocolate Chip Cookies = WHOA
• Cookies contain high amounts of fat and sugar.
• Limit eating cookies to every now and then.
• Be sure to eat no more than 2 or 3.
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

• Chocolate Cake = WHOA
• Cakes are made with a lot of sugar, eggs, and fat.
• Eat a small slice and only on special occasions.

GO, SLOW, or WHOA?
Eat Smart with CATCH
Do you know your GO-SLOW-WHOA Foods?

- Candy = WHOA
- Candy is a high fat, high sugar, high calorie food and is low in nutrients.
- Limit to eating only every once and a while.

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

GO, SLOW, or WHOA?

- Brown rice = GO

- NOTE: White rice is more processed and refined than brown rice and is a SLOW food.
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

GO-SLOW-WHOA?

• Peanut butter or cheese crackers = WHOA
• These snack foods are highly processed and contain high amounts of added fats.
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Do you know your GO-SLOW-WHOA Foods?

• Eggs = GO (whole eggs, egg whites, egg substitute)
• Eggs fried in vegetable oil = SLOW
• Eggs fried in butter, lard, margarine, bacon grease, or salt pork = WHOA

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Peanut butter = SLOW (peanut butter is typically processed with added sugar and fat)
- Unprocessed, natural peanut butter = GO
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

• **Nuts** such as peanuts, pecans, almonds, walnuts = GO
• If nuts are *processed with* added oil and sugar = WHOA
• An appropriate serving size is about 1 ounce.
• Limit the amount you eat or GO foods will quickly become SLOW and even WHOA foods.
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Dried beans and peas = GO (include pinto, black, and red beans; black-eyed peas, split peas, garbanzo beans/chickpeas and lentils)
- If prepared with bacon, ham or other fats = SLOW
- Note: Refried beans are SLOW, unless they are labeled “fat-free” = GO
**Eat Smart with CATCH**

Do you know your **GO-SLOW-WHOA** Foods?

- Fried chicken = WHOA
- All foods that are fried are high in fat and are WHOA foods.

**GO, SLOW, or WHOA?**
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

• Baked chicken = SLOW
• Chicken baked *without* skin = GO

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

GO, SLOW, or WHOA?

• Chicken Fried Steak with Gravy = WHOA

• Note: Adding gravy adds even more fat.

• Remember, all fried foods are WHOA foods.
Eat Smart with CATCH
Do you know your GO-SLOW-WHOA Foods?

- Grilled salmon = GO
- All fish and shellfish that are baked, grilled or broiled are GO foods.

GO, SLOW, or WHOA?
Eat Smart with CATCH
Do you know your **GO-SLOW-WHOA** Foods?

• Baked fish sticks = SLOW
• Fried fish sticks = WHOA
• Note: All fried foods are WHOA foods.

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

• Enchiladas = WHOA (high fat cheese)
• May be SLOW if prepared with low-fat cheeses, and lean meats.
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Do you know your GO-SLOW-SWHOA Foods?

- **Tuna Salad** = SLOW if made with *water-packed tuna* and *fat-free* or *low-fat* mayonnaise or salad dressing.

- Tuna salad made with oil-packed tuna and regular mayonnaise or salad dressing = WHOA
**Eat Smart with CATCH**

Do you know your **GO-SLOW-WHOA** Foods?

- Luncheon meats = **GO** if labeled “low-fat or non-fat.”
- Regular luncheon meats = **SLOW**

**GO, SLOW, or WHOA?**
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Bacon = WHOA
- Turkey Bacon = SLOW

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Hamburger = SLOW if made with lean or low-fat ground beef.
- Hamburger = GO if made with extra-lean ground beef.
- Remember, it’s what you add to the burger that can turn it into a WHOA food; use low-fat spreads, cheeses, etc.
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Hot dogs = SLOW only if labeled “low-fat.”
- Regular = WHOA
- Turkey franks = GO

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

Plain, unflavored Milk

- Skim (fat-free or non-fat) Milk = GO
- 1% (low-fat) Milk = GO
- 2% (reduced-fat) Milk = SLOW
- Whole milk = WHOA
Eat Smart with CATCH
Do you know your GO-SLOW-WHOA Foods?

Flavored Milks
• If made with whole or 2% (reduced-fat) milk = WHOA
• If made with skim (non-fat or fat-free) or 1% (low-fat) milk = SLOW
**Eat Smart with CATCH**

Do you know your GO-SLOW-WHOA Foods?

- Cheese = SLOW
  (includes most cheeses such as cheddar, Colby, Swiss)
- Cheeses labeled ‘part-skim natural’ or ‘low-fat’ = GO
**Eat Smart with CATCH**

Do you know your **GO-SLOW-WHOA** Foods?

- Cottage Cheese and Fruit = **GO** *(if cottage is made with low-fat (1%) milk)*
- Cottage cheese made with **whole milk** = **WHOA**
- Cottage cheese made with **2% or reduced-fat milk** = **SLOW**
**Eat Smart with CATCH**

Do you know your **GO-SLOW-WHOA** Foods?

- All processed cheese = WHOA
- These cheeses are very high in fat.

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Ice Cream = WHOA
- Ice Cream labeled ‘low-fat’ = SLOW

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

GO, SLOW, or WHOA?

- Soda = WHOA (includes regular and diet).
- All soda is low in nutrients and displaces other healthful nutrients in the diet.
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

• Sports drinks = WHOA
• Sport drinks contain few nutrients and displace healthful nutrients in the diet.

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

• Water = GO
• Drink water whenever you can instead of sodas, juice drinks, sports drinks, etc.

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your **GO-SLOW-WHOA** Foods?

- Kool-Aid = WHOA
- Drink water instead!

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your **GO-SLOW-WHOA** Foods?

- Sunny Delight and other fruit-flavored drinks = WHOA
- Fruit-flavored drinks contain a lot of added sugars that take the place of other healthful nutrients.

GO, SLOW, or WHOA?
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

GO, SLOW, or WHOA?

- Coffee Drinks = WHOA
- These caffeinated beverages contain a lot of sugars and fats.
- *If you drink coffee, drink it black!*
Eat Smart with CATCH

Do you know your GO-SLOW-WHOA Foods?

- Unsweetened tea = SLOW
- Sweetened tea = WHOA

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