

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?



GO, SLOW, or WHOA?

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



Eat Smart with CATCH

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



GO, SLOW or WHOA?

- **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



Eat Smart with CATCH

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



GO, SLOW, or WHOA?

- French fries = WHOA
- Baked fries = SLOW
- All fried foods are WHOA Foods.



Eat Smart with CATCH

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



GO, SLOW, or WHOA?

- 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?



GO, SLOW, or WHOA?

- 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?



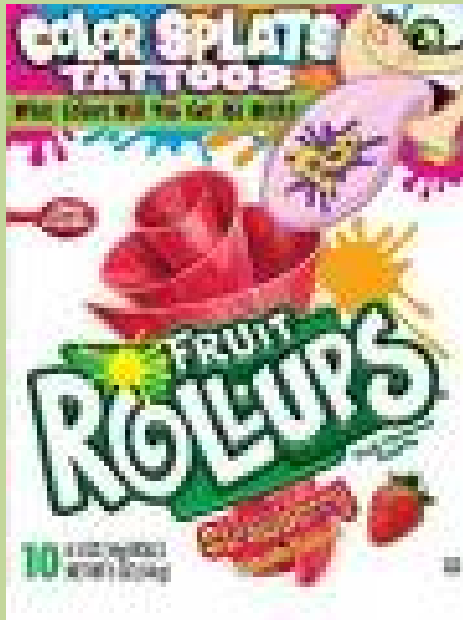
**GO, SLOW, or
WHOA?**

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



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

GO, SLOW, or
WHOA?



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?



GO, SLOW, or WHOA?

- 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?



GO, SLOW, or WHOA?

- 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?



GO, SLOW, or WHOA?

- 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?



GO, SLOW, or WHOA?

- **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?



GO, SLOW, or WHOA?

- 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.



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?



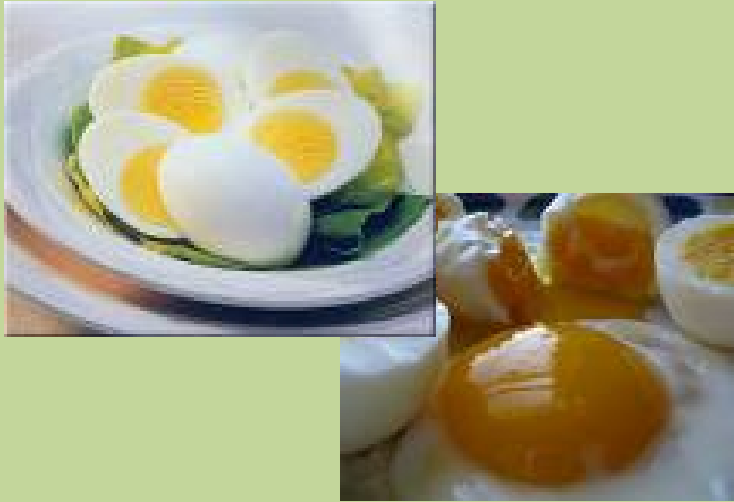
GO, SLOW, or WHOA?

- Peanut butter or cheese crackers = **WHOA**
- These snack foods are highly processed and contain high amounts of added fats.



Eat Smart with CATCH

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



GO, SLOW, or WHOA?

- **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**



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**

GO, SLOW, or WHOA?



Eat Smart with CATCH

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



**GO, SLOW, or
WHOA?**

- **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?



GO, SLOW, or WHOA?

- **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?



GO, SLOW, or WHOA?

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



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?



GO, SLOW, or WHOA?

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



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?



GO, SLOW, or WHOA?

- **Enchiladas = WHOA**
(high fat cheese)
- *May* be SLOW if prepared with low-fat cheeses, and lean meats.



Eat Smart with CATCH

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



GO, SLOW, or WHOA?

- 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?



GO, SLOW, or WHOA?

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



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?



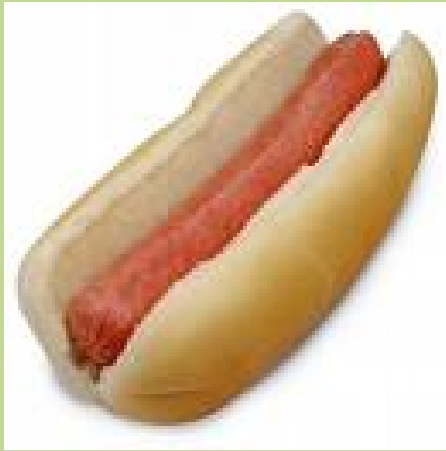
GO, SLOW, or WHOA?

- **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?



GO, SLOW, or WHOA?

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



Eat Smart with CATCH

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



GO, SLOW, or WHOA?

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?



GO, SLOW, or WHOA?

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?



**GO, SLOW, or
WHOA?**

- **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?



GO, SLOW, or WHOA?

- 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?



GO, SLOW, or WHOA?

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



Eat Smart with CATCH

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



GO, SLOW, or WHOA?

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



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?



GO, SLOW, or WHOA?

- 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.



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

GO, SLOW, or WHOA?



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.

