

What's New With **GO-SLOW-WHOA** (and Why)

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Today's Speakers



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Healthy Diets Prevent Chronic Disease

- Deanna Hoelscher, PhD, RD, LD, CNS -

GO – SLOW – WHOA (GSW) List

- A tool to guide children and families toward making healthy food choices
- Overall message: foods can fit into a healthy diet and that a healthy diet consists of:

GO foods > SLOW foods > WHOA foods





Philosophy/Nutrition Rationale

- Emphasize whole, unprocessed foods
- Reflect state-of-the-art nutrition knowledge
- Focus on primary prevention
 - Population-wide recommendations
- Nutrition for children
 - Considers growth & development



Categories in GSW list

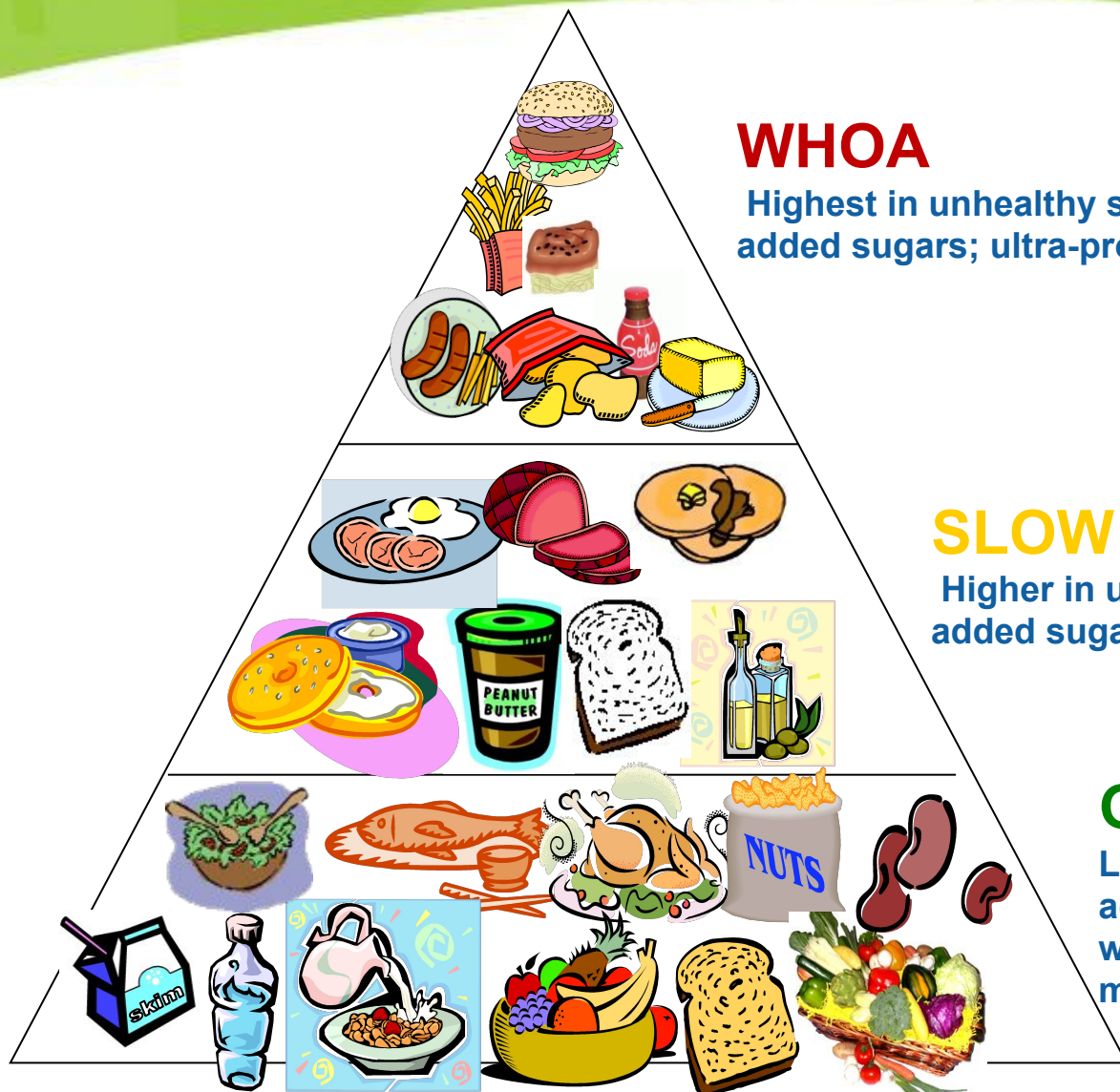
- Vegetables (vegetables, vegetable juice)
- Fruits (fruit, fruit juice, dried fruit/fruit leather)
- Grains (bread/muffin/sweet breads, pasta, rice, cereal, crackers, chips, cookies/cake/brownies, popcorn)
- Dairy (milk, yogurt, cheese, dairy desserts)
- Meat, beans, & eggs (dried beans and peas, nuts and seeds, eggs, fish, poultry, beef, pork, other protein foods, processed meat)
- Oils (oils, foods rich in oils)
- Other (herbs and spices, sugars/sweeteners, beverages, spreads/condiments)





Example - FRUITS

	GO	SLOW	WHOA
Fruits	<ul style="list-style-type: none"> · Fresh, frozen or canned fruits (canned in water or 100% juice) with no added sugar 	<ul style="list-style-type: none"> · Fruits canned in light syrup · Fruits with added sugar and/or salt 	<ul style="list-style-type: none"> · Fruits canned in heavy syrup
Fruit Juice	<ul style="list-style-type: none"> · 100% whole fruit smoothies with no added sugars 	<ul style="list-style-type: none"> · 100% fruit juice · Frozen 100% fruit juice bars and smoothies · Fruit smoothies made with fruit juice and no added sugars 	<ul style="list-style-type: none"> · Sherbet, sorbet · Frozen fruit juice bars and smoothies with added sugar
Dried fruit/Fruit Leather	<ul style="list-style-type: none"> · Dried fruits (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 · Fruit gummies and fruit snacks



WHOA

Highest in unhealthy solid fats and added sugars; ultra-processed foods

SLOW

Higher in unhealthy solid fats and added sugars; more processed foods

GO

Lowest in unhealthy solid fats across a category; no added sugar; whole grains, vegetables, fruits, lean meats



Why did we update the **G****S****W** List?



Childhood Obesity is Still a Public Health Problem

Predicted numbers of children with obesity in 2030

Numbers of children age 5-19 years old living with obesity, predicted for the next decade.

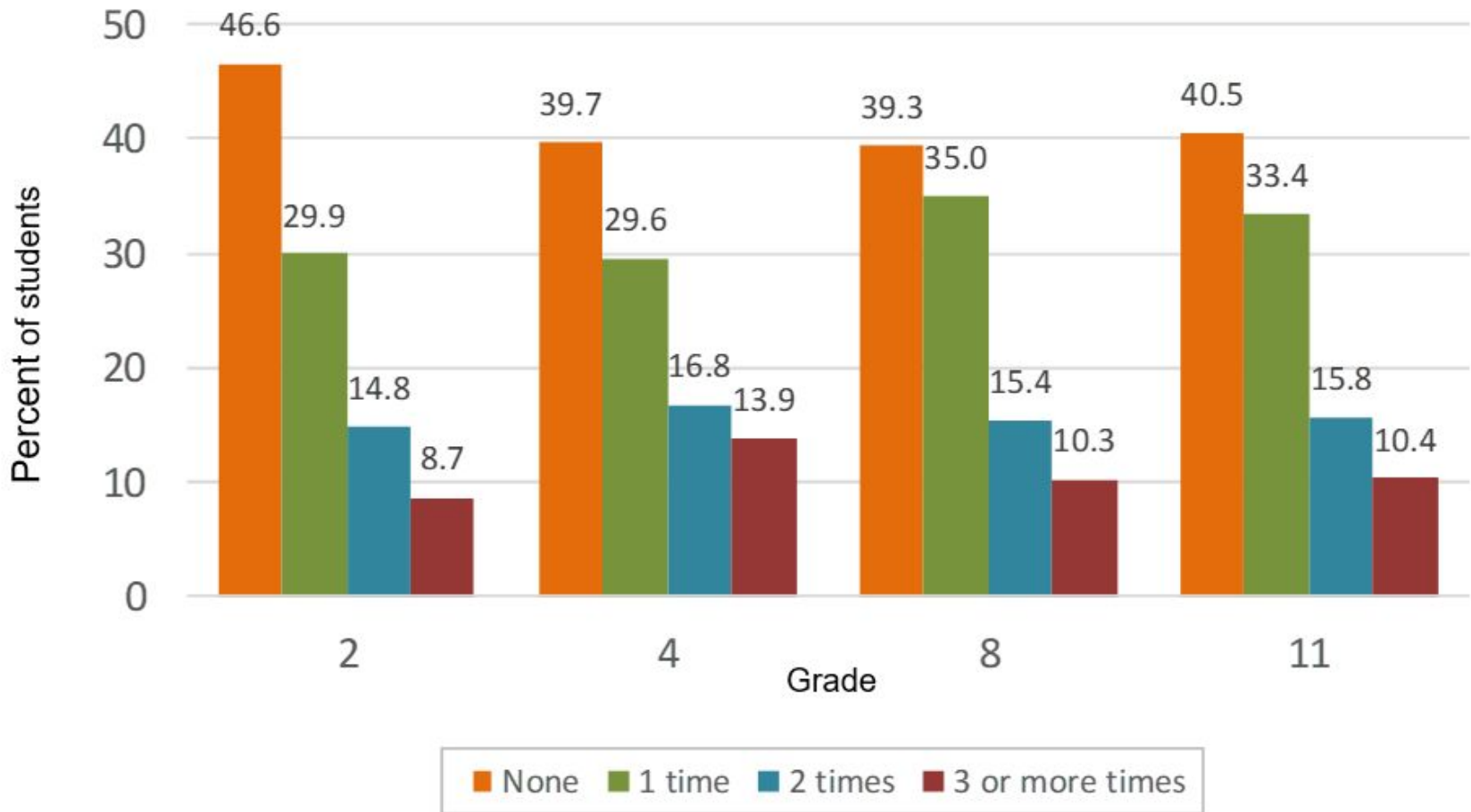
Year	2020	2025	2030
World	158m	206m	254m

Countries predicted to have over 1 million school-age children and youth living with obesity in 2030.

Country	Number of persons with obesity, aged 5-19, 2030	Country	Number of persons with obesity, aged 5-19, 2030
China	61,987,920	Vietnam	1,939,173
India	27,481,141	Ethiopia	1,926,697
United States of America	16,986,603	Saudi Arabia	1,864,250
Indonesia	9,076,416	Malaysia	1,770,631
Brazil	7,664,422	Sudan	1,757,471
Egypt	6,818,532	Morocco	1,757,152
Mexico	6,550,276	Yemen	1,646,485

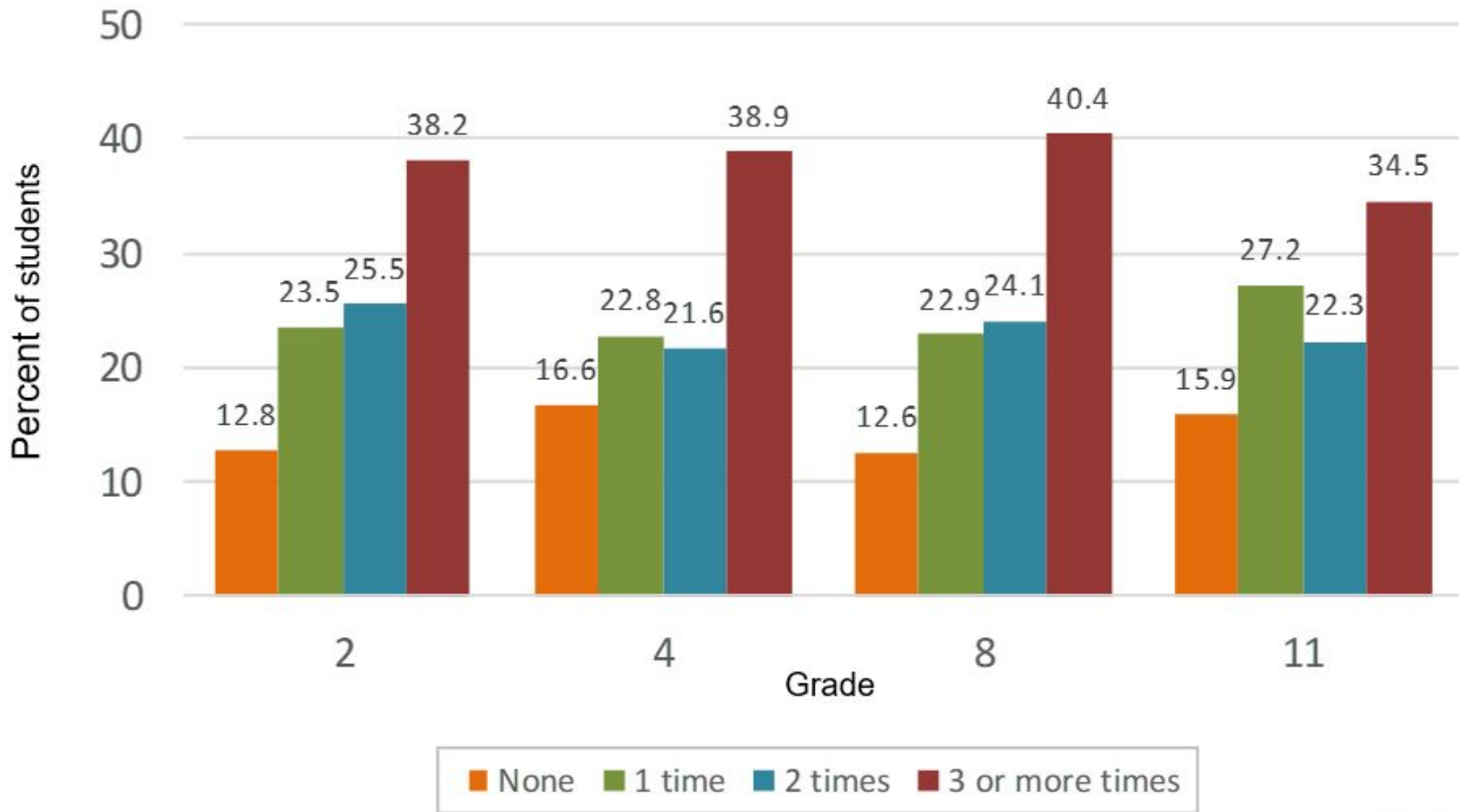
Source: [WOF Childhood Obesity Atlas Report, October 2019](#)

Consumption of Sugary Beverages by Students in Texas*



*Computed as consumption of regular sodas plus punch/sport drinks; SOURCE: TX SPAN 2015-2016

Consumption of Sweet and Savory Snacks by Students in TX*

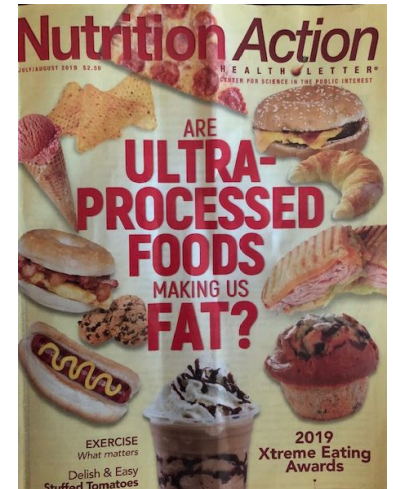


*Computed as consumption of candy, frozen dessert, cakes, French fries/chips; SOURCE: TX SPAN, 2015-2016



Nutrition Research Evolves

- What are ultra-processed foods?
 - Sodas, salty snacks, ice cream, frozen pizza, chicken nuggets, instant soups, fruit drinks
- What was the study?
 - 20 people – crossover design
 - Ultra-processed foods versus unprocessed foods for 2 weeks
 - Results: Averaged 500 more kcal on ultra-processed food diet; 4 pound weight difference



Hall et al., 2019



Feedback on GSW list

- Survey
 - N = 68 (NY 16, Ohio 16, TX 10)
- Liked best:
 - Easy to use (16)
 - Simple/effective message (9)
 - Easy to understand (28)
 - CATCH-y language (12)

Choose More **GO** than **SLOW**
and more **SLOW** than **WHOA**.

EAT STREET
map out your meal

MONDAY WEEK ONE

Protein-rich Food	Grains/Bread	Fruit	Vegetables	Milk
Black Bean Burger Southwest Salad	GO	Fresh Fruit	Lettuce & Tomato Salad	Low Fat White Milk
Tuna Sandwich	Mini Loaf, WG Crackers	Chilled Peaches	SLOW	Nonfat Chocolate Milk
Hamburger Cheese-burger	WHOA	WHOA	Oven Fries	WHOA

Dallas Independent School District **FANS**
Food and Nutrition Assistance System



Feedback on GSW list (cont'd)



- Survey
 - *N = 68 (NY 16, Ohio 16, TX 10)*
- Liked least:
 - N/A (14)
 - Nothing/not sure (10)
 - Specific category (slow, whoa) (9)
 - How foods are categorized (8)
- Review by nutrition experts

Choose More **GO** than **SLOW**
and more **SLOW** than **WHOA**.

EAT STREET
map out your meal

MONDAY WEEK ONE

Protein-rich Food	Grains/Bread	Fruit	Vegetables	Milk
Black Bean Burger Southwest Salad	GO	Fresh Fruit	Lettuce & Tomato Salad	Low fat White Milk
Tuna Sandwich	Mixed Leaf, WC Crackers	Chilled Peaches	SLOW	Nonfat Chocolate Milk
Hamburger Cheese-burger	WHOA	WHOA	Oven Fries	WHOA

Dallas Independent School District  



Overall changes in **G****S****W**

- More emphasis on **processed** versus **unprocessed**
- More emphasis on sugar content
- Less emphasis on fat for some foods
 - Unhealthy solid fats (**WHOA**) vs. healthier fats (**SLOW**) vs. whole foods that contain healthy fats (**GO**)
- 100% whole wheat
- Fruit juice





Changes in **G****S****W** List

- Vegetables – mostly wording changes
- Fruits
 - No added sugars
 - 100% fruit juice is now **SLOW**
 - Moved sherbet and sorbet to **WHOA**
 - Added smoothies (**GO** or **SLOW** or **WHOA**),
fruit gummies, fruit snacks (**WHOA**)



Example - FRUITS

	GO	SLOW	WHOA
Fruits	<ul style="list-style-type: none"> · Fresh, frozen or canned fruits (canned in water or 100% juice) with no added sugar 	<ul style="list-style-type: none"> · Fruits canned in light syrup · Fruits with added sugar and/or salt 	<ul style="list-style-type: none"> · Fruits canned in heavy syrup
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Changes in **GSW** List

- Grains
 - Added “100% whole grain” to teach terminology
 - Moved muffins, waffles, pancakes, French toast to **WHOA**
 - All crackers moved to **SLOW**
 - Animal and graham crackers moved to **SLOW**
 - Cereal/fruit bars with added sugars are **WHOA**



Changes in **G****S****W** List

- Milk/Dairy

- Unsweetened rice and almond milk are now **SLOW** because of low protein content
- Plain whole milk moved to **SLOW**
- All types of milk with added sugar moved to **WHOA**
- All type of yogurt with added sugar moved to **WHOA**
- Unsweetened whole milk yogurt now **SLOW**
- All cheese sauce and processed cheese are now **WHOA**
- All ice cream and frozen yogurt are **WHOA**
- Coconut milk is **WHOA** because of saturated fat



Changes in GSW List

- Meats/Fish/Poultry/Nuts
 - Moved nuts and natural peanut/nut butter with no added fats or sugars to **GO**
 - Moved peanut butter or other nut butters with solid fat to **WHOA**
 - Moved egg substitute to **SLOW**
 - Moved ground chicken and turkey breast to **GO**
 - Moved all breaded chicken and turkey, including chicken nuggets to **WHOA**
- Fats
 - Deleted non-stick cooking spray



Changes in **G****S****W** List

- Other foods
 - Moved artificial sweeteners to **WHOA**
 - Added salsa to **GO**
 - Added natural sweeteners (e.g., stevia) to **SLOW**
 - Added dipping sauces to **WHOA**
 - Added more examples of types of sugars to the **WHOA** list (molasses, agave nectar, corn syrup, etc.)
- Added MyPlate servings



FAQs about **GSW**

- **My child is allergic to (peanuts, milk, etc.); GSW doesn't work for them.**
 - GSW is meant to be a general eating pattern.
 - GSW may need to be adapted as necessary for some children with **special dietary needs** (e.g., eliminate peanuts/peanut butter for someone with a nut allergy) using advice from your dietitian or physician.
 - Alternatives to peanuts, milk, etc. are in the GSW list for those children who are allergic.



FAQs about GSW

- **What about a keto diet, vegetarian diet, diet of the day, etc.?**
 - GSW is meant to be a general eating pattern for primary prevention.
 - Based on principles from an optimal American-type diet (e.g. DASH or MIND) and the Mediterranean diets, as well as the latest nutrition research.
 - The GSW list is meant to encourage healthy eating patterns in children that allow for optimal growth and development.
 - Alternatives are in the GSW list – it is not intended for a person to eat all of the foods listed.
 - Several of the more restrictive diets (e.g., ketogenic diet, etc.) are not appropriate for children*, unless they are under physician and/or dietitian supervision.

*Most of these diets have not been evaluated in children or adolescents.



FAQs about GSW

- **I don't like how milk/meat/yogurt, etc. is classified.**
 - Nutrition is a complicated science, and much of the disagreement for placement of foods in GSW categories stems from:
 - A person's own experiences with food, and/or
 - Misunderstandings about the concepts of portion size and frequency.
 - GSW categories are based on the current nutritional science, as well as review by several dietitians and nutrition experts.
 - Foods are also classified for children's diets.



FAQs about GSW

- **What about portion sizes?**
 - It is important to emphasize that **the amount of food that is consumed is as important as the food category.**
 - This is mentioned at the beginning of the GSW list:
 - *Although foods are categorized in this way, it's important to note that eating large quantities of foods can be unhealthy, even if they're **GO** foods.*
 - As mentioned in the CATCH curriculum, children need to pay attention to cues when they are full.



FAQs about **GSW**

- **What do you do about cultural foods/combination foods/other foods not on list?**
 - The **GO-SLOW-WHOA** List doesn't contain combination foods such as sandwiches or pizzas since each ingredient is either a **GO**, **SLOW**, or **WHOA** food.
 - For instance, a pizza is made up of a crust, sauce, cheese, and toppings. To determine if the pizza is a **GO**, **SLOW**, or **WHOA** pizza, you should take all the ingredients into consideration.
 - If a food cannot be categorized in this way, feel free to drop us an email and we can help!

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Questions?



Thank You!

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GSW Updates & CATCH Program Materials



Your Takeaways for Today:

GO-SLOW-WHOA | SUMMER 2019 UPDATE SUMMARY

Healthy Diet = GO Foods > SLOW Foods > WHOA Foods

- Whole foods
- Unprocessed or least processed foods
- Lowest in salt (sodium), solid fats (saturated and trans), and/or added sugars
- Examples: fruits and vegetables, whole-grain foods, and plain (unsweetened) 1% milk

- In between GO foods and WHOA foods
- More nutritious than WHOA foods but shouldn't be eaten as much as GO foods
- Examples: plain 2% milk, refined-grain foods, and fruit with added sugars

- Ultra-processed foods
- Highest in unhealthy solid fats, added sugars, and/or salt
- Examples: candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals

More emphasis on whole foods vs. processed foods.
E.g., graham crackers moved from GO to SLOW

More emphasis on added sugars - foods with added sugars or foods eaten with added sugars are WHOA.
E.g., now WHOA: flavored milk and yogurt; pancakes and waffles

Less emphasis on overall fat content.
E.g., raw nuts and nut butters moved from SLOW to GO

Distinguishing between naturally-occurring healthy fats.
E.g., GO fat sources: avocado, nuts, salmon; SLOW fat sources: liquid (unsaturated) vegetable oils; WHOA fat sources: solid fats (saturated & trans)

100% fruit juice moved from GO to SLOW. Juice is lower in fiber than whole fruit and can contribute excess calories.

Whole milk and yogurt moved from WHOA to SLOW, as these are highly nutritious.

Almond and rice milk moved from GO to SLOW, these milks have low protein content and are not equivalent to dairy milk.

Full GO-SLOW-WHOA list available at catchinfo.org/GO-SLOW-WHOA

KEY GO-SLOW-WHOA UPDATES (from summer 2018)

CATCH

CATCH.org/pages/GO-SLOW-WHOA

GO-SLOW-WHOA List



GO > SLOW > WHOA

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

Foods are divided into seven sections, five of which are food groups (Vegetables; Fruits; Grains; Milk and Dairy Foods; Meat, Beans, and Eggs). The other two sections are Fats and Other.

GO foods: Examples include fruits and vegetables, whole-grain foods, and plain (unsweetened) 1% milk. GO foods are commonly described as "whole foods," meaning that they're generally the least processed compared to foods in the same food group/section. These foods are also lowest in salt (sodium) and/or added sugars. In addition, GO foods are lowest in unhealthy fats—that is, solid fats such as butter or lard, as opposed to healthy fats, which are vegetable oils.

WHOA foods: Examples include candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals. WHOA foods are generally the most processed and are highest in unhealthy solid fats, added sugars, and/or salt. The amount of WHOA foods consumed (either quantity or number of times consumed) should be limited.

SLOW foods are in between GO foods and WHOA foods. SLOW foods are more nutritious than WHOA foods but shouldn't be eaten as frequently as GO foods. Examples include plain 2% milk, refined-grain foods, and fruit with added sugars.

To determine whether a food is GO, SLOW, or WHOA, it's compared to all the other foods in its category (row) of the food group/section. Although foods are categorized in this way, it's important to note that eating large quantities of foods can be unhealthy, even if they're GO foods. Please also be aware of any allergies or food sensitivities before exposing children to certain foods (e.g., nuts).

The GO-SLOW-WHOA List doesn't contain combination foods such as sandwiches or pizzas since 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 food group. To determine if the pizza is a GO, SLOW, or WHOA pizza, you should take all the ingredients into consideration.

The most healthful type of meal includes mostly GO foods. Here are two examples of healthful meals:

GO Breakfast

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

GO Lunch

Chicken Sandwich
Whole-wheat bread (GO)
Grilled Chicken (GO)
Mustard (GO)
American cheese (WHOA)
Tomato & Lettuce (GO)

Cucumber slices (GO)
Canned peaches (canned in water) (GO)
Plain 2% milk (SLOW)

*Available free downloads at CATCH.org/pages/go-slow-whoa





GSW Update: Availability

CATCH Component	CATCH.org	Print/Hard Copy
Health Lessons (K-5)	NOW	Jan 2020
Health Lessons (6-8)	NOW	Oct 2019
Coordination Kit (Eat Smart Posters & Our CATCH School Flyer Eng/Spn)	NOW*	Oct 2019
GSW PE Cards (3-5 Activity Box)	NOW*	Mar 2020
GO-SLOW-WHOA List	NOW*	

*Available as a free download at [CATCH.org/pages/go-slow-whoa](https://catch.org/pages/go-slow-whoa)



GSW Update: Availability

CATCH Component	CATCH.org	Print/Hard Copy
Early Childhood	Nov 2019	Nov 2019
CATCH Kids Club (K-5)	Jan 2020	Jan 2020
CATCH Kids Club (5-8)	Jan 2020	Jan 2020
Supplemental Resources		
GSW 1-Pager	NOW*	
GO-SLOW-WHOA Posters (via FlagHouse)		Nov 2019

*Available as a free download at [CATCH.org/pages/go-slow-whoa](https://catch.org/pages/go-slow-whoa)



Guide to **GO-SLOW-WHOA** Updates

- Go to CATCH.org for full lesson updates as well as free downloads.
- Use the 1-pager to get a sense of the key changes.
- Review the full **GSW** List and familiarize yourself with it.



Sample **GO-SLOW-WHOA** Updates

- Many of the updates are small wording changes.
- Emphasis on whole/minimally processed foods vs. processed foods.
- All **GO-SLOW-WHOA** references checked and updated, as needed.



Coming Soon

- Remaining curriculum updates on CATCH.org to be rolled out in the coming months.
- Dedicated **GSW** page on CATCH.org for more information and free downloads ([CATCH.org/pages/go-slow-whoa](https://catch.org/pages/go-slow-whoa)).
- Link to this webinar on CATCH.org.

THANK YOU!

[CATCH.org/pages/go-slow-whoa](https://catch.org/pages/go-slow-whoa)

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