COORDINATED APPROACH TO CHILD HEALTH (CATCH)
GO–SLOW–WHOA List

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.

<table>
<thead>
<tr>
<th>GO &gt; SLOW &gt; WHOA</th>
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</thead>
</table>

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 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 fats, added sugars, and/or salt.

**SLOW foods** are in between GO foods and WHOA foods. Examples include sweetened (including flavored) 1% milk, refined-grain foods, and fruit with added sugar.

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.

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**
- Turkey sandwich
  - Whole-wheat bread (GO)
  - Turkey without skin (GO)
  - Mustard (GO)
  - American cheese (WHOA)
  - Tomato (GO)
  - Lettuce (GO)
- Baked potato chips (SLOW)
- Canned peaches without added sugar (GO)
- Skim milk (GO)
### VEGETABLES

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<thead>
<tr>
<th></th>
<th>GO</th>
<th>SLOW</th>
<th>WHOA</th>
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| Vegetables       | • Fresh, frozen, or canned vegetables with no salt, sugar, or fat added, or with a small amount of salt* added | • Fresh, frozen, or canned vegetables made with vegetable oils  
• Vegetables with salt and/or sugar added  
• Baked french fries and hash browns | • Fresh, frozen, or canned vegetables made with solid fats  
• Fried battered vegetables  
• Fried potatoes, fried french fries, fried hash browns |
| Vegetable Juice  | • 100% low-sodium vegetable juice       | • 100% vegetable juice                        |                                           |

* Less than 200 mg of sodium (about one pinch of salt) per cup

Examples of vegetables: 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

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<thead>
<tr>
<th></th>
<th>GO</th>
<th>SLOW</th>
<th>WHOA</th>
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</table>
| Fruits           | • Fresh, frozen, or canned fruits with no sugar or salt added, or with a small amount of salt* added | • Fruits canned in light syrup  
• Fruits with sugar and/or salt added | • Fruits canned in heavy syrup |
| Fruit Juice      | • 100% fruit juice  
• Frozen 100% fruit juice bars and smoothies | • Sherbet, sorbet  
• Frozen fruit juice bars and smoothies with added sugar |                                           |
| Dried Fruit/ Fruit Leather | • Dried fruit (such as raisins, figs, dates, apricots, plums)  
• 100% fruit leather | • Dried fruit with added sugar  
• Fruit leather with added sugar | • Fruit roll-ups |

* Less than 200 mg of sodium (about one pinch of salt) per cup

Examples of fruits: apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, figs, grapefruit, grapes, honeydew melons, kiwi, kumquats, lemons, limes, mangoes, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, pomegranate, star fruits, strawberries, tangerines, watermelon
<table>
<thead>
<tr>
<th>GRAINS</th>
<th>GO</th>
<th>SLOW</th>
<th>WHOA</th>
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</thead>
</table>
| **Breads/Muffins/ Sweet Breads** | Whole-grain bread, buns, rolls, bagels, tortillas, and pita bread  
• Corn tortillas | White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread  
• Cornbread  
• Muffins, waffles, pancakes, and French toast made with vegetable oils | Croissants  
• Biscuits  
• Sweet rolls  
• Doughnuts  
• Muffins, waffles, pancakes, and French toast made with solid fats |
| **Pasta**        | Pasta made with whole-grain flour | Pasta made with refined flour  
• Egg noodles | Instant higher-fat noodle soups |
| **Rice and Grains** | Brown rice  
• Whole grains (amaranth, barley, buckwheat, corn, whole cornmeal, millet, oats, quinoa, rye, sorghum, teff, triticale)  
• Whole wheat (spelt, durum, farro [emmer], cracked wheat, wheat berries, bulgur) | White rice  
• Rice cakes | Fried rice |
| **Cereals**      | Whole-grain, low-sugar cereals (such as toasted oats, shredded wheat, oatmeal, muesli) | Low-sugar cereals made with refined grains  
• Granola made with vegetable oils  
• Instant oatmeal | High-sugar cereals made with refined grains  
• Granola made with solid fats |
| **Crackers**     | Low-fat whole-grain crackers | Low-fat crackers made with refined grains | High-fat crackers |
| **Chips**        | Baked tortilla chips | Tortilla chips  
• Baked potato chips  
• Pretzels | Potato chips  
• Other chips (such as cheese puffs, corn chips) |
| **Cookies/Cake** | Whole-grain animal crackers  
• Graham crackers | Animal crackers made with refined flour  
• Vanilla wafers  
• Cereal/fruit bars | Cookies  
• Cakes |
| **Popcorn**      | Air-popped popcorn with no salt added | Popcorn made with vegetable oils and/or salt | Popcorn made with solid fats  
• Flavored popcorn (such as caramel, cheese)  
• Kettle corn |
# MILK AND DAIRY FOODS

<table>
<thead>
<tr>
<th></th>
<th><strong>GO</strong></th>
<th><strong>SLOW</strong></th>
<th><strong>WHOA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td>• Fat-free (skim/non-fat) milk</td>
<td>• 2% (reduced-fat) milk</td>
<td>• Whole milk (plain or flavored)</td>
</tr>
<tr>
<td></td>
<td>• 1% (low-fat) milk</td>
<td>• Flavored fat-free (skim/non-fat) or 1% milk</td>
<td>• Flavored 2% (reduced-fat) milk</td>
</tr>
<tr>
<td></td>
<td>• Fortified soy, almond, and rice milk – unsweetened</td>
<td>• Fortified soy, almond, and rice milk – sweetened</td>
<td>• Milkshakes</td>
</tr>
<tr>
<td></td>
<td>• Non-fat dry milk</td>
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<tr>
<td><strong>Yogurt</strong></td>
<td>• Fat-free or low-fat plain or 100% fruit juice-sweetened yogurt</td>
<td>• Fat-free or low-fat yogurt – sweetened</td>
<td>• Whole-milk yogurt</td>
</tr>
<tr>
<td></td>
<td>• Fat-free or low-fat yogurt drinks – unsweetened</td>
<td>• Fat-free or low-fat yogurt drinks – sweetened</td>
<td>• Whole-milk yogurt drinks</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td>• Part-skim natural cheese</td>
<td>• Natural cheeses (such as Colby, cheddar, Swiss)</td>
<td>• Processed cheese</td>
</tr>
<tr>
<td></td>
<td>• Low-fat string cheese</td>
<td>• Cottage cheese (2% or reduced-fat)</td>
<td>• Powdered cheese sauce mix</td>
</tr>
<tr>
<td></td>
<td>• Low-fat (1%) cottage cheese</td>
<td>• Ricotta cheese (part-skim)</td>
<td>• Cream cheese</td>
</tr>
<tr>
<td></td>
<td>• Low-fat soy cheese</td>
<td>• Low-fat cheese sauce</td>
<td>• Cheese sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Low-fat processed cheese</td>
<td>• Ricotta cheese (whole-milk)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Soy cheese</td>
<td>• Cottage cheese (whole-milk)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Low-fat cream cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• String cheese</td>
<td></td>
</tr>
<tr>
<td><strong>Sour Cream</strong></td>
<td></td>
<td>• Low-fat sour cream</td>
<td>• Sour cream</td>
</tr>
<tr>
<td><strong>Dairy Desserts</strong></td>
<td></td>
<td>• Non-fat or low-fat frozen yogurt</td>
<td>• Ice cream</td>
</tr>
<tr>
<td></td>
<td>• Low-fat ice cream</td>
<td>• Low-fat ice cream</td>
<td>• Pudding made with 2% or whole milk</td>
</tr>
<tr>
<td></td>
<td>• Pudding made with skim or 1% milk</td>
<td></td>
<td>• Cheesecake</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>• Frozen yogurt</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>• Gelato</td>
</tr>
</tbody>
</table>
### MEAT, BEANS, AND EGGS

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<thead>
<tr>
<th></th>
<th>GO</th>
<th>SLOW</th>
<th>WHOA</th>
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| **Dried Beans and Peas** | • Beans (such as pinto, black red, garbanzo), peas (such as black-eyed, split, purple hull), and lentils – with no salt or fat added, or with a small amount of salt* added | • Beans, peas, and lentils made with vegetable oils  
• Refried beans  
• Beans, peas, and lentils with salt and/or sugar added  
• Hummus  
• Falafel | • Beans, peas, and lentils made with solid fats  
• Baked beans, canned  
• Pork and beans, canned |
| **Nuts and Seeds** | • Pumpkin and sunflower seeds with no added salt, sugar, or fat | • Pumpkin and sunflower seeds with added salt, sugar, and/or fat  
• Peanuts, almonds, pecans, walnuts, cashews, and pistachios with no added salt, sugar, or fat  
• Natural peanut butter and other nut butters | • Peanuts, almonds, pecans, walnuts, and pistachios with added salt, sugar, and/or fat  
• Peanut butter and other nut butters with added salt, sugar, and/or fat |
| **Eggs** | • Whole eggs  
• Egg whites  
• Egg substitute | • Eggs fried in vegetable oil | • Eggs fried in solid fats |
| **Fish** | • Fish and shellfish – baked, grilled or broiled (such as salmon, catfish, shrimp, crab, lobster)  
• Tuna canned in water | • Baked breaded fish, shellfish, and fish sticks  
• Tuna canned in oil | • Fried fish, shellfish, and fish sticks |
| **Poultry** | • Chicken and turkey without skin (baked, grilled, or broiled) | • Chicken and turkey with skin (baked, grilled, or broiled)  
• Breaded baked chicken and turkey  
• Baked chicken nuggets  
• Ground chicken and turkey | • Fried chicken  
• Fried chicken nuggets |
| **Beef** | • Lean cuts of beef (such as round roast, round steak, sirloin, tenderloin)  
• Extra-lean ground beef  
• Ground beef that has been drained and rinsed | • Lean ground beef  
• Lean or low-fat hamburgers  
• Regular cuts of beef (such as brisket, T-bone, chuck roast) | • Regular ground beef  
• Regular hamburgers  
• Ribs |
| **Pork** | • Lean cuts of pork (such as pork chops or tenderloin – without fat) | • Lean ham  
• Canadian bacon  
• Regular cuts of pork (such as pork roast, shoulder, ham) | • Ribs  
• Bacon  
• Ham hock  
• Pork skins |
| **Other Protein Foods** | • Tofu  
• Tempeh  
• Venison | • “Veggie” burger  
• Processed plant-based meat substitutes | |
| **Processed Meat** | • Luncheon meats (such as chicken, turkey, ham)  
• Low-fat hot dogs  
• Turkey or chicken sausage | | • Hot dogs  
• Pepperoni  
• Sausage  
• Beef jerky  
• Bologna  
• Salami  
• Chorizo  
• Pastrami |

*Less than 200 mg of sodium (about one pinch of salt) per cup*
### FATS

<table>
<thead>
<tr>
<th></th>
<th>GO</th>
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<th>WHOA</th>
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<tbody>
<tr>
<td>Fats</td>
<td>• Non-stick cooking spray</td>
<td>• Vegetables oils (such as olive, canola, peanut, soybean, corn, cottonseed, safflower, or sunflower)</td>
<td>• Solid fats (such as butter, margarine, shortening, lard, salt, pork)</td>
</tr>
<tr>
<td>Foods Rich in Fats</td>
<td></td>
<td>• Gravy, sauces, mayonnaise, and salad dressing made with vegetable oils</td>
<td>• Gravy mayonnaise, sauces, and salad dressing made with solid fats</td>
</tr>
</tbody>
</table>

### OTHER

<table>
<thead>
<tr>
<th></th>
<th>GO</th>
<th>SLOW</th>
<th>WHOA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Herbs and Spices</td>
<td>• Fresh spices (such as garlic and ginger)</td>
<td>• Fresh or dried herbs (such as basil, rosemary, cilantro)</td>
<td>• Salt</td>
</tr>
<tr>
<td></td>
<td>• Fresh or dried herbs (such as basil, rosemary, cilantro)</td>
<td>• Seasonings without salt (such as garlic powder or onion powder)</td>
<td>• Seasonings with salt or sodium</td>
</tr>
<tr>
<td></td>
<td>• Seasonings without salt (such as garlic powder or onion powder)</td>
<td></td>
<td>• Monosodium glutamate (MSG)</td>
</tr>
<tr>
<td>Sugars/ Sweeteners/ Candy</td>
<td></td>
<td>• Reduced-sugar syrup • Artificial sweeteners</td>
<td>• Sugar</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Brown sugar</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Chocolate candy</td>
</tr>
<tr>
<td>Beverages</td>
<td>• Water</td>
<td>• Unsweetened tea</td>
<td>• Candies</td>
</tr>
<tr>
<td></td>
<td>• Sparkling water</td>
<td></td>
<td>• Sugar-sweetened gelatin</td>
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<tr>
<td></td>
<td>• Unsweetened decaffeinated tea</td>
<td></td>
<td>• Honey</td>
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<td></td>
<td></td>
<td></td>
<td>• Molasses</td>
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<td></td>
<td></td>
<td></td>
<td>• Syrup</td>
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<td></td>
<td></td>
<td></td>
<td>• Agave nectar</td>
</tr>
<tr>
<td>Spreads/ Condiments</td>
<td>• Mustard</td>
<td>• Jam • Jelly • Olives • Ketchup</td>
<td>• Pickles</td>
</tr>
<tr>
<td></td>
<td>• Butter flakes</td>
<td></td>
<td></td>
</tr>
</tbody>
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# Recommended Daily Amounts by Age*

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Recommended Amount for Children 4–8 Years Old</th>
<th>Recommended Amount for Children 9–13 Years Old</th>
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</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>1½ cups</td>
<td>2–2½ cups**</td>
</tr>
<tr>
<td>Fruits</td>
<td>1–1½ cups</td>
<td>1½ cups</td>
</tr>
</tbody>
</table>
| 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 and Dairy Foods| 2 cups
                    (1½ ounces of hard cheese counts as 1 cup of milk) | 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                                         |


** Girls – 2 cups; Boys – 2½ cups

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