

# C.A.T.C.H. on to



## Healthy

### GO

All fresh fruit: apples, bananas, cuties, cherries, grapes, cantaloupe, mango, pineapple

Frozen fruit (no added sugar)

Canned fruit in juice or water

Use Fat-Free Salad Dressing as dip for: celery, carrots, jicama, cucumbers, cauliflower, broccoli or peppers

Baked Tortilla Chips

Low-fat, Whole-grain Crackers

Whole-grain, unsweetened cereal

Whole-grain Bagels

Air-popped Popcorn (pop before school and put in a bag)

Low-fat String Cheese or Slices

Low-fat Yogurt

1% Cottage Cheese

Low-fat Soy

Hummus with whole grain crackers

Sugar-Free Jell-O

### SLOW

Dried Fruit: raisins, figs, dates, apricots, plums

Fruit in light syrup

Low-fat crackers made with refined grains

Vanilla Wafers

Cereal & Fruit Bars

Low-fat Cookies, Cakes & Muffins

Regular Tortilla Chips

Regular Granola

Goldfish crackers (any kind)

Pretzels

Baked Potato Chips

Low-fat Popcorn

Cheeses: Colby, Cheddar, Swiss

2% cottage cheese

Pudding made with skim or 1% milk

Regular string cheese

Low-fat Cream Cheese

## Snacks

### WHOA

Fruit Roll-ups, Gushers & Fruit Snacks

Fruit in Heavy syrup

High-fat/High-sugar Crackers & Cookies

Regular Potato Chips

Granola Bars

Cheetos, Fritos, Doritos

Donuts

Caramel or Cheese Popcorn

Processed Cheeses like: Velveeta, American Cheese & Cheez Whiz

Regular Cream Cheese

Pudding made with 2% or whole milk

4% Cottage Cheese

Beef Jerky

All Candy

Rice Crispy Treats

Regular Jell-O

#### REMEMBER...

Monday, Tuesday, Thursday...GO  
Wednesday...SLOW  
Friday...WHOA

This list is suggestions only...what can you come up with?

# What is Go, Slow

# and Whoa?

## GO

GO foods you can eat at almost anytime.

These are foods that are the healthiest options and should be eaten the most often.

GO foods have more nutrients & fiber and fewer calories compared to SLOW & WHOA foods.

GO foods are in a more natural state meaning they have not had as much processing to add sugar & fat.

GO foods provide the least amount of fat & sugar of all three groups.

GO foods are perfect snacks!

## SLOW

SLOW foods should be eaten sometimes, or less often than GO foods.

SLOW foods are more processed than GO foods.

SLOW foods have added sugar and are higher in fat than GO foods.

SLOW foods should be consumed less often than Go foods because they are less healthy.

Moderation is important with SLOW foods. Try to limit your intake of Slow foods to no more than a few times a week.

## WHOA

WHOA should be eaten only once in a while or on special occasions.

WHOA foods supply calories, but very little or no vitamins and minerals.

WHOA foods have the highest fat, most added sugar compared to GO and SLOW foods.

Saturated and trans fats raise the risk of high blood pressure, heart disease & stroke.

Added sugar from processing/preparation increases the amount of calories, which can lead to weight gain.

# Water

**Is ALWAYS a GO food!**