

FitFuture

strategies for better living.

Series on Fitness & Nutrition for Families

A Guide to GO, SLOW, WHOA Foods

By Jennifer Kerr, MS, RD

All foods can fit into a healthy diet, but some should be consumed regularly and others should be strictly limited. Thinking of foods and beverages in terms of GO, SLOW and WHOA is a simple way to help you and your family members make smart food choices.

GO – Eat almost anytime

GO foods are those lowest in fat and sugar, and relatively low in calories. They are the most "nutrient dense" foods, meaning they are rich in vitamins, minerals, and other nutrients important to health. GO foods are great choices almost anytime.

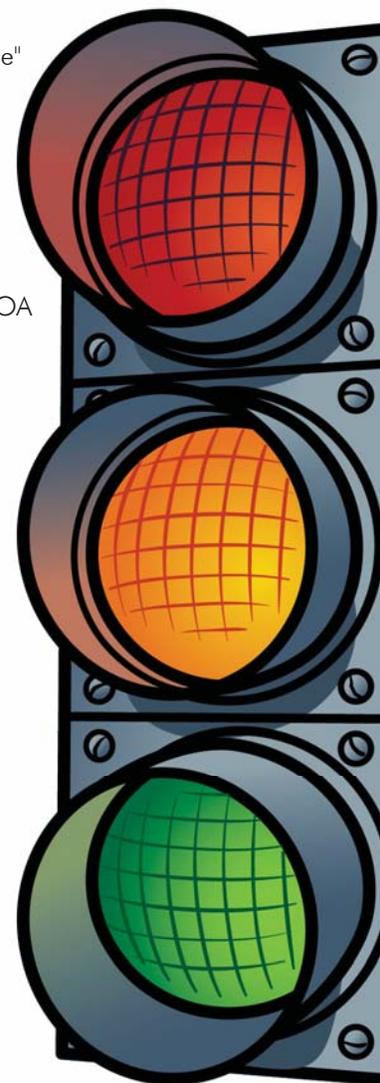
SLOW - Eat sometimes, at most several times a week

These foods are higher in fat, added sugar, and calories than GO foods. Have SLOW foods sometimes but less often than GO foods.

WHOA - Eat once in a while

These foods are the highest in fat and added sugar. They are "calorie-dense" (high in calories). Many WHOA foods are also low in nutrients. Consume WHOA foods once in a while. Always consume WHOA foods in small portions.

Food Group	GO	SLOW	WHOA
Grains	Brown rice, whole grain bread, cereal and pasta	White rice, refined white flour bread, white pasta, pancakes and waffles	Croissants, muffins, sweet rolls, sweetened cereals
Vegetable	Fresh frozen vegetables prepared without added fats or sauces	Baked fries, all vegetables prepared with fats and sauces	Fried potatoes and other deep-fried vegetables
Fruits	All fresh, frozen, dried or fruit canned in juice	Fruits canned in light syrup, sweetened dried fruit	Fruits in heavy syrup, fruit roll-ups
Milk and Milk Products	Fat-free or low-fat milk, yogurt or cottage cheese	Reduced-fat milk	Whole milk and full-fat cheese
Meat, Fish, Poultry, Eggs, Beans, Nuts and Seeds	Baked, broiled, steamed or grilled fish, extra lean meat, skinless poultry, tuna in water, beans, peas, lentils, tofu, nuts, seeds and egg whites	Lean meat, poultry with skin, peanut butter, whole eggs (not fried)	Untrimmed meat, fried hamburgers, chicken fish or eggs, processed meat (hot dogs, lunch meats, pepperoni, sausage)
Beverages	Water, fat-free or low-fat milk	100% juice, reduced-fat milk, sports drinks	Whole milk, sweetened drinks
Fats and Condiments	Mustard, fat-free salad dressing or sour cream	Low-fat salad dressing or sour cream	Butter, gravy, regular salad dressing or sour cream
Sweets and Other Snacks		Low-fat frozen yogurt, light popcorn	Cookies, cakes, pies, ice cream, candy, chocolate, buttered popcorn



This list is adapted from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc., 2002.

For a more detailed GO, SLOW, WHOA foods list, please visit CATCH at: http://www.catchinfo.org/Document_Content/PDF/GO-SLOW-WHOA%20List_Color.pdf