

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.

GO > SLOW > WHOA

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)

VEGETABLES

	GO	SLOW	WHOA
Vegetables	<ul style="list-style-type: none"> Fresh, frozen, or canned vegetables with no added salt or sugars 	<ul style="list-style-type: none"> Fresh, frozen, or canned vegetables made with vegetable oils Vegetables with added salt and/or sugar Baked french fries and hash browns 	<ul style="list-style-type: none"> Fresh, frozen, or canned vegetables made with solid fats Fried battered vegetables Fried potatoes, fried french fries, fried hash browns
Vegetable Juice	<ul style="list-style-type: none"> 100% low-sodium vegetable juice 	<ul style="list-style-type: none"> 100% vegetable juice 	

Examples: 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

	GO	SLOW	WHOA
Fruits	<ul style="list-style-type: none"> Fresh, frozen, or canned fruits (canned in water or 100% juice) with no added sugars 	<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 fruit (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

Examples: apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, figs, grapefruit, grapes, honeydew melons, kiwi, kumquats, lemons, limes, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, pomegranates, star fruits, strawberries, tangerines, watermelon

GRAINS

	GO	SLOW	WHOA
Breads/ Muffins/ Sweet Breads	<ul style="list-style-type: none"> 100% whole-wheat or other 100% whole-grain bread, buns, rolls, bagels, tortillas, and pita bread Corn tortillas 	<ul style="list-style-type: none"> White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread Cornbread 	<ul style="list-style-type: none"> Croissants Biscuits Sweet rolls Doughnuts Muffins, waffles, pancakes, and French toast
Pasta	<ul style="list-style-type: none"> Pasta made with whole-wheat or other whole grain 	<ul style="list-style-type: none"> Pasta made with refined flour Egg noodles 	<ul style="list-style-type: none"> Instant noodles
Rice and Grains	<ul style="list-style-type: none"> Brown rice Wild 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) 	<ul style="list-style-type: none"> White rice Rice cakes 	<ul style="list-style-type: none"> Fried rice Packaged rice blends
Cereals	<ul style="list-style-type: none"> Whole-grain cereals that are low in added sugars (such as toasted oats, shredded wheat, muesli) Oatmeal (not instant) 	<ul style="list-style-type: none"> Low-sugar cereals made with refined grains Granola made with vegetable oils Instant oatmeal 	<ul style="list-style-type: none"> High-sugar cereals Granola made with solid fats
Crackers		<ul style="list-style-type: none"> Whole-grain crackers 	<ul style="list-style-type: none"> Refined-grain crackers
Chips		<ul style="list-style-type: none"> Baked tortilla chips Baked potato chips Pretzels 	<ul style="list-style-type: none"> Tortilla chips Potato chips Other chips (such as cheese puffs, corn chips)
Cookies/ Cake		<ul style="list-style-type: none"> Vanilla wafers Cereal/fruit bars with no added sugar Animal crackers Graham crackers 	<ul style="list-style-type: none"> Cookies Cakes Cereal/fruit bars with added sugar
Popcorn	<ul style="list-style-type: none"> Air-popped popcorn with no added salt or sugars 	<ul style="list-style-type: none"> Popcorn made with vegetable oils and/or salt 	<ul style="list-style-type: none"> Popcorn made with solid fats and/or added sugars Flavored popcorn (such as caramel, cheese) Kettle corn

MEAT, BEANS, AND EGGS

	GO	SLOW	WHOA
Dried Beans and Peas	<ul style="list-style-type: none"> Beans (such as pinto black, red, garbanzo), peas (such as black-eyed, split, purple hull), and lentils 	<ul style="list-style-type: none"> Beans, peas, and lentils made with vegetable oils Refried beans made with vegetable oils Beans, peas, and lentils with salt and/or sugar added Hummus Falafel 	<ul style="list-style-type: none"> Beans, peas, and lentils made with solid fats Refried beans made with solid fats Baked beans, canned Pork and beans, canned
Nuts and Seeds	<ul style="list-style-type: none"> Pumpkin and sunflower seeds with no added salt, sugar and/or fat Raw nuts (such as peanuts, almonds, pecans, walnuts, cashews, pistachios) with no added salt, sugar, and/or fat Natural peanut butter and other nut butters with no added fat or sugars 	<ul style="list-style-type: none"> Pumpkin and sunflower seeds with added salt, sugar and/or fat Raw nuts (such as peanuts, almonds, pecans, walnuts, pistachios) with added salt, sugar, and/or fat Peanut butter and other nut butters with added salt, sugar, and/or vegetable oil 	<ul style="list-style-type: none"> Candied nuts Peanut butter or other nut butters made with solid fats
Eggs	<ul style="list-style-type: none"> Whole eggs Egg whites 	<ul style="list-style-type: none"> Eggs fried in vegetable oil Egg substitute 	<ul style="list-style-type: none"> Eggs fried in solid fats
Fish	<ul style="list-style-type: none"> Fish and shellfish – baked, grilled, or broiled (such as salmon, catfish, shrimp, crab, lobster) Tuna, salmon, or sardines canned in water 	<ul style="list-style-type: none"> Baked breaded fish, shellfish, and fish sticks Tuna, salmon, or sardines canned in oil 	<ul style="list-style-type: none"> Fried fish, shellfish, and fish sticks
Poultry	<ul style="list-style-type: none"> Chicken and turkey without skin (baked, grilled, or broiled) Ground chicken and turkey breast 	<ul style="list-style-type: none"> Chicken and turkey with skin (baked, grilled, or broiled) Ground chicken and turkey (other cuts) 	<ul style="list-style-type: none"> Fried chicken and turkey Chicken nuggets Breaded chicken and turkey
Beef	<ul style="list-style-type: none"> Lean cuts of beef (such as round roast, round steak, sirloin, tenderloin) Extra-lean ground beef (95% lean or greater) 	<ul style="list-style-type: none"> Regular cuts of beef (such as brisket, T-bone, chuck roast) Lean ground beef (between 80% and 95% lean) Lean or low-fat hamburgers 	<ul style="list-style-type: none"> Regular ground beef (between 70% and 80% lean) Regular hamburgers Ribs
Pork	<ul style="list-style-type: none"> Lean cuts of pork (such as pork chops or tenderloin – without visible fat) 	<ul style="list-style-type: none"> Ham (lean only) Canadian bacon Regular cuts of pork (such as pork roast, shoulder, ham) 	<ul style="list-style-type: none"> Ham (with visible fat) Ribs Bacon Ham hock Pork skins
Other Protein Foods	<ul style="list-style-type: none"> Tofu Tempeh Venison Bison 	<ul style="list-style-type: none"> “Veggie” burger Processed plant-based meat substitutes 	
Processed Meats		<ul style="list-style-type: none"> Luncheon meats (such as chicken, turkey, ham) Low-fat hot dogs Turkey or chicken sausage Venison sausage 	<ul style="list-style-type: none"> Hot dogs Pepperoni Sausage Beef jerky Bologna Salami Chorizo Pastrami

DAIRY

	GO	SLOW	WHOA
Milk	<ul style="list-style-type: none"> • Fat-free (skim/non-fat) milk • 1% (low-fat) milk • Fortified soy milk – unsweetened • Non-fat dry milk 	<ul style="list-style-type: none"> • 2% (reduced-fat) milk • Whole milk • Fortified almond or rice milk - unsweetened 	<ul style="list-style-type: none"> • Sweetened (flavored) milk • Coconut milk • Milkshakes
Yogurt	<ul style="list-style-type: none"> • Fat-free or low-fat plain or 100% fruit juice-sweetened yogurt • Fat-free or low-fat yogurt drinks – unsweetened • Greek yogurt – unsweetened 	<ul style="list-style-type: none"> • Whole-milk yogurt (unsweetened) • Whole-milk yogurt drinks (unsweetened) 	<ul style="list-style-type: none"> • Sweetened yogurt • Sweetened yogurt drinks
Cheese	<ul style="list-style-type: none"> • Part-skim natural cheese • Low-fat string cheese • Low-fat or reduced fat cottage cheese • Low-fat soy cheese 	<ul style="list-style-type: none"> • Natural cheeses (such as Colby, cheddar, Swiss) • Cottage cheese (whole-milk) • Ricotta cheese (part-skim) • Soy cheese • Low-fat cream cheese • String cheese 	<ul style="list-style-type: none"> • Processed cheese • Powdered cheese sauce mix • Cream cheese • Cheese sauce • Ricotta cheese (whole milk)
Sour Cream		<ul style="list-style-type: none"> • Low-fat sour cream 	<ul style="list-style-type: none"> • Sour Cream
Dairy Desserts		<ul style="list-style-type: none"> • Pudding made with skim or 1% milk 	<ul style="list-style-type: none"> • Ice cream • Pudding made with 2% or whole milk • Cheesecake • Frozen yogurt • Gelato

FATS

	GO	SLOW	WHOA
Fats		<ul style="list-style-type: none"> • Vegetable oils (such as olive, canola, peanut, soybean, corn, cottonseed, safflower, or sunflower) 	<ul style="list-style-type: none"> • Solid fats (such as butter, margarine, shortening, lard, salt pork, coconut oil, palm oil)
Foods Rich in Fats		<ul style="list-style-type: none"> • Gravy, sauces, mayonnaise, and salad dressing made with vegetable oils 	<ul style="list-style-type: none"> • Gravy, mayonnaise, sauces, and salad dressing made with solid fats

OTHER

	GO	SLOW	WHOA
Herbs and Spices	<ul style="list-style-type: none"> • Fresh spices (such as garlic and ginger) • Fresh or dried herbs (such as basil, rosemary, cilantro) • Seasonings without salt (such as garlic powder or onion powder) 		<ul style="list-style-type: none"> • Salt • Seasonings with salt or sodium
Sugars/ Sweeteners/ Candy		<ul style="list-style-type: none"> • Natural sugar substitutes (such as stevia, xylitol, erythritol) 	<ul style="list-style-type: none"> • Sugar • Brown sugar • Syrup • Corn syrup and high-fructose corn syrup • Honey • Molasses • Agave nectar • Chocolate candy • Candies (including hard and sticky candies) • Sugar-sweetened gelatin • Artificial sweeteners
Beverages	<ul style="list-style-type: none"> • Water • Sparkling water • Unsweetened decaffeinated tea • 100% whole fruit smoothies with no added sugars • 100% low-sodium vegetable juice 	<ul style="list-style-type: none"> • Unsweetened tea • 100% fruit juice • Frozen 100% fruit smoothies with no added sugars • 100% vegetable juice 	<ul style="list-style-type: none"> • Soft drinks (regular and diet) • Beverages with added sugar • Sweetened tea and tea drinks • Coffee drinks • Sports drinks • Vitamin water • Energy drinks • Fruit juice drinks • Fruit-flavored drinks • Fruit juice smoothies with added sugars
Spreads/ Condiments	<ul style="list-style-type: none"> • Mustard • Salsa • Hot sauce 	<ul style="list-style-type: none"> • Jam • Jelly • Olives • Ketchup • Mayonnaise made with vegetable oils • Butter flakes 	<ul style="list-style-type: none"> • Pickles • Dipping sauces (BBQ, honey mustard, garlic, ranch, etc.) • Mayonnaise made with solid fats

MyPlate Daily Checklists

DAILY RECOMMENDED AMOUNTS

	Children Ages 2-3 (Calorie level - 1,200)	Children Ages 4-8 (Calorie level - 1,600)	Children Ages 9-13 (Calorie level - 2,400)
Fruits	1 cup	1½ cups	2 cups
Vegetables	1½ cups	2 cups	3 cups
Grains	4 ounces	5 ounces	8 ounces
Protein	3 ounces	5 ounces	6½ ounces
Dairy	2½ cups	2½ cups	3 cups
Sodium Limit	1,500 milligrams	1,900 milligrams	2,200 milligrams
Saturated Fat Limit	13 grams	18 grams	27 grams
Sugars Limit	30 grams	40 grams	60 grams

More info: www.choosemyplate.gov/MyPlatePlan