

# Using CATCHy Categories

To help children and parents make healthy food choices, your school is using a program called **CATCH** (*Coordinated Approach To Child Health*). **GO-SLOW-WHOA** foods are great tools from the CATCH program to help you compare which foods are best to eat and when.



## GO FOODS: EAT EVERY DAY!

*These are foods high in vitamins, minerals, and fiber.*

- ✓ “Whole foods,” like fresh fruits and vegetables
- ✓ Whole grains, like brown rice, whole wheat bread, and oatmeal
- ✓ Lean meats, grilled chicken
- ✓ Fat-free or 1% milk, low-fat cheese
- ✓ Salsa, beans without salt or added fat



## SLOW FOODS: EAT SOMETIMES!

*These are between GO and WHOA foods.*

- ✓ Refined grains, like white bread, white rice, and flour tortillas
- ✓ Fruit with added sugars
- ✓ 2% milk, flavored fat-free milk, light yogurt
- ✓ Vegetables cooked in oil, like sautéed veggies
- ✓ Peanut butter, refried beans



## WHOA FOODS: EAT RARELY!

*These are highly processed foods or foods that are high in fat, added salt, and sugars. These are unhealthy foods that lack nutrition.*

- ✓ Chips, desserts, sodas (regular or diet), sugary cereals, and sweetened drinks
- ✓ Whole milk, butter, lard or any animal fat, regular sour cream or mayo
- ✓ Chicken nuggets, French fries, fried foods (e.g. fried chicken), hot dogs, and bacon
- ✓ Fruits canned in sugar syrup