

# GO-SLOW-WHOA

SUMMER 2019  
UPDATE SUMMARY

Healthy Diet = **GO** Foods > **SLOW** Foods > **WHO**A Foods



- Whole foods
- Unprocessed or least processed foods
- Lowest in salt (sodium), solid fats (saturated and trans), and/or added sugars

Examples: fruits and vegetables, whole-grain foods, and plain (unsweetened) 1% milk

- In between GO foods and WHOA foods
- More nutritious than WHOA foods but shouldn't be eaten as much as GO foods

Examples: plain 2% milk, refined-grain foods, and fruit with added sugars

- Ultra-processed foods
- Highest in unhealthy solid fats, added sugars, and/or salt

Examples: candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals



## More emphasis on whole foods vs. processed foods.

E.g., graham crackers moved from GO to SLOW



## More emphasis on added sugars – foods with added sugars or foods eaten with added sugars are WHOA.

E.g., now WHOA: flavored milk and yogurt; pancakes and waffles



## Less emphasis on overall fat content.

E.g., raw nuts and nut butters moved from SLOW to GO



## Distinguishing between naturally-occurring healthy fats.

E.g., GO fat sources: avocado, nuts, salmon; SLOW fat sources: liquid (unsaturated) vegetable oils; WHOA fat sources: solid fats (saturated & trans)



100% fruit juice moved from GO to SLOW. Juice is lower in fiber than whole fruit and can contribute excess calories.

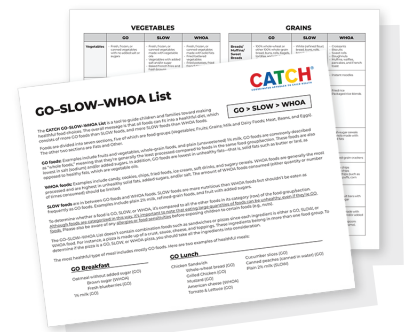


Whole milk & yogurt moved from WHOA to SLOW, as these can be nutritious choices.



Almond & rice milk moved from GO to SLOW. These milks have low protein content and are not equivalent to dairy milk.

Full GO-SLOW-WHOA list available  
at [catch.org/pages/GO-SLOW-WHOA](http://catch.org/pages/GO-SLOW-WHOA)



KEY GO-SLOW-WHOA UPDATES  
(Summer 2019)