

# CATCH Kids Club Family Tip Sheet:

## THE BASIC CATCH MESSAGES

### IMPORTANT CATCH MESSAGE #1: Physical Activity

#### How Does Physical Activity Help You?

- ❖ Improves your general health; people who exercise regularly are sick less often
- ❖ Improves your concentration, so you perform better at home, work, and school
- ❖ Increases your strength and stamina
- ❖ Reduces stress and tension
- ❖ Makes your heart stronger
- ❖ Improves your sleep



#### How Much Physical Activity Should You Do?

- ❖ **Adults:** At least 150 minutes a week of moderate activity.
- ❖ **Kids:** At least 60 minutes every day of the week

In a busy schedule, it may be hard to find time for physical activity. But it's worth it! Family members can get moving by walking a dog, pushing a stroller, washing the car, dancing in the living room, cleaning floors—or, of course, by playing games and sports.

Name 2 ways your family can do more physical activity. \_\_\_\_\_

### IMPORTANT CATCH MESSAGE #2: Healthy Eating

Kids, teens, and adults can use the CATCH **GO–SLOW–WHOA** List (attached to this Family Tip Sheet) to help them make healthy food choices.

**GO foods:** Examples are fruits and vegetables, whole-grain foods, and unsweetened 1% milk. **GO** foods are commonly described as “whole foods,” which means they’re usually the least processed. **GO** foods are lowest in salt (sodium) and/or added sugars. They’re also lowest in unhealthy fats—solid fats such as butter or lard.



**WHOA foods:** Examples are candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals. **WHOA** foods are usually the most processed and are highest in unhealthy fats, added sugars, and/or salt.

**SLOW foods:** are in between **GO** foods and **WHOA** foods. Examples are plain 2% milk, refined-grain foods, fruit with added sugar and vegetables made with vegetable oils.

All foods you eat and drink matter . . . and a healthy diet is made up of more **GO** foods than **SLOW** foods, and more **SLOW** foods than **WHOA** foods. Yet keep in mind that eating large quantities of foods—even **GO** foods—can be unhealthy.

## IMPORTANT CATCH MESSAGE #3: Energy Balance

Here's a simple but important idea when you're trying to live healthy: **energy balance**. It means taking in about the same number of calories as your body burns, or uses.

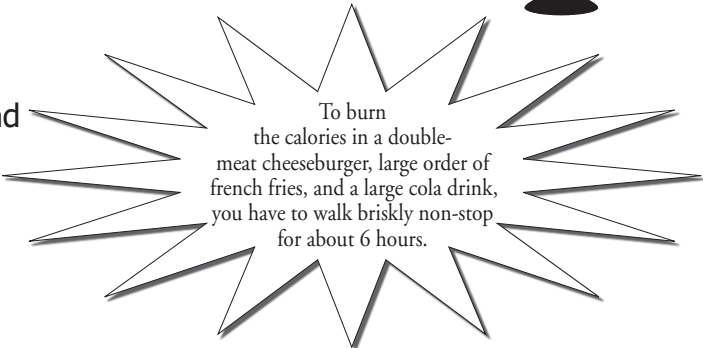
If you take in fewer calories than your body uses, over time you may lose weight.

If you take in more calories than your body uses, those leftover calories get stored as fat on your body—and over time you may gain too much weight.



### To help your body stay in energy balance:

- ❖ Be physically active every day.
- ❖ Eat more GO foods than SLOW foods, and more SLOW foods than WHOA foods.




To burn the calories in a double-meat cheeseburger, large order of french fries, and a large cola drink, you have to walk briskly non-stop for about 6 hours.

### MORE OR FEWER JUMPING JACKS?

#### *To the kid:*

1. Tell a grown-up in your family, "I'm going to name 2 foods. To keep your body in energy balance, for which food would you have to do more jumping jacks to burn all the calories in it?"
2. Name 2 foods from the **GO-SLOW-WHOA List**. One of the foods should be from a GO column or a SLOW column. The other food should be from a WHOA column. (Don't tell the adult which columns the foods are from.) The correct answer to your question will always be the WHOA food.
3. Repeat these steps with several other pairs of foods.



To get a free personalized plan for your physical activity and calorie needs, go to **www.ChooseMyPlate.gov** and select "MyPlate Plan."

# 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	Cucumber slices (GO)
Whole-wheat bread (GO)	Canned peaches (canned in water) (GO)
Grilled Chicken (GO)	Plain 2% milk (SLOW)
Mustard (GO)	
American cheese (WHOA)	
Tomato & Lettuce (GO)	

## VEGETABLES

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

**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
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Fresh, frozen, or canned fruits (canned in water or 100% juice) with no added sugars</li> </ul>	<ul style="list-style-type: none"> <li>Fruits canned in light syrup</li> <li>Fruits with added sugar and/or salt</li> </ul>	<ul style="list-style-type: none"> <li>Fruits canned in heavy syrup</li> </ul>
<b>Fruit Juice</b>	<ul style="list-style-type: none"> <li>100% whole fruit smoothies with no added sugars</li> </ul>	<ul style="list-style-type: none"> <li>100% fruit juice</li> <li>Frozen 100% fruit juice bars and smoothies</li> <li>Fruit smoothies made with fruit juice and no added sugars</li> </ul>	<ul style="list-style-type: none"> <li>Sherbet, sorbet</li> <li>Frozen fruit juice bars and smoothies with added sugar</li> </ul>
<b>Dried Fruit / Fruit Leather</b>	<ul style="list-style-type: none"> <li>Dried fruit (such as raisins, figs, dates, apricots, plums)</li> <li>100% fruit leather</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruit with added sugar</li> <li>Fruit leather with added sugar</li> </ul>	<ul style="list-style-type: none"> <li>Fruit roll-ups</li> <li>Fruit gummies and fruit snacks</li> </ul>

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

# MEAT, BEANS, AND EGGS

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

## DAIRY

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

## FATS

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

## OTHER

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

# MyPlate Daily Checklists

## DAILY RECOMMENDED AMOUNTS

	<b>Children Ages 2-3</b> (Calorie level - 1,200)	<b>Children Ages 4-8</b> (Calorie level - 1,600)	<b>Children Ages 9-13</b> (Calorie level - 2,400)
<b>Fruits</b>	1 cup	1 ½ cups	2 cups
<b>Vegetables</b>	1 ½ cups	2 cups	3 cups
<b>Grains</b>	4 ounces	5 ounces	8 ounces
<b>Protein</b>	3 ounces	5 ounces	6 ½ ounces
<b>Dairy</b>	2 ½ cups	2 ½ cups	3 cups
<b>Sodium Limit</b>	1,500 milligrams	1,900 milligrams	2,200 milligrams
<b>Saturated Fat Limit</b>	13 grams	18 grams	27 grams
<b>Sugars Limit</b>	30 grams	40 grams	60 grams

**More info:** [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan)