

stay healthy – eat smart!



GO FOODS

Eat mostly GO foods



Fish (baked, grilled or broiled)

Whole grain breads

Whole grain cereals

(toasted oats, shredded wheat, oatmeal)

Extra lean ground beef

Water

Fruit & vegetables
(w/o added sugar or fat)

100% fruit/vegetable juices

Unflavored skim/fat-free
or 1% milk

Graham crackers

Low-fat cheese

Corn tortillas

Brown rice



SLOW FOODS

Eat fewer SLOW foods



Vegetables w/added fat
(butter, margarine, sauces)

2% plain milk
(reduced fat)

White/refined breads

Pretzels

Baked chips

Tuna, canned in oil

Turkey franks

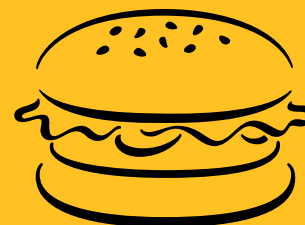
Animal crackers

Cereal/fruit bars

Low-fat popcorn



Natural cheeses
(Colby, cheddar, Swiss)



Lean or low-fat
hamburgers

WHOA FOODS

Eat even fewer WHOA foods



Soda/soft drinks
Sports/energy drinks
Whole milk
Flavored 2% milk
(reduced fat)

Doughnuts
Cake with Icing
Candy
Chips
Fried chicken



Popcorn w/butter
Processed cheese
Ice cream



For more information about the CATCH Program:
phone: 800.793.7900 or www.CATCHinfo.org

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