stay healthy – eat smart!

Eat mostly GO foods

- Fruit & vegetables (w/o added sugar or fat)
- 100% low-sodium vegetable juices
- Unflavored skim/fat-free or 1% milk
- Whole eggs/egg whites
- Low-fat cheese
- Corn tortillas
- Brown rice
- Fish (baked, grilled or broiled)
- 100% Whole grain breads
- Whole grain cereals low in added sugars (toasted oats, shredded wheat, oatmeal)
- Extra lean ground beef (>95% lean)
- Water

Eat SLOW foods less often than GO foods

- Vegetables w/added fat, salt or sugars
- Plain whole milk or plain 2% milk (reduced fat)
- White/refined breads
- Pretzels
- Baked chips
- Tuna, canned in oil
- Luncheon meats
- Animal crackers
- 100% fruit juice
- Popcorn made with vegetable oil
- Natural cheeses (Colby, cheddar, Swiss)
- Lean or low-fat hamburgers (80-95% lean)

Eat WHOA foods less often than GO or SLOW foods

- Soda/soft drinks
- Sports/energy drinks
- Sweetened yogurt drinks
- Flavored milk
- High sugar cereals
- Doughnuts
- Cake
- Candy
- Chips
- Fried chicken
- Popcorn w/butter
- Processed cheese
- Ice cream

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be active – play hard!

As much as possible!

VIGOROUS ACTIVITIES

As often as you can!

- Play team sports
- Go for a run
- Ride a bike
- Rollerblade or skate board
- Swim laps
- Practice martial arts
- Jump rope

AT LEAST
60 MINUTES
PER DAY

MODERATE ACTIVITIES

As often as you can!

- Shoot baskets
- Bump a volleyball
- Kick a soccer ball
- Take a hike
- Play catch
- Do garden or yard work
- Hit a tennis ball
- Invent dance moves

SEDENTARY ACTIVITIES

Cut back and limit!

- Watch TV
- Video Games
- Computer time

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