

stay healthy – eat smart!

GO FOODS

Eat mostly GO foods



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

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



SLOW FOODS

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

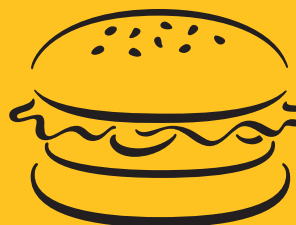
Animal crackers

100% fruit juice

Popcorn made with
vegetable oil



Natural cheeses
(Colby, cheddar, Swiss)



Lean or low-fat
hamburgers
(80-95% lean)

WHOA FOODS

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

be active – play hard!

VIGOROUS ACTIVITIES

As much as possible!



- 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



For more information about the CATCH Program:
phone: 855.500.0050 or www.CATCHinfo.org

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