

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 30 minutes on most days of the week
- ❖ **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—and higher in healthy fats, which are vegetable oils.



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 sweetened (including flavored) 1% milk, refined-grain foods, and fruit with added sugar.

All foods can fit into a healthy diet . . . 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.

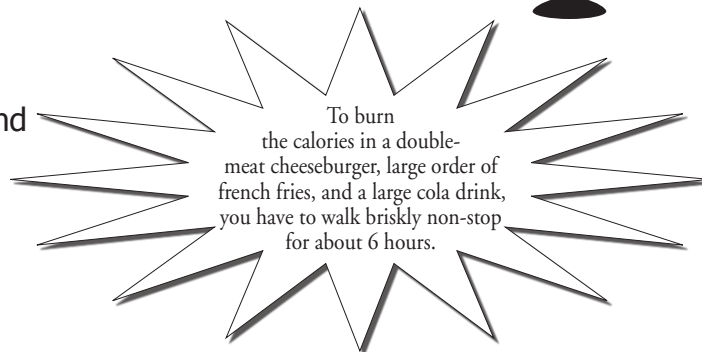
If you take in fewer calories than your body uses, over time you may lose weight.

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 almost every day.
- ❖ Eat more GO foods than SLOW foods, and more SLOW foods than WHOA foods.



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.



GO-SLOW-WHOA List

GRAINS

	GO	SLOW	WHOA
Breads/ Muffins/ Sweet Breads	<ul style="list-style-type: none"> Whole-grain bread, buns, rolls, bagels, tortillas, and pita bread Corn tortillas 	<ul style="list-style-type: none"> White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread Cornbread Muffins, waffles, pancakes, and French toast made with vegetable oils 	<ul style="list-style-type: none"> Croissants Biscuits Sweet rolls Doughnuts Muffins, waffles, pancakes, and French toast made with solid fats
Pasta	<ul style="list-style-type: none"> Pasta made with whole-grain 	<ul style="list-style-type: none"> Pasta made with refined flour Egg noodles 	<ul style="list-style-type: none"> Instant higher-fat noodle soups
Rice and Grains	<ul style="list-style-type: none"> Brown rice Wild rice Whole grains (amaranth, barley, buckwheat, corn, whole cornmeal, millet, oats, quinoa, rye, sorghum, teff, triticale) Whole wheat (spelt, durum, farro [emmer], cracked wheat, wheat berries, bulgur) 	<ul style="list-style-type: none"> White rice Rice cakes 	<ul style="list-style-type: none"> Fried rice
Cereals	<ul style="list-style-type: none"> Whole-grain, low-sugar cereals (such as toasted oats, shredded wheat, oatmeal, muesli) Low-fat whole-grain crackers 	<ul style="list-style-type: none"> Low-sugar cereals made with refined grains Granola made with vegetable oils Instant oatmeal 	<ul style="list-style-type: none"> High-sugar cereals made with refined grains Granola made with solid fats
Crackers	<ul style="list-style-type: none"> Low-fat whole-grain crackers 	<ul style="list-style-type: none"> Low-fat crackers made with refined grains 	<ul style="list-style-type: none"> High-fat crackers
Chips	<ul style="list-style-type: none"> Baked tortilla chips 	<ul style="list-style-type: none"> Tortilla chips Baked potato chips Pretzels 	<ul style="list-style-type: none"> Potato chips Other chips (such as cheese puffs, corn chips)
Cookies/Cake	<ul style="list-style-type: none"> Whole-grain animal crackers Graham crackers 	<ul style="list-style-type: none"> Animal crackers made with refined flour Vanilla wafers Cereal/fruit bars 	<ul style="list-style-type: none"> Cookies Cakes
Popcorn	<ul style="list-style-type: none"> Air-popped popcorn with no salt added 	<ul style="list-style-type: none"> Popcorn made with vegetable oils and/or salt 	<ul style="list-style-type: none"> Popcorn made with solid fats Flavored popcorn (such as caramel, cheese) Kettle corn

VEGETABLES

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

* Less than 200 mg of sodium (about one pinch of salt) per cup

Examples of vegetables: asparagus, avocado, bean sprouts, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chayote, collard greens, corn, cucumbers, egg-plant, 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
Fruits	<ul style="list-style-type: none"> Fresh, frozen, or canned fruits with no sugar or salt added, or with a small amount of salt* added 	<ul style="list-style-type: none"> Fruits canned in light syrup Fruits with sugar and/or salt added 	<ul style="list-style-type: none"> Fruits canned in heavy syrup
Fruit Juice	<ul style="list-style-type: none"> 100% fruit juice Frozen 100% fruit juice bars and smoothies 	<ul style="list-style-type: none"> Sherbet, sorbet Frozen fruit juice bars and smoothies with added sugar 	
Dried Fruit/ Fruit Leather	<ul style="list-style-type: none"> Dried fruit (such as raisins, figs, dates, apricots, plums) 100% fruit leather 	<ul style="list-style-type: none"> Dried fruit with added sugar Fruit leather with added sugar 	<ul style="list-style-type: none"> Fruit roll-ups

* Less than 200 mg of sodium (about one pinch of salt) per cup

Examples of fruits: 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, pomegranate, star fruits, strawberries, tangerines, watermelon

GO-SLOW-WHOA List

MEAT, BEANS, AND EGGS

	GO	SLOW	WHOA
Dried Beans and Peas	<ul style="list-style-type: none"> Beans (such as pinto, black, red, garbanzo), peas (such as black-eyed, split, purple hull), and lentils – with no salt or fat added, or with a small amount of salt* added 	<ul style="list-style-type: none"> Beans, peas, and lentils made with vegetable oils Refried beans Beans, peas, and lentils with salt and/or sugar added Hummus Falafel 	<ul style="list-style-type: none"> Beans, peas, and lentils made with solid fats Baked beans, canned Pork and beans, canned
Nuts and Seeds	<ul style="list-style-type: none"> Pumpkin and sunflower seeds with no added salt, sugar, or fat 	<ul style="list-style-type: none"> Pumpkin and sunflower seeds with added salt, sugar, and/or fat Peanuts, almonds, pecans, walnuts, and cashews, and pistachios with no added salt, sugar, or fat Natural peanut butter and other nut butters 	<ul style="list-style-type: none"> Peanuts, almonds, pecans, walnuts, and pistachios with added salt, sugar, and/or fat Peanut butter and other nut butters with added salt, sugar, and/or fat
Eggs	<ul style="list-style-type: none"> Whole eggs Egg whites Egg Substitute 	<ul style="list-style-type: none"> Eggs fried in vegetable oil 	<ul style="list-style-type: none"> Eggs fried in solid fats
Fish	<ul style="list-style-type: none"> Fish and shellfish – baked, grilled or broiled (such as salmon, catfish, shrimp, crab, lobster) Tuna canned in water 	<ul style="list-style-type: none"> Baked breaded fish, shellfish, and fish sticks Tuna canned in oil 	<ul style="list-style-type: none"> Fried fish, shellfish, and fish sticks
Poultry	<ul style="list-style-type: none"> Chicken and turkey without skin (baked, grilled, or broiled) 	<ul style="list-style-type: none"> Chicken and turkey with skin (baked, grilled, or broiled) Breaded baked chicken and turkey Baked chicken nuggets Ground chicken and turkey 	<ul style="list-style-type: none"> Fried chicken Fried chicken nuggets
Beef	<ul style="list-style-type: none"> Lean cuts of beef (such as round roast, round steak, sirloin, tenderloin) Extra-lean ground beef Ground beef that has been drained and rinsed 	<ul style="list-style-type: none"> Lean ground beef Lean or low-fat hamburgers Regular cuts of beef (such as brisket, T-bone, chuck roast) 	<ul style="list-style-type: none"> Regular ground beef Regular hamburgers Ribs

MILK AND DAIRY FOODS

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

GO-SLOW-WHOA List

OTHER

	GO	SLOW	WHOA
Herbs and Spices	<ul style="list-style-type: none"> Fresh spices (such as garlic and ginger) Fresh or dried herbs (such as basil, rosemary, cilantro) Seasonings without salt (such as garlic powder or onion powder) 		<ul style="list-style-type: none"> Salt Seasonings with salt or sodium Monosodium glutamate (MSG)
Sugars/Sweeteners/Candy		<ul style="list-style-type: none"> Reduced-sugar syrup Artificial sweeteners 	<ul style="list-style-type: none"> Sugar Brown sugar Chocolate candy Candies Sugar-sweetened gelatin Honey Molasses Syrup Agave nectar
Beverages	<ul style="list-style-type: none"> Water Sparkling water Unsweetened decaffeinated tea 	<ul style="list-style-type: none"> Unsweetened tea 	<ul style="list-style-type: none"> Soft drinks (regular and diet) Beverages with added sugar Sweetened tea and tea drinks Coffee drinks Sports drinks Fruit-flavored drinks Fruit-juice drinks Vitamin water Energy drinks
Spreads/Condiments	<ul style="list-style-type: none"> Mustard Butter flakes 	<ul style="list-style-type: none"> Jam Jelly Olives Ketchup 	<ul style="list-style-type: none"> Pickles

MEAT, BEANS, AND EGGS (cont.)

	GO	SLOW	WHOA
Pork	<ul style="list-style-type: none"> Lean cuts of pork (such as pork chops or tenderloin – without fat) 	<ul style="list-style-type: none"> Lean ham Canadian bacon Regular cuts of pork (such as pork roast, shoulder, ham) 	<ul style="list-style-type: none"> Ribs Bacon Ham hock Pork skins
Other Protein Foods	<ul style="list-style-type: none"> Tofu Tempeh Venison 	<ul style="list-style-type: none"> “Veggie” burger Processed plant-based meat substitutes 	
Processed Meat		<ul style="list-style-type: none"> Luncheon meats (such as chicken, turkey, ham) Low-fat hot dogs Turkey or chicken sausage 	<ul style="list-style-type: none"> Hot dogs Pepperoni Sausage Beef jerky Bologna Salami Chorizo Pastrami

* Less than 200 mg of sodium (about one pinch of salt) per cup

FATS

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