

# 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

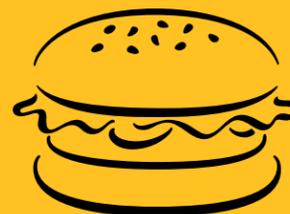
Animal crackers

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](http://www.CATCHinfo.org)

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# be active – play hard!

## VIGOROUS ACTIVITIES

As much as possible!

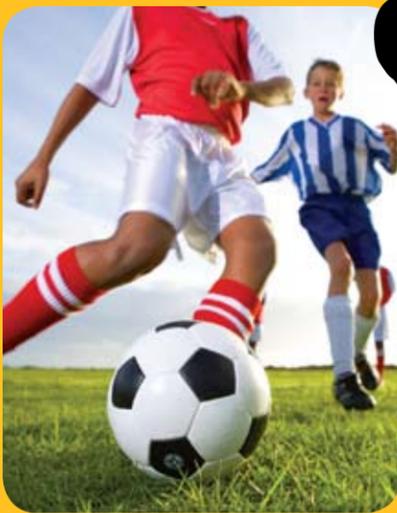


- Play team sports
- Go for a run
- Ride a bike
- Rollerblade or skate board
- Swim laps
- Practice martial arts
- Jump rope

AT LEAST  
**60**  
MINUTES  
PER DAY

## MODERATE ACTIVITIES

As often as you can!

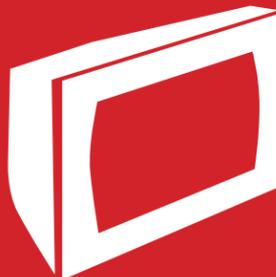


- Shoot baskets
- Bump a volleyball
- Kick a soccer ball
- Take a hike
- Play catch
- Do garden or yard work
- Hit a tennis ball
- Invent dance moves

## SEDENTARY ACTIVITIES

Cut back and limit!

- Watch TV
- Video Games
- Computer time



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