

## **Aurora Public Schools Nutrition Services** **GO–SLOW–WHOA Criteria and Food Chart**

Adapted from the Texas CATCH (Coordinated Approach To Child Health) and the We Can! Program<sup>1,2</sup>

The **GO–SLOW–WHOA List** is a tool to guide children and families toward making healthful food choices. The overall message is that all foods can fit into a healthful diet, which consists of more **GO** foods than **SLOW** foods, and more **SLOW** foods than **WHOA** foods.

- **GO** foods are lowest in fat and sugar, relatively low in calories and nutrient dense. They are whole foods and include fruits, vegetables, whole-grain foods, lean meats, and lower-fat milk and dairy products.
- **SLOW** foods are higher in fat added sugar, and calories and are where we find many combination foods and entrée items and a number of processed foods .
- **WHOA** foods are highest in fat and added sugar, calorie dense but often low in nutrients, and more processed foods can be found in the WHOA foods list.

All **foods** can be eaten in moderation. In fact, you may eat a **WHOA** food every day. The important message is that a healthy diet contains mostly **GO** foods, a fewer number of **SLOW** foods, and even fewer **WHOA** foods. It is important to note that foods can become **WHOA** foods if eaten in large portions.

The **GO–SLOW–WHOA List** does not contain combination foods such as sandwiches or pizzas because each ingredient is either a **GO**, **SLOW**, or **WHOA** food. For instance, a pizza is made up of a crust, sauce, cheese, and toppings. These ingredients belong in more than one category. To determine if the pizza is a GO, SLOW, or WHOA pizza, all of the ingredients need to be taken into consideration. The criteria of 30% of calories from fat can be used for some combination foods. For instance, if a hamburger patty is 35% of calories from fat, but with the bun it is less than 30%, the hamburger could be considered a GO food.

The most healthful type of meal includes mostly GO foods. Here are two examples of healthful meals.

### **GO Breakfast**

Oatmeal Cereal  
½ cup wholegrain, low-sugar oatmeal (GO)  
1 teaspoon brown sugar (WHOA)  
2 tablespoons raisins (GO)  
1 cup 1% milk (GO)

### **GO Lunch**

Turkey sandwich  
2 slices whole-wheat bread (GO)  
2 ounces low-fat turkey (GO)  
2 teaspoons mustard (GO)  
1 slice American cheese (WHOA)  
1 slice tomato (GO)  
1 lettuce leaf (GO)  
1 oz baked potato chips (SLOW)  
1 cup Skim milk (GO)  
½ cup peaches canned in heavy syrup (WHOA)

***Nutrient Dense***



**GO**



**SLOW**

***Calorie Dense***



**WHOA**

## VEGETABLES

	GO	SLOW	WHOA
<b>Vegetables</b> Serving Size: 1/2-3/4 cup	<ul style="list-style-type: none"> <li>All fresh, frozen, or canned vegetables without added sugar or fat</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables with added oil, butter, margarine, or low-fat cheese sauce</li> <li>Baked French fries and hash browns</li> <li>Stir-fried vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Fried battered vegetables</li> <li>Fried potatoes, fried French fries, fried hash browns</li> <li>Potato Rounds</li> </ul>
<b>Vegetable Juice</b> Serving Size: 4-6oz	<ul style="list-style-type: none"> <li>100% vegetable juice</li> </ul>		

Examples of vegetables: asparagus, avocado, bean sprouts, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chayote, collard greens, corn, cucumbers, eggplant, 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
<b>Fruit</b> Serving Size: 1/2-3/4 cup	<ul style="list-style-type: none"> <li>All fresh, frozen or canned fruits without added fat or sugar</li> </ul>	<ul style="list-style-type: none"> <li>Fruits canned in light syrup</li> <li>Fruits with added sugar</li> </ul>	<ul style="list-style-type: none"> <li>Fruits canned in heavy syrup</li> </ul>
<b>Fruit Juice</b> Serving Size: 4-6oz	<ul style="list-style-type: none"> <li>100% fruit juice</li> <li>Frozen 100% fruit juice bars and smoothies</li> </ul>	<ul style="list-style-type: none"> <li>Sherbet, sorbet</li> <li>Frozen fruit juice bars and smoothies with added sugar</li> </ul>	
<b>Dried Fruit/Fruit Leather</b> Serving Size: 1/2-3/4 cup	<ul style="list-style-type: none"> <li>Dried fruit (such as raisins, figs, dates, apricots, plums)</li> <li>100% fruit leather</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruit with added sugar</li> <li>Fruit leather with added sugar</li> </ul>	<ul style="list-style-type: none"> <li>Fruit roll-ups</li> </ul>

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.

## GRAINS

	GO	SLOW	WHOA
<b>Breads/Muffins/ Sweet Breads</b> Serving Size: 0.7-1 oz	<ul style="list-style-type: none"> <li>Whole-grain bread, buns, rolls, bagels, tortillas, pita bread</li> <li>Corn tortillas</li> </ul>	<ul style="list-style-type: none"> <li>White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread</li> <li>Cornbread</li> <li>Low-fat muffins</li> <li>Waffles</li> <li>Pancakes</li> <li>French toast</li> </ul>	<ul style="list-style-type: none"> <li>Croissants</li> <li>Biscuits</li> <li>Sweet rolls</li> <li>Doughnuts</li> <li>High-fat muffins</li> </ul>
<b>Pasta</b> Serving Size: 1/2 cup cooked	<ul style="list-style-type: none"> <li>Whole-grain pasta</li> </ul>	<ul style="list-style-type: none"> <li>Pasta made with refined flour</li> <li>Egg noodles</li> </ul>	<ul style="list-style-type: none"> <li>Instant higher-fat noodle soups</li> </ul>
<b>Rice</b> Serving Size: 1/2 cup cooked	<ul style="list-style-type: none"> <li>Brown rice</li> </ul>	<ul style="list-style-type: none"> <li>White rice</li> <li>Rice cakes</li> </ul>	<ul style="list-style-type: none"> <li>Fried rice</li> </ul>
<b>Cereals</b> Serving Size: ¾ cup or 1 ounce	<ul style="list-style-type: none"> <li>Whole-grain, low-sugar cereals, hot and cold (e.g., toasted oats, shredded wheat, oatmeal, muesli)</li> <li>Cracked wheat (bulgur)</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat granola</li> <li>Instant oatmeal</li> <li>Low-sugar cereals made with refined grains</li> </ul>	<ul style="list-style-type: none"> <li>High-sugar cereals made with refined grains – hot and cold</li> <li>Regular granola</li> </ul>
<b>Crackers</b> Serving Size: 0.2 oz	<ul style="list-style-type: none"> <li>Low-fat whole-grain crackers</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat crackers made with refined grains</li> </ul>	<ul style="list-style-type: none"> <li>High-fat crackers</li> </ul>
<b>Chips</b> Serving Size: 0.5-1 oz	<ul style="list-style-type: none"> <li>Baked tortilla chips</li> </ul>	<ul style="list-style-type: none"> <li>Tortilla chips</li> <li>Baked potato chips</li> <li>Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>Regular potato chips</li> <li>Other chips (e.g., cheese puffs, corn chips)</li> </ul>
<b>Cookies/Cake</b> Serving Size: 1.1-2.7oz	<ul style="list-style-type: none"> <li>Whole-grain animal crackers</li> <li>Graham crackers</li> </ul>	<ul style="list-style-type: none"> <li>Animal crackers made with refined flour</li> <li>Vanilla wafers</li> <li>Low-fat cookies</li> <li>Cereal/fruit bars</li> <li>Low-fat cakes</li> </ul>	<ul style="list-style-type: none"> <li>High-fat, high-sugar cookies</li> <li>High-fat, high-sugar cakes</li> </ul>
<b>Popcorn</b> Serving Size: ½-1 cup	<ul style="list-style-type: none"> <li>Air-popped popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Popcorn with butter</li> <li>Flavored popcorn (e.g., caramel, cheese)</li> <li>Kettle corn</li> </ul>

**\*Wholegrain is defined as containing a minimum of 51% or greater whole grains by weight.**

## MILK AND DAIRY FOODS

	GO	SLOW	WHOA
<b>Milk</b> Serving Size: 8 fl oz	<ul style="list-style-type: none"> <li>• Fat-free (skim/non-fat) milk</li> <li>• Fat-free soy milk</li> <li>• 1% (low-fat) milk</li> <li>• 1% soy milk</li> <li>• Non-fat dry milk</li> <li>• Fortified rice milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2% (reduced-fat) milk</li> <li>• 2% soy milk</li> <li>• Flavored fat-free (skim/non-fat) or 1% milk</li> <li>• Flavored fat-free or 1% soy milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk (plain or flavored)</li> <li>• Flavored 2% (reduced-fat) milk</li> <li>• Flavored 2% soy milk</li> <li>• Milkshakes</li> </ul>
<b>Yogurt</b> Serving Size: 1/2 -1 cup	<ul style="list-style-type: none"> <li>• Fat-free or low-fat plain or 100% fruit juice-sweetened yogurt</li> <li>• Fat-free or low-fat yogurt drinks with no sugar added</li> </ul>	<ul style="list-style-type: none"> <li>• Fat-free or low-fat yogurt with sugar added</li> <li>• Fat-free or low-fat yogurt drinks with sugar added</li> </ul>	<ul style="list-style-type: none"> <li>• Whole-milk yogurt</li> <li>• Whole-milk yogurt drinks</li> </ul>
<b>Cheese</b> Serving Size: 1 oz	<ul style="list-style-type: none"> <li>• Cottage Cheese, 1%</li> <li>• Cottage Cheese, 2%</li> <li>• Cottage Cheese, whole</li> <li>• Cream Cheese, Nonfat</li> <li>• Cheese, Natural, low-fat</li> </ul> <p><i>Go: &lt;40% total fat &amp; &lt;25% saturated fat</i></p>	<ul style="list-style-type: none"> <li>• Ricotta Cheese, part skim</li> <li>• Ricotta Cheese, whole</li> <li>• American Cheese, low-fat</li> <li>• Cream Cheese, low-fat</li> <li>• String Cheese, low-fat</li> <li>• String Cheese</li> <li>• Swiss Cheese</li> </ul> <p><i>Slow: &lt;70% total fat &amp; &lt;45% saturated fat</i></p>	<ul style="list-style-type: none"> <li>• American Cheese</li> <li>• Colby Cheese</li> <li>• Cheese sauce</li> <li>• Cheddar Cheese</li> <li>• Cream Cheese, Regular</li> </ul> <p><i>Whoa: &gt;70% total fat &amp; &gt;45% saturated</i></p>
<b>Desserts</b> Serving Size: ½ cup		<ul style="list-style-type: none"> <li>• Non-fat or low-fat frozen yogurt</li> <li>• Low-fat ice cream</li> <li>• Pudding made with skim or 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Ice cream</li> <li>• Pudding made with 2% or whole milk</li> <li>• Cheesecake</li> <li>• Frozen yogurt</li> <li>• Gelato</li> </ul>

## MEAT, BEANS, AND EGGS

	GO	SLOW	WHOA
<b>Dried Beans and Peas</b> Serving Size: 4-6oz	<ul style="list-style-type: none"> <li>Beans (such as pinto beans, black beans, red beans, without bacon or ham)</li> <li>Fat-free refried beans</li> <li>Black-eyed peas, split peas, garbanzo beans (chickpeas), lentils</li> <li>Hummus</li> </ul>	<ul style="list-style-type: none"> <li>Beans with bacon or ham</li> <li>Pork and beans</li> <li>Baked beans</li> <li>Refried beans</li> <li>Falafel</li> </ul>	
<b>Nuts and Seeds</b> Serving Size: ¾-1oz	<ul style="list-style-type: none"> <li>Peanuts, almonds, pecans, walnuts, cashews, pistachios</li> <li>Pumpkin seeds, sunflower seeds</li> <li>Natural peanut butter and other nut butters</li> </ul>	<ul style="list-style-type: none"> <li>Peanut butter and other nut butters with added sugar and fat</li> </ul>	
<b>Eggs</b> Serving Size: ½-1 lg. eggs	<ul style="list-style-type: none"> <li>Whole eggs</li> <li>Egg whites</li> <li>Egg substitute</li> </ul>	<ul style="list-style-type: none"> <li>Eggs fried in vegetable oil</li> </ul>	<ul style="list-style-type: none"> <li>Eggs fried in butter, lard, margarine, bacon grease, or salt pork</li> </ul>
<b>Fish</b> Serving Size: 2 oz	<ul style="list-style-type: none"> <li>Fish and shellfish – baked, grilled or broiled (e.g., salmon, catfish, shrimp, crab, lobster)</li> <li>Tuna canned in water</li> </ul>	<ul style="list-style-type: none"> <li>Baked breaded fish, shellfish, and fish sticks</li> <li>Tuna canned in oil</li> </ul>	<ul style="list-style-type: none"> <li>Fried fish, shellfish, and fish sticks</li> </ul>
<b>Poultry</b> Serving Size: 2 oz	<ul style="list-style-type: none"> <li>Chicken and turkey without skin (baked, grilled, or broiled)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken and turkey with skin (baked, grilled, or broiled)</li> <li>Breaded baked chicken and turkey</li> <li>Baked chicken nuggets</li> <li>Lean ground chicken and turkey</li> </ul>	<ul style="list-style-type: none"> <li>Fried chicken</li> <li>Fried chicken nuggets</li> </ul>
<b>Beef</b> Serving Size: 2 oz	<ul style="list-style-type: none"> <li>Lean cuts of beef (e.g., round roast, round steak, sirloin, tenderloin)</li> <li>Extra-lean ground beef</li> <li>Ground beef that has been drained and rinsed</li> </ul>	<ul style="list-style-type: none"> <li>Lean ground beef</li> <li>Lean or low-fat hamburgers</li> </ul>	<ul style="list-style-type: none"> <li>Regular cuts of beef (e.g., brisket, T-bone, chuck roast)</li> <li>Regular ground beef</li> <li>Regular hamburgers</li> <li>Ribs</li> </ul>

## MEAT, BEANS, AND EGGS (CONT.)

	GO	SLOW	WHOA
<b>Pork</b> Serving Size: 2 oz	<ul style="list-style-type: none"> <li>Lean cuts of pork (e.g., tenderloin, pork chops without fat)</li> </ul>	<ul style="list-style-type: none"> <li>Lean ham</li> <li>Canadian bacon</li> </ul>	<ul style="list-style-type: none"> <li>Higher-fat cuts of pork (e.g., pork roast, shoulder, ham)</li> <li>Ribs</li> <li>Bacon</li> <li>Ham hock</li> <li>Pork skins</li> </ul>
<b>Other Protein Foods</b> Serving Size: 2 oz	<ul style="list-style-type: none"> <li>Tofu</li> <li>Venison</li> </ul>	<ul style="list-style-type: none"> <li>Tempeh</li> <li>Garden Veggie Burger</li> </ul>	
<b>Processed Meat</b> Serving Size: 2 oz	<ul style="list-style-type: none"> <li>Low-fat or non-fat luncheon meats (chicken, turkey, ham)</li> </ul>	<ul style="list-style-type: none"> <li>Regular luncheon meats (chicken, turkey, ham)</li> <li>Low-fat hot dogs</li> <li>Turkey or chicken sausage</li> </ul>	<ul style="list-style-type: none"> <li>Hot dogs</li> <li>Pepperoni</li> <li>Sausage</li> <li>Beef jerky</li> <li>Bologna</li> <li>Salami</li> <li>Chorizo</li> <li>Pastrami</li> </ul>

### ***Meat Criteria***

***Go: <40% total fat & <25% saturated fat***

***Slow: <55% total fat & <25% saturated fat***

***Whoa: >55% total fat & >25% saturated fat***

## OILS

	GO	SLOW	WHOA
<b>Oils and Solid Fats</b> Serving Size: 1 tbsp	<ul style="list-style-type: none"> <li>• Non-stick cooking spray</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable oils – such as olive, canola, peanut, soybean, corn, cottonseed, safflower, or sunflower</li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Margarine</li> <li>• Shortening</li> <li>• Lard</li> <li>• Salt pork</li> </ul>
<b>Foods Rich in Oils and Solid Fats</b> Serving Size: 1 tbsp		<ul style="list-style-type: none"> <li>• Fat-free or low-fat gravy</li> <li>• Fat-free or low-fat mayonnaise</li> <li>• Fat-free or low-fat sour cream</li> <li>• Fat-free or low-fat salad dressing</li> <li>• Oil-and-vinegar dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Gravy</li> <li>• Mayonnaise</li> <li>• Sour cream</li> <li>• High-fat salad dressing</li> </ul>

**OTHER**

	<b>GO</b>	<b>SLOW</b>	<b>WHOA</b>
<b>Herbs and Spices</b> Serving Size: 1 tbsp	<ul style="list-style-type: none"> <li>• Fresh spices (such as garlic or ginger)</li> <li>• Fresh or dried herbs (such as basil, rosemary, or cilantro)</li> <li>• Seasonings without salt (such as garlic powder or onion powder)</li> </ul>		<ul style="list-style-type: none"> <li>• Salt</li> <li>• Seasonings with salt or sodium</li> <li>• Monosodium glutamate (MSG)</li> </ul>
<b>Sugars/Sweeteners/Candy</b> Serving Size: 2 tbsp		<ul style="list-style-type: none"> <li>• Reduced-sugar syrup</li> <li>• Artificial sweeteners</li> </ul>	<ul style="list-style-type: none"> <li>• Sugar</li> <li>• Brown sugar</li> <li>• Chocolate candy</li> <li>• Candies</li> <li>• Sugar-sweetened gelatin</li> <li>• Honey</li> <li>• Molasses</li> <li>• Syrup</li> </ul>
<b>Beverages</b> Serving Size: 4-8 oz	<ul style="list-style-type: none"> <li>• Water</li> <li>• Sparkling water</li> <li>• Unsweetened decaffeinated tea</li> </ul>	<ul style="list-style-type: none"> <li>• Unsweetened tea</li> </ul>	<ul style="list-style-type: none"> <li>• Soft drinks (regular and diet)</li> <li>• Beverages with added sugar</li> <li>• Sweetened tea and tea drinks</li> <li>• Coffee drinks</li> <li>• Sports drinks</li> <li>• Fruit-flavored drinks</li> <li>• Fruit-juice drinks</li> <li>• Energy drinks</li> </ul>
<b>Spreads/Condiments</b> Serving Size: 1 tbsp	<ul style="list-style-type: none"> <li>• Mustard</li> <li>• Butter flakes</li> </ul>	<ul style="list-style-type: none"> <li>• Jam</li> <li>• Jelly</li> <li>• Olives</li> <li>• Ketchup</li> </ul>	<ul style="list-style-type: none"> <li>• Pickles</li> </ul>

**\*Recommended portions based on the USDA Food Buying Guide for Child Nutrition Programs.**  
<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>

### Recommended Daily Amounts by Age<sup>3</sup>

Food Group	Recommended Amount for Children 4–8 Years Old	Recommended Amount for Children 9–13 Years Old
Vegetables	1½ cups	2–2½ cups**
Fruits	1–1½ cups	1½ cups
Grains	4–5 ounce equivalents 1 ounce equivalent equals: 1 slice bread, 5–7 crackers, ½ cup cooked oatmeal, 1 cup dry cereal, ½ cup cooked rice, 3 cups popped popcorn	5–6 ounce equivalents***
Milk and Dairy Foods	2 cups 1 cup of hard cheese = 1½ ounces	3 cups
Meat, Beans, and Eggs	3–4 ounce equivalents 1 ounce equivalent equals: ¼ cup cooked beans, 1 ounce meat, 1 egg	5 ounce equivalents
Oils	4 teaspoons	5 teaspoons
Other	None	None

**Note:** These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

\*\* Girls – 2 cups; Boys – 2½ cups

\*\*\* Girls – 5 ounce equivalents; Boys – 6 ounce equivalents

*APS nutrition services GSW standards for individual menu items were developed using information from the USDA nutrient data base for foods, school product Nutrition Facts Labels and nutrient analysis of individual district recipes. District established nutrient criteria for the percent of fat and saturated fat, added sugar and fiber (grain products only) were used to determine whether the menu item was a Go Slow or Whoa food. Criteria was determined based upon meeting the USDA school meal pattern weekly nutrient requirements.*

