Healthy Diet = GO Foods > SLOW Foods > WHOA Foods

GO - Unprocessed or least processed foods
- Lowest in salt (sodium), solid fats (saturated and trans), and/or added sugars
  Examples: fruits and vegetables, whole-grain foods, and plain (unsweetened) 1% milk

SLOW - In between GO foods and WHOA foods
- More nutritious than WHOA foods but shouldn't be eaten as much as GO foods
  Examples: plain 2% milk, refined-grain foods, and fruit with added sugars

WHOA - Ultra-processed foods
- Highest in unhealthy solid fats, added sugars, and/or salt
  Examples: candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals

KEY GO-SLOW-WHOA UPDATES (Summer 2019)

- More emphasis on whole foods vs. processed foods.
  E.g., graham crackers moved from GO to SLOW

- More emphasis on added sugars – foods with added sugars or foods eaten with added sugars are WHOA.
  E.g., now WHOA: flavored milk and yogurt; pancakes and waffles

- Less emphasis on overall fat content.
  E.g., raw nuts and nut butters moved from SLOW to GO

- Distinguishing between naturally-occurring healthy fats.
  E.g., GO fat sources: avocado, nuts, salmon; SLOW fat sources: liquid (unsaturated) vegetable oils; WHOA fat sources: solid fats (saturated & trans)

- 100% fruit juice moved from GO to SLOW. Juice is lower in fiber than whole fruit and can contribute excess calories.

- Whole milk & yogurt moved from WHOA to SLOW, as these can be nutritious choices.

- Almond & rice milk moved from GO to SLOW. These milks have low protein content and are not equivalent to dairy milk.

Full GO-SLOW-WHOA list available at catch.org/pages/GO-SLOW-WHOA