What’s New With GO-SLOW-WHOA (and Why)

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Today’s Speakers

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Healthy Diets Prevent Chronic Disease
- Deanna Hoelscher, PhD, RD, LD, CNS -
**GO – SLOW – WHOA (GSW) List**

- A tool to guide children and families toward making healthy food choices
- **Overall message:** foods can fit into a healthy diet and that a healthy diet consists of:

  GO foods > SLOW foods > WHOA foods
Philosophy/Nutrition Rationale

- Emphasize whole, unprocessed foods
- Reflect state-of-the-art nutrition knowledge
- Focus on primary prevention
  - Population-wide recommendations
- Nutrition for children
  - Considers growth & development
Categories in GSW list

- Vegetables (vegetables, vegetable juice)
- Fruits (fruit, fruit juice, dried fruit/fruit leather)
- Grains (bread/muffin/sweet breads, pasta, rice, cereal, crackers, chips, cookies/cake/brownies, popcorn)
- Dairy (milk, yogurt, cheese, dairy desserts)
- Meat, beans, & eggs (dried beans and peas, nuts and seeds, eggs, fish, poultry, beef, pork, other protein foods, processed meat)
- Oils (oils, foods rich in oils)
- Other (herbs and spices, sugars/sweeteners, beverages, spreads/condiments)
## Example - FRUITS

<table>
<thead>
<tr>
<th></th>
<th><strong>GO</strong></th>
<th><strong>SLOW</strong></th>
<th><strong>WHOA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits</strong></td>
<td>· Fresh, frozen or canned fruits (canned in water or 100% juice) with no added sugar</td>
<td>· Fruits canned in light syrup</td>
<td>· Fruits canned in heavy syrup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>· Fruits with added sugar and/or salt</td>
<td></td>
</tr>
<tr>
<td><strong>Fruit Juice</strong></td>
<td>· 100% whole fruit smoothies with no added sugars</td>
<td>· 100% fruit juice</td>
<td>· Sherbet, sorbet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>· Frozen 100% fruit juice bars and smoothies</td>
<td>· Frozen fruit juice bars and smoothies with added sugar</td>
</tr>
<tr>
<td></td>
<td></td>
<td>· Fruit smoothies made with fruit juice and no added sugars</td>
<td></td>
</tr>
<tr>
<td><strong>Dried fruit/Fruit Leather</strong></td>
<td>· Dried fruits (such as raisins, figs, dates, apricots, plums) 100% fruit leather</td>
<td>· Dried fruit with added sugar</td>
<td>· Fruit roll-ups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>· Fruit leather with added sugar</td>
<td>· Fruit gummies and fruit snacks</td>
</tr>
</tbody>
</table>
WHOA
Highest in unhealthy solid fats and added sugars; ultra-processed foods

SLOW
Higher in unhealthy solid fats and added sugars; more processed foods

GO
Lowest in unhealthy solid fats across a category; no added sugar; whole grains, vegetables, fruits, lean meats
Why did we update the GSW List?
## Childhood Obesity is Still a Public Health Problem

### Predicted numbers of children with obesity in 2030

Numbers of children age 5-19 years old living with obesity, predicted for the next decade.

<table>
<thead>
<tr>
<th>Year</th>
<th>2020</th>
<th>2025</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>World</td>
<td>158m</td>
<td>206m</td>
<td>254m</td>
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</tbody>
</table>

Countries predicted to have over 1 million school-age children and youth living with obesity in 2030.

<table>
<thead>
<tr>
<th>Country</th>
<th>Number of persons with obesity, aged 5-19, 2030</th>
</tr>
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<tbody>
<tr>
<td>China</td>
<td>61,987,920</td>
</tr>
<tr>
<td>India</td>
<td>27,481,141</td>
</tr>
<tr>
<td>United States of America</td>
<td>16,986,603</td>
</tr>
<tr>
<td>Indonesia</td>
<td>9,076,416</td>
</tr>
<tr>
<td>Brazil</td>
<td>7,664,422</td>
</tr>
<tr>
<td>Egypt</td>
<td>6,818,532</td>
</tr>
<tr>
<td>Mexico</td>
<td>6,550,276</td>
</tr>
<tr>
<td>Vietnam</td>
<td>1,939,173</td>
</tr>
<tr>
<td>Ethiopia</td>
<td>1,926,697</td>
</tr>
<tr>
<td>Saudi Arabia</td>
<td>1,864,250</td>
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<tr>
<td>Malaysia</td>
<td>1,770,631</td>
</tr>
<tr>
<td>Sudan</td>
<td>1,757,471</td>
</tr>
<tr>
<td>Morocco</td>
<td>1,757,152</td>
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<tr>
<td>Yemen</td>
<td>1,646,485</td>
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**Source:** WOF Childhood Obesity Atlas Report, October 2019
Consumption of Sugary Beverages by Students in Texas*

*Computed as consumption of regular sodas plus punch/sport drinks; SOURCE: TX SPAN 2015-2016
Consumption of Sweet and Savory Snacks by Students in TX*

*Computed as consumption of candy, frozen dessert, cakes, French fries/chips; SOURCE: TX SPAN, 2015-2016
Nutrition Research Evolves

- What are ultra-processed foods?
  - Sodas, salty snacks, ice cream, frozen pizza, chicken nuggets, instant soups, fruit drinks

- What was the study?
  - 20 people – crossover design
    - Ultra-processed foods versus unprocessed foods for 2 weeks
  - Results: Averaged 500 more kcal on ultra-processed food diet; 4 pound weight difference

Hall et al., 2019
Feedback on GSW list

- **Survey**
  - N = 68 (NY 16, Ohio 16, TX 10)
- **Liked best:**
  - Easy to use (16)
  - Simple/effective message (9)
  - Easy to understand (28)
  - CATCH-y language (12)
Feedback on GSW list (cont’d)

- **Survey**
  - $N = 68$ (NY 16, Ohio 16, TX 10)

- **Liked least:**
  - N/A (14)
  - Nothing/not sure (10)
  - Specific category (slow, whoa) (9)
  - How foods are categorized (8)

- Review by nutrition experts
Overall changes in GSW

- More emphasis on processed versus unprocessed
- More emphasis on sugar content
- Less emphasis on fat for some foods
  - Unhealthy solid fats (**WHOA**) vs. healthier fats (**SLOW**) vs. whole foods that contain healthy fats (**GO**)
- 100% whole wheat
- Fruit juice
Changes in GSW List

- **Vegetables** – mostly wording changes
- **Fruits**
  - No added sugars
  - 100% fruit juice is now SLOW
  - Moved sherbet and sorbet to WHOA
  - Added smoothies (GO or SLOW or WHOA), fruit gummies, fruit snacks (WHOA)
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<td>· Fruit roll-ups · Fruit gummies and fruit snacks</td>
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Changes in GSW List

- **Grains**
  - Added “100% whole grain” to teach terminology
  - Moved muffins, waffles, pancakes, French toast to WHOA
  - All crackers moved to SLOW
  - Animal and graham crackers moved to SLOW
  - Cereal/fruit bars with added sugars are WHOA
Changes in GSW List

- **Milk/Dairy**
  - Unsweetened rice and almond milk are now **SLOW** because of low protein content
  - Plain whole milk moved to **SLOW**
  - All types of milk with added sugar moved to **WHOA**
  - All type of yogurt with added sugar moved to **WHOA**
  - Unsweetened whole milk yogurt now **SLOW**
  - All cheese sauce and processed cheese are now **WHOA**
  - All ice cream and frozen yogurt are **WHOA**
  - Coconut milk is **WHOA** because of saturated fat
Changes in GSW List

- **Meats/Fish/Poultry/Nuts**
  - Moved nuts and natural peanut/nut butter with no added fats or sugars to **GO**
  - Moved peanut butter or other nut butters with solid fat to **WHOA**
  - Moved egg substitute to **SLOW**
  - Moved ground chicken and turkey breast to **GO**
  - Moved all breaded chicken and turkey, including chicken nuggets to **WHOA**

- **Fats**
  - Deleted non-stick cooking spray
Changes in GSW List

- Other foods
  - Moved artificial sweeteners to WHOA
  - Added salsa to GO
  - Added natural sweeteners (e.g., stevia) to SLOW
  - Added dipping sauces to WHOA
  - Added more examples of types of sugars to the WHOA list (molasses, agave nectar, corn syrup, etc.)

- Added MyPlate servings
FAQs about GSW

- My child is allergic to (peanuts, milk, etc.); GSW doesn’t work for them.
  - GSW is meant to be a general eating pattern.
  - GSW may need to be adapted as necessary for some children with special dietary needs (e.g., eliminate peanuts/peanut butter for someone with a nut allergy) using advice from your dietitian or physician.
    - Alternatives to peanuts, milk, etc. are in the GSW list for those children who are allergic.
FAQs about GSW

- What about a keto diet, vegetarian diet, diet of the day, etc.?
  - GSW is meant to be a general eating pattern for primary prevention.
  - Based on principles from an optimal American-type diet (e.g. DASH or MIND) and the Mediterranean diets, as well as the latest nutrition research.
  - The GSW list is meant to encourage healthy eating patterns in children that allow for optimal growth and development.
  - Alternatives are in the GSW list – it is not intended for a person to eat all of the foods listed.
  - Several of the more restrictive diets (e.g., ketogenic diet, etc.) are not appropriate for children*, unless they are under physician and/or dietitian supervision.

*Most of these diets have not been evaluated in children or adolescents.
I don’t like how milk/meat/yogurt, etc. is classified.

- Nutrition is a complicated science, and much of the disagreement for placement of foods in GSW categories stems from:
  - A person’s own experiences with food, and/or
  - Misunderstandings about the concepts of portion size and frequency.
- GSW categories are based on the current nutritional science, as well as review by several dietitians and nutrition experts.
- Foods are also classified for children’s diets.
What about portion sizes?

○ It is important to emphasize that the amount of food that is consumed is as important as the food category.

○ This is mentioned at the beginning of the GSW list:
  ■ Although foods are categorized in this way, it’s important to note that eating large quantities of foods can be unhealthy, even if they’re GO foods.

○ As mentioned in the CATCH curriculum, children need to pay attention to cues when they are full.
FAQs about GSW

- What do you do about cultural foods/combination foods/other foods not on list?
  - The *GO–SLOW–WHOA* List doesn’t contain combination foods such as sandwiches or pizzas since each ingredient is either a *GO*, *SLOW*, or *WHOA* food.
  - For instance, a pizza is made up of a crust, sauce, cheese, and toppings. To determine if the pizza is a *GO*, *SLOW*, or *WHOA* pizza, you should take all the ingredients into consideration.
  - If a food cannot be categorized in this way, feel free to drop us an email and we can help!
Acknowledgements!

- Jerri Ward Berry, MA, RDN
- Shreela Sharma, PhD, RDN
- Laura Moore, MEd, RDN, LD
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- John Wesley McWhorter, MS, RDN, LD, CSCS
- Shannon Weston, MPH, RDN, LD, CDE
- Courtney Byrd-Williams, PhD
- All of the people who responded to our survey!
Questions?
Thank You!

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GSW Updates & CATCH Program Materials
Your Takeaways for Today:

Available free downloads at CATCH.org/pages/go-slow-whoa
# GSW Update: Availability

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<th>CATCH Component</th>
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<tbody>
<tr>
<td>Health Lessons (K-5)</td>
<td>NOW</td>
<td>Jan 2020</td>
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<tr>
<td>Health Lessons (6-8)</td>
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<td>Oct 2019</td>
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<tr>
<td>Coordination Kit (Eat Smart Posters &amp; Our CATCH School Flyer Eng/Spn)</td>
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<td>Oct 2019</td>
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<tr>
<td>GSW PE Cards (3-5 Activity Box)</td>
<td>NOW*</td>
<td>Mar 2020</td>
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<td>GO-SLOW-WHOA List</td>
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**GSW Update: Availability**

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<tr>
<td>CATCH Kids Club (K-5)</td>
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<tr>
<td>CATCH Kids Club (5-8)</td>
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**Supplemental Resources**

<table>
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<tbody>
<tr>
<td>GSW 1-Pager</td>
<td>NOW*</td>
</tr>
<tr>
<td>GO-SLOW-WHOA Posters (via FlagHouse)</td>
<td>Nov 2019</td>
</tr>
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*Available as a free download at CATCH.org/pages/go-slow-whoa*
Guide to GO-SLOW-WHOOA Updates

- Go to CATCH.org for full lesson updates as well as free downloads.
- Use the 1-pager to get a sense of the key changes.
- Review the full GSW List and familiarize yourself with it.
Sample **GO-SLOW-WHOA** Updates

- Many of the updates are small wording changes.
- Emphasis on whole/minimally processed foods vs. processed foods.
- All **GO-SLOW-WHOA** references checked and updated, as needed.
Coming Soon

- Remaining curriculum updates on CATCH.org to be rolled out in the coming months.
- Dedicated GSW page on CATCH.org for more information and free downloads (CATCH.org/pages/go-slow-whoa).
- Link to this webinar on CATCH.org.
THANK YOU!

CATCH.org/pages/go-slow-whoa

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