

# Game Guide for Parents

## Food Fury

### Health and Gameplay

*Food Fury* is a tile game designed to teach how to make smart food choices. Content comes from the “Go, Slow, Whoa” method of food selection, part of the Coordinated Approach To Child Health (CATCH) program designed by researchers from universities including The University of Texas Health Science Center School of Public Health. Foods are put into three categories based on whether they are full of nutrients or full of calories:

1. Go
2. Slow
3. Whoa

#### Go Foods

Go Foods can be eaten almost anytime and should be eaten every day. They are high in nutrients and low in fat and sugar. Examples of Go Foods seen in *Food Fury* include:

- Fruits like apples, bananas, raisins, and 100% orange juice
- Vegetables like green beans and corn
- Whole wheat breads like graham crackers and whole wheat tortillas
- Fat free or low fat dairy products like skim milk and string cheese
- Meats like tuna in water and eggs

#### Slow Foods

Slow Foods can be eaten sometimes but should still be eaten every day. They have nutritional value but contain some fat and sugar. Examples of Slow Foods seen in *Food Fury* include:

- Fruits with additives like canned fruit with light syrup and juice bars
- Vegetables with additives like baked potato with butter and broccoli with cheese
- White breads like tortillas, pretzels, and pancakes
- Low fat dairy products like yogurt and 2% milk
- Low fat meats like baked chicken, tuna in oil, and peanut butter

#### Whoa Foods

Whoa Foods should only be eaten once in a while and are not required for a healthy diet. They have little nutritional value and contain lots of fat and sugar. Examples of Slow Foods seen in *Food Fury* include:

- Fruit-flavored or sugary fruit products like canned fruit in heavy syrup, cherry pie, and fruit roll-ups
- Fried vegetable products like potato chips and French fries
- Sugary breads like donuts, cakes, and brownies
- Fattening dairy products like ice cream and milk shakes
- High fat and high sodium meats like fried chicken and bacon



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### Common Questions

As you know, nutrition can be pretty tricky. Some scientist think one thing, some think another. New research is coming out every day about different foods being healthier than others. For the purposes of this game, we have relied on our research partners at the The University of Texas Health Science Center at Houston School of Public Health for our Go, Slow, Whoa food content. You may have questions about why a certain food falls into a certain category.

In testing, Dr. Cynthia Phelps and the Playnormous team have found that some food icons are harder for people to categorize than others. These are some of the more commonly missed tiles and why they fall into their respective category.

Food Tile	Category	Reasoning
Bacon	Whoa	Has lots of fat and salt
Baked Chicken	Slow	Chicken is a good source of lean protein but drum sticks have skin with extra fat
Broccoli / Cheese	Slow	A nutritious veggie but cheese topping adds extra fat and calories
Canned Fruit in heavy syrup	Whoa	Heavy syrup contains lots of sugar which outweighs the nutritional benefit of the fruit
Canned Fruit in light syrup	Slow	Contain nutritious fruit but has added sugar, canned in own juice or water is a healthier option
Eggs	Go	A great source of protein
Fruit Roll-Up	Whoa	Has lots of sugar and usually little to no real fruit
Graham Crackers	Go	Are low in saturated fat
Juice Bar	Slow	Contains real fruit but with added sugar
Low Fat String Cheese	Go	Contains calcium to make bones strong, no sugar, and little fat
Low Fat Yogurt	Slow	Contains calcium but has added sugar
Milk – 2%	Slow	Has extra fat and calories, skim or fat free is a healthier option
Pancakes	Slow	Gives you energy but contains few nutrients
Peanut Butter	Slow	Good source of protein but usually contains added fat and sugar
Pretzels	Slow	Gives you energy but contains few nutrients
Raisin	Go	A dried fruit with no added sugar
Tuna canned in oil	Slow	A good source of protein but high in fat, canned in water is a healthier option
Tuna in water	Go	A good source of protein

