



GO, SLOW, WHOA

foods



GO

Eat anytime

Go foods can be eaten almost anytime and include fruits and vegetables.



SLOW

Eat sometimes

Slow foods may be higher in fat, sugar, sodium and calories.



WHOA

Eat once in a while

Whoa foods are the highest in unhealthy fat and added sugar





GO FOODS

Frequency: all meals

- Fresh, frozen or canned vegetables without any added fat or sauces
- All fresh, frozen, canned (in juice) fruits
- Whole grains
- Lean meat like chicken, turkey, and tuna
- Low fat yogurt or cheese • Egg whites

SLOW FOODS

Frequency: 1-2 times a day

- Vegetables with added fat or sauces
- 100% Juice
- Fruit canned in light syrup
- Baked fries
- Baked chicken nuggets
- Dried Fruits
- Processed Cheese

WHOA FOODS

Frequency: 1-2 times a week

- Pre-fried foods, like fish sticks
- Fruit canned in heavy syrup
- Waffles and pancakes with syrup
- Processed meats, hot dogs
- Muffins

Use the light to eat right.

“Go” foods are healthy, and are okay choices for any meal and snack.

“Slow” foods can be healthy, but shouldn’t be part of each meal. Your students can enjoy them several times a week.

“Whoa” foods do not have high nutritional benefit and are full of empty calories. They should not be part of kids' daily meals, and should only be enjoyed once in a while.

Making smart and healthy food choices is as easy as Go, Slow, Whoa.

Learning the difference between foods they can have every day and foods that should be special treats can help grow healthy kids and help children establish lifelong healthy habits.