

## APU Nutrition Lesson Plan Go, Slow, & Whoa Foods

### **Background**

#### *Materials Needed:*

- Copy of sheets with Go, Slow, & Whoa foods for each participant

*Goal:* To teach patients in the APU about healthy eating habits.

#### *Objectives:*

- Patients will be able to identify Go (eat anytime), Slow (eat sometimes), & Whoa (eat rarely) foods.
- Patients will know how to choose Go foods.

### **The Lesson**

#### *Intro (~2-3 minutes)*

- Hand out activity sheets to participants
- Tell patients we're going to talk about healthy dietary habits and their importance in good nutrition.
- Ask if anyone knows why we want to make healthier food choices.
  - *Maintain a healthy weight.*
  - *Obtain all the nutrients we need like vitamins and minerals.*
  - *Prevent diseases such as heart disease, diabetes, and kidney disease.*

#### *Healthy Dietary Habits (~5 minutes)*

- Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy.
- Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.
- Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going, and easy to eat on-the-go.
- Milk contains 300 mg of calcium per 8-ounce glass. We want to consume 3 glasses of skim milk/day to help keep our bones strong!
- Give out handout with Go, Whoa, & Slow foods.

#### *Go Foods(~ 5 minutes)*

- **GO** foods are the lowest in fat and sugar and are relatively low in calories. They also are "nutrient dense," which means they are rich in vitamins, minerals, and other nutrients important to health. GO foods are great anytime.
- Almost anytime foods, such as fresh fruits and vegetables, whole grain breads, brown rice, chicken and turkey (no skin), and fat-free milk.

### *Slow Foods*

- **SLOW** foods are higher in fat, added sugar, and calories than GO foods. Have SLOW foods sometimes or less often.
- Sometimes foods, at most several times a week, such as vegetables in sauces, fruits canned in light syrup, white bread, white rice, nuts, and 2% low-fat milk.

### *Whoa Foods*

- **WHOA** foods are the highest in fat and added sugar. They are "calorie-dense" (high in calories), and many are low in nutrients as well. Have WHOA foods only once in a while or on special occasions. And, when you do have them, have small portions.
- Once in a while foods, such as French fries, fruits canned in heavy syrup, doughnuts, chips, cookies, fried chicken, and regular soda.

### *Closing (~1 minute)*

- Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy.
- Translating GO, SLOW, and WHOA into daily food choices means:
  - Emphasizing fruits and vegetables, whole grains, and fat-free or low-fat milk and milk products.
  - Including lean meat, poultry, fish, beans, eggs, and nuts.
  - Cutting back on foods and drinks that are high in fat and added sugar.