

GO, SLOW, & WHOA

Foods

Brown rice
Apple
Cheeseburger
Regular soda
Cake
White rice
Fried chicken

White bread
Diet soda
Orange juice
Vitamin water
Orange
Fruit cocktail
Chips

Fried rice
Cinnamon bun
Broccoli
Doughnut
Whole grain bread
Ice cream
Banana

List each food item above as a *GO* food, a *SLOW* food, or a *WHOA* food. Go ahead and add you're favorite foods to the lists as well!

