

# GO, SLOW, & WHOA Foods

## WHOA!

Only once in a while or on special occasions: French fries, fruits canned in heavy syrup, doughnuts, chips, cookies, fried chicken, and regular soda.



## SLOW

Sometimes or less often: vegetables in sauces, fruits canned in light syrup, white bread, white rice, nuts, and 2% low-fat milk.



## GO

Great *anytime*: fresh fruits and vegetables, whole grain breads, brown rice, chicken and turkey (no skin), and fat-free milk.



# Making Healthy Choices

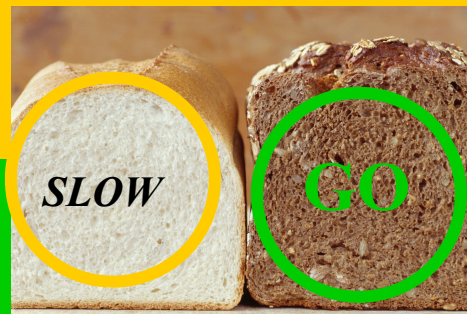
# GO, SLOW, & WHOA Foods

**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.

French fries, fruits canned in heavy syrup, doughnuts, chips, cookies, fried chicken, and regular soda.



**SLOW** foods are higher in fat, added sugar, and calories than GO foods. Have SLOW foods sometimes or less often. Vegetables in sauces, fruits canned in light syrup, white bread, white rice, nuts, and 2% low-fat milk.



**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.

Fruits and vegetables are great GO foods.

- GO for color—choose dark green, deep yellow, orange, red, blue and purple
- GO for sensory appeal—juicy, crunchy, tart, crisp, sweet, yummy
- GO for variety—berries, other fruits, leafy greens, dry beans and peas, starchy vegetables like potatoes, and other vegetables

