**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

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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.
GO, SLOW, WHOA Foods

Look at the food choices below.

Using a green, yellow and red crayon, color each food item to match if they are a GO FOOD = Green, SLOW FOOD = Yellow or WHOA FOOD = Red.