

Go, Slow and Whoa Foods

Eating healthy does not mean giving up foods you love. It means eating a variety of foods in moderation. Foods that are high in fat and calories, for example, do not need to be eliminated but should be saved for a special treat. Eating in moderation is important for achieving and staying at a healthy weight.

Learn the difference between Go, Slow and Whoa foods to help make good food choices. The charts on the next pages give examples of foods in each of these categories.

- **Go:** These are foods that are good to eat at any meal or snack. They have a lot of nutrients and/or are low in added sugar.
- **Slow:** These are sometimes foods. They aren't off-limits, but they should not be eaten every day. At most, eat them a few times a week.
- **Whoa:** These are foods you should limit and eat just as a special treat. These foods provide energy but contain few vitamins and minerals. Eat these foods no more than one time per week.

Tips to help keep your serving sizes under control:

- Aim for three scheduled meals and one or two healthy snacks throughout the day. This way you won't overeat because you skipped a meal.
- Trick your mind! Serve food on a smaller plate so the meals look larger.
- Avoid putting the dish of food on the table. Instead, dish out food at the counter. This will help you avoid reaching for second helpings. If you want seconds, try more vegetables or a salad.
- Do not rush through meals. Give everyone a chance to feel full before serving more.
- When eating out, don't order the supersize value meal. It might sound like a good value, but it will add a lot of extra calories and cost to the meal. Try sharing meals or packing up half the meal to take home before you start eating.

Cooking tips:

- Remove any visible fat from beef, pork or poultry
- Bake, broil, grill, sauté or steam meat and vegetables

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.

	Drinks	Proteins	Vegetables	Fruits
GREEN GO Almost anytime	<ul style="list-style-type: none"> • Plain water • Skim or 1% milk • Unsweetened herbal/decaf tea • Carbonated water (without added sugar) 	<ul style="list-style-type: none"> • 95% Extra-lean ground beef • Chicken & turkey without skin • Tuna • Fish and shellfish • Eggs • Beans, split peas, lentils • Alternative meat: tofu, tempeh, seitan • Peanut butter and other nut butters 	<ul style="list-style-type: none"> • All fresh, frozen and canned vegetables without added fat (like butter or sauces) • Salsa • Avocados • Olives 	<ul style="list-style-type: none"> • All fresh and frozen fruits without added sugar • Canned fruits packed in juice or that say “no sugar added” • Unsweetened applesauce • Dried fruits (limit to 1 serving)
YELLOW SLOW Sometimes	<ul style="list-style-type: none"> • 2% Milk • Sugar-free Kool-aid® • Kool-aid® made with Splenda • Crystal Light® • Flavored waters such as Propel®, Fruit2O®, Sparkling ICE®, Clear American® • Diet soda (limit to 1 serving) 	<ul style="list-style-type: none"> • 85% Lean ground beef • Ground turkey • Hamburgers • Chicken & turkey with skin • Ham • Low-fat hot-dogs • Turkey bacon • Canadian bacon 	<ul style="list-style-type: none"> • Oven baked fries • Starchy vegetables: potatoes, peas, corn, yams, sweet potatoes (limit to 1 serving) • Coleslaw made with regular mayonnaise (limit to 1 serving) 	<ul style="list-style-type: none"> • 100% fruit juice (limit to 1 serving) • Fruits canned in light syrup • Applesauce with added sugar
RED WHOA Once in a while	<ul style="list-style-type: none"> • Regular soda • Sports drinks (Gatorade® and Powerade®) • Shakes/Malts • Whole milk • Fruit drinks like Hi-C®, Capri Sun®, Sunny D®, Tang®, Snapple® • Regular lemonade • Flavored Milk • Energy drinks should not be consumed 	<ul style="list-style-type: none"> • Fried chicken • Chicken fried steak • Bacon • Fried fish • Chicken nuggets • Hot dogs • Sausage and summer sausage • Brats 	<ul style="list-style-type: none"> • Any vegetable fried in oil, such as French fries or hash browns, tater tots, zucchini fries, sweet potato fries, broccoli tots, fried eggplant, fried mushrooms, fried pickles, jalapeno poppers, fried okra 	<ul style="list-style-type: none"> • Fruits canned in heavy syrup

	Breads & Cereals	Milk & Milk Products	Snacks	MISC
GREEN GO Almost anytime	<ul style="list-style-type: none"> • 100% Whole grain breads, pitas, and tortillas • Whole grain pasta, brown rice • High fiber, unsweetened cereals such as Cheerios, • Oatmeal (canister – not instant packets) • Steel cut oats/Irish oats • Whole grains: quinoa, wheat berries, teff, bulgur, millet, buckwheat, amaranth 	<ul style="list-style-type: none"> • Skim and 1 % milk • Light yogurt • Cottage cheese • Cheese (limit to 1 serving per day) 	<ul style="list-style-type: none"> • Nuts - limit to ¼ cup • Fresh fruit • Raw vegetables • Air popped popcorn • String cheese (limit to 1 serving) 	<ul style="list-style-type: none"> • Mustard • Olive oil, Canola oil • Non-stick cooking spray • Oil-based salad dressing (limit to 1 serving) • Salt free spices (cumin, pepper, parsley)
YELLOW SLOW Sometimes	<ul style="list-style-type: none"> • White bread and pasta that's not whole grain • Taco shells • French toast, waffles and pancakes • Granola (limit to 1 serving) • Cereals such as Special K®, Chex®, Honey Nut Cheerios, Life, Kix • Low Sugar instant oatmeal 	<ul style="list-style-type: none"> • 2% milk • Cream cheese (limit to 1 serving) 	<ul style="list-style-type: none"> • Crackers: Kashi TLC® or reduced-fat Triscuits® • Sugar-free pudding • Pretzels • Baked chips • Granola bars • Pudding • Cereal bars 	<ul style="list-style-type: none"> • Vegetable oil • Low-fat creamy salad dressing (ranch, blue cheese) • Low-fat mayo • Low-fat sour cream • Soft margarine • Ketchup • Miracle Whip
RED WHOA Once in a while	<ul style="list-style-type: none"> • Sweetened breakfast cereals such as Frosted Flakes®, Trix®, Lucky Charms®, Fruit Loops®, or Golden Grahams® • Crackers that have hydrogenated oils (trans fats) • Instant oatmeal packets • Biscuits • Cinnamon rolls • Ramen noodles 	<ul style="list-style-type: none"> • Whole milk • Ice cream • Ice cream bars • Processed cheese spreads • Flavored milk 	<ul style="list-style-type: none"> • Chocolate and candy • Cookies, cakes, and pies • Pork Rinds • Slim Jims® • Chips • French fries • Regular pudding • Snack cakes 	<ul style="list-style-type: none"> • Butter or lard • Stick margarine • Gravy • Regular creamy salad dressing • Mayo • Tartar sauce • Sour cream • Cream sauce