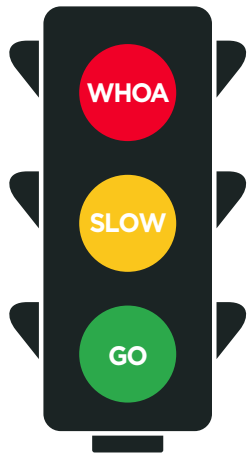
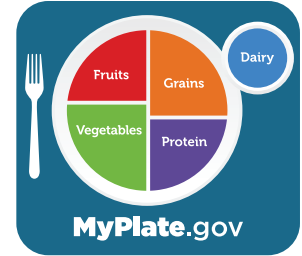


Using Go, Slow, Whoa for Healthier Meals

MyPlate is a guide for meals that includes fruits, vegetables, grains and protein. When thinking about what to put on our plate, we don't have to get rid of all the less healthy foods but rather find a balance where we are eating more healthy foods and less unhealthy foods.



That's where **“Go, Slow, Whoa”** comes in. This method is based on a stoplight with **Go** foods, **Slow** foods and **Whoa** foods. All foods can fit, some just need to be eaten more or less often than others.

Go foods are foods we can have all the time. They are high nutrition, low calorie, low sugar, and low fat.

Slow foods we only want to have sometimes – they are not as healthy as go foods.

Whoa foods are things that we want to keep more for special occasions. They are low nutrition, high calorie, and high sugar and really don't do much for our bodies. We don't have to stop eating these foods completely, but we want to limit keeping them in the house. If they aren't there, we can't eat them!

Fruits and Vegetables: Go

Go fruits and vegetables are fresh, frozen or canned in their own juice or water, no added salt or sauces. Here are some examples:



Starchy vegetables would be considered a **Go** food, but we want to make sure we don't have too large of a portion – stick with ½ to 1 cup serving per meal, and limit other starchy foods (bread, pasta, rice).



Fruits and Vegetables: Slow

Slow fruit and vegetables include more sugar or fat. Some examples are vegetables with added sauce, oven baked fries, fruits canned in light syrup, dried fruit and sweetened applesauce.



Fruits and Vegetables: Whoa

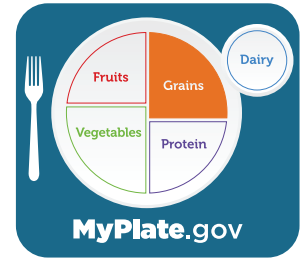
Whoa fruit and vegetables include foods like fried vegetables, French fries, fritters, tater tots, hash browns, fruit snacks, and fruit canned in heavy syrup.



Grains: Go

Grains can fit in a healthy eating plan – there is no need to avoid pasta/bread but portions and type of grain are important things to think about.

Go grains include whole grains (100% whole wheat or whole grain). Whole grains have more fiber, which won't increase blood sugar as quickly and will make you feel full longer. Here are some examples:



Grains: Slow

Slow grains are typically not whole grains, have less fiber and quickly turn into sugar in your body.



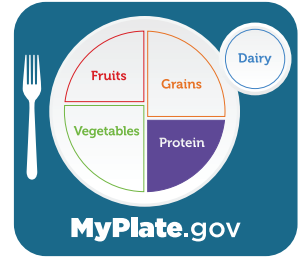
Grains: Whoa

Whoa grains have added sugar or fat and are low in nutritional value.



Protein: Go

Go proteins include lean proteins (baked, broiled, grilled, steamed meats/fish) and non-meat sources such as beans, nuts and eggs. Here are some examples:



Protein: Slow

Slow protein foods include foods like 80/20 ground beef, frozen breaded chicken nuggets, ham, and chicken with skin.



Protein: Whoa

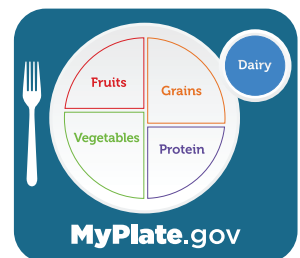
Whoa proteins include processed meats (bologna, hot dogs, bacon, and sausage). Turkey versions are generally healthier but still contain a lot of salt – so these wouldn't need to be everyday foods. Fried foods and red meat are high in unhealthy types of fats.



Dairy: Go

Whole milk is recommended for children <2 years, after that children can switch to lower fat milk.

Go dairy foods include 1% or skim milk, low fat cheese and yogurt, and low fat or fat free sour cream.



Dairy: Slow

Slow dairy foods include regular cheese, low-fat cream, and sweetened nut milk



Dairy: Whoa

Whoa dairy foods include foods higher in fat such as whole milk (if age is over 2 years old), regular cream cheese, flavored milk, and ice cream.



Think About It

- Are there any **Whoa** foods that you may be having on a regular basis that you could have less often? What would be some **Go** or **Slow** foods to have as an alternative?
- Are there any **Go** foods you enjoy that you aren't having on a regular basis that you could start having?
- Try setting a **SMART** goal!