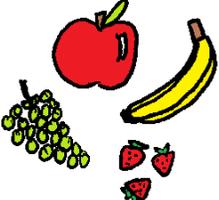
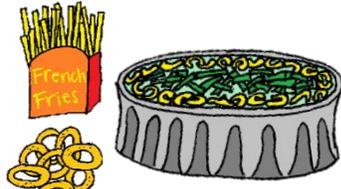
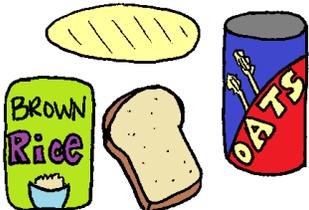
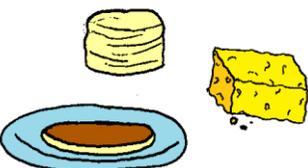
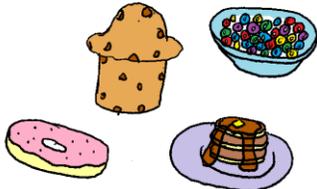
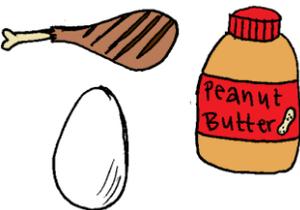
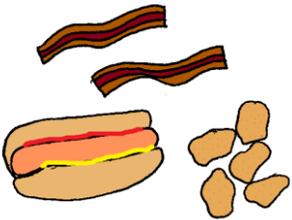


# GO, SLOW, WHOA

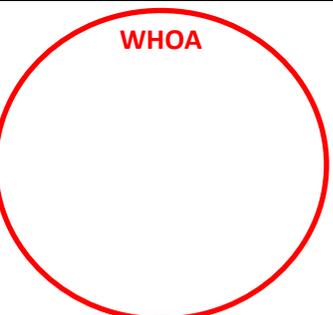
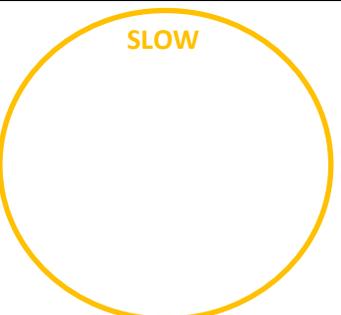
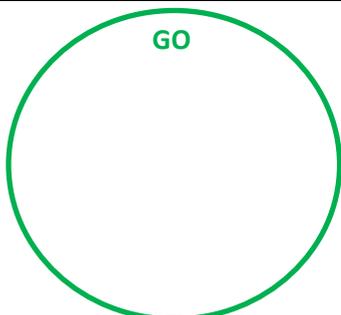
**GO** Foods: Eat almost any time (most often)- they are lowest in fat, added sugar, and calories

**SLOW** Foods: Eat sometimes (less often)- they are higher in fat, added sugar, and/or calories

**WHOA** Foods: Eat once in a while (least often)- they are very high in fat and/or added sugar, and much higher in calories

Food Groups	GO	SLOW	WHOA
<b>FRUITS</b> Whole fruits (fresh, frozen, canned, or dried) are smart choices.			
<b>VEGETABLES</b> Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow foods or Whoa foods. Dark green and orange veggies are Go choices.			
<b>GRAINS</b> Try to make at least half your servings whole grain choices and low in sugar.			
<b>MILK</b> Milk is high in vitamins and minerals. Fat-free and low-fat milk are smart choices.			
<b>MEATS &amp; BEANS</b> Limit meats with added fat. Smart choices include beans, nuts, and lean meats that are baked or broiled.			

Inspired by handout from <http://www.nhlbi.nih.gov>



Write some of the foods you commonly eat into the correct "GO," "SLOW," or "WHOA" circle.



# What's in Your Cart?



Here is a suggested list to help choose healthy items for your family at the grocery store:

## Fruits and Vegetables

- Fresh fruits
- Fresh vegetables
- Frozen vegetables (no sauce)
- Frozen fruits (no sugar)

## Breads, Grains, and Starches

- Whole wheat bread
- Whole wheat bagel thins
- Whole wheat English muffins
- Whole wheat noodles
- Whole wheat tortilla
- Whole wheat pitas
- Whole grain cereals (low sugar)
- Oatmeal (not instant)
- Grits
- Brown rice

## Protein

- Dried beans
- Peanut butter
- Skinless and boneless chicken thighs
- Chicken (remove skin) or turkey
- Loin or round cuts of meat
- Eggs
- Egg substitute
- Fish
- Tuna in water
- Low-fat lunch meats (low sodium even better)
- Turkey or chicken sausage
- Ground turkey
- Vegetarian burgers

## Low-Fat Dairy

- Skim or 1% milk
- Low-fat yogurt
- Low-fat mozzarella
- 2% cheese
- Low-fat cream cheese

- Low-fat or fat-free sour cream
- Low-fat creamer
- Low-fat cottage cheese or ricotta cheese
- Parmesan cheese
- Diet or fat-free pudding
- Low-sugar and low-fat ice cream

## Soups and Canned Goods

- Low-sodium vegetables
- Low-sodium soups
- Canned fruit in own juice
- Unsweetened applesauce
- Canned beans (rinsed)
- No-salt-added tomatoes

## Snack Foods (try to get low sodium)

- Low-fat popcorn
- Baked chips and pretzels
- Whole grain crackers
- Fig bars
- Vanilla wafers and graham crackers
- Unsalted nuts
- Dried fruits (watch your portions)
- Rice cakes
- Fat-free, sugar-free pudding
- Low-fat fudge pops
- 100% fruit popsicles

## Drinks

- 100% fruit juice (no added sugar)
- Club soda
- Flavored seltzer water
- Tea bags
- Unsweetened tea
- Coffee
- Water
- No-calorie flavored water
- Milk alternatives like rice milk or almond milk



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