

# Go Foods, Slow Foods, Whoa Foods

Lots of kids want to know which foods to eat to be healthy. Here's something kids can do to eat healthier: Learn the difference between Go, Slow, and Whoa foods.



**Go Foods**  
**Slow Foods**  
**Whoa Foods**

You probably know that foods fit into different categories. The USDA puts them into these categories (visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for the newest data):

- Grains
- Vegetables
- Fruits
- Milk and dairy products
- Meat, beans, fish, and nuts
- Oils

But now, foods can be classified in three new groups: Go, Slow, and Whoa. In 2005, the U.S. National Heart, Lung, and Blood Institute (part of the National Institutes of Health) suggested kids start thinking about whether foods are Go foods, Slow foods, or Whoa foods.

## Go Foods

These are foods that are good to eat almost anytime. They are the healthiest ones. Example: skim & low fat milk; some fruits & veggies. See the back of this sheet for more examples.

## Slow Foods

These are sometimes foods. They aren't off-limits, but they shouldn't be eaten every day. At most, eat them several times a week. Example: waffles and pancakes.

## Whoa Foods

These foods should make you say exactly that—Whoa! Should I eat that? Whoa foods are the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. That's why Whoa foods are once-in-a-while foods. Example: french fries.

For a chart of Go, Slow, and Whoa foods, visit [http://www.kidshealth.org/kid/stay\\_healthy/food/go\\_slow\\_whoa.html](http://www.kidshealth.org/kid/stay_healthy/food/go_slow_whoa.html)



# Go Foods Slow Foods Whoa Foods

## Go Foods

- Baby carrots
- Celery sticks
- Snap peas
- Grape tomatoes
- Apples
- Cherries
- Melon
- Oranges
- Peaches
- Pears
- Whole grain breads
- Low fat and skim milk
- Chicken and turkey without skin
- Lower fat cheese and yogurt
- Water

## Slow Foods

- 100% fruit juice
- Fruits canned in light syrup
- White bread
- French toast, waffles, and pancakes
- Tuna canned in oil

## Whoa Foods

- French fries
- Fruits canned in heavy syrup
- Doughnuts
- Muffins
- Whole milk
- Fried hamburgers
- Chicken nuggets
- Cookies
- Ice cream