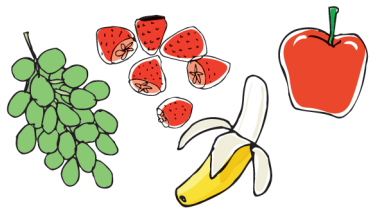
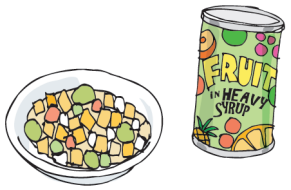
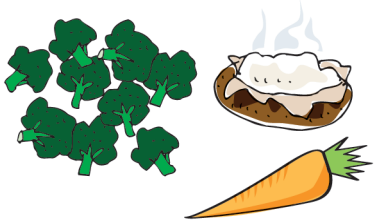
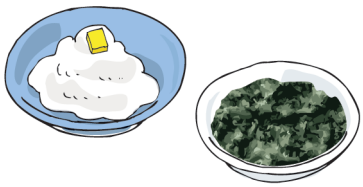
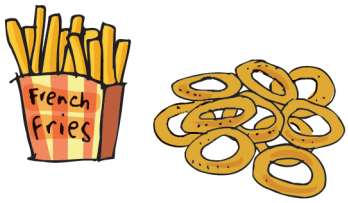
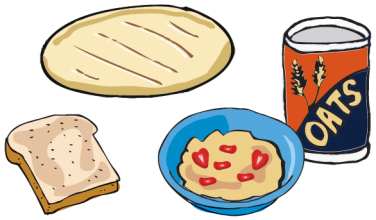
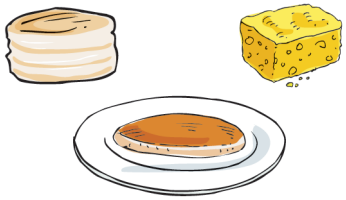
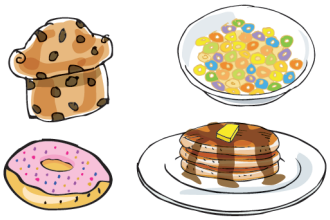
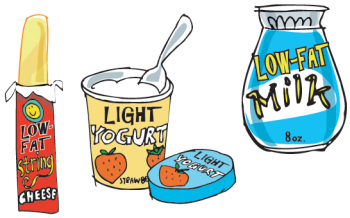
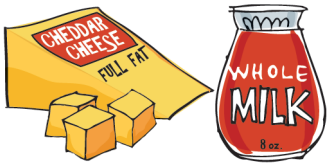
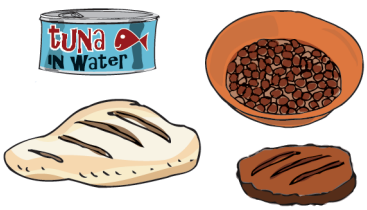
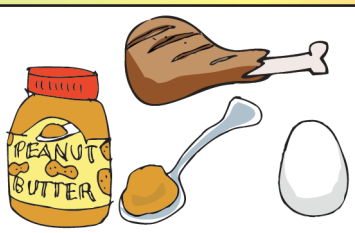
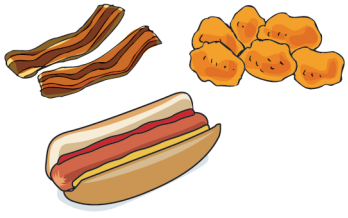
U R What U Eat

Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.

- "**Go**" Foods: Eat almost anytime (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 are much higher in calories

Food Groups	GO	SLOW	WHOA
Fruits Whole fruits (fresh, frozen, canned, dried) are smart choices. You need **2 cups** of fruit a day. 1 cup is about the size of a baseball.			
Vegetables Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need **2 ½ cups** of vegetables a day. Dark green and orange vegetables are smart choices.			
Grains Try to make at least half of your servings whole grain choices and low in sugar. An ounce of a grain product is 1 slice of bread, 1 cup of dry cereal, or ½ cup of cooked rice or pasta. You need about **6 ounces** a day.			
Milk Milk products are high in vitamins and minerals. Fat-free and low-fat milk and milk products are smart choices. About **3 cups** are needed each day; 1 cup of milk, 1 cup of yogurt or 1 ½ ounces of natural cheese count as 1 cup.			
Meats & Beans Eating **5 ½ oz.** a day will give you the protein, vitamins and minerals you need. Limit meats with added fat. Smart choices include beans (¼ cup cooked), nuts (½ oz.) and lean meats (1 oz.) baked or broiled.			

The amounts of foods recommended per food group are based on a 2,000-calorie diet, the approximate number of calories for most active boys and girls ages 9-13. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.

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Ways to Enhance Children's Activity & Nutrition

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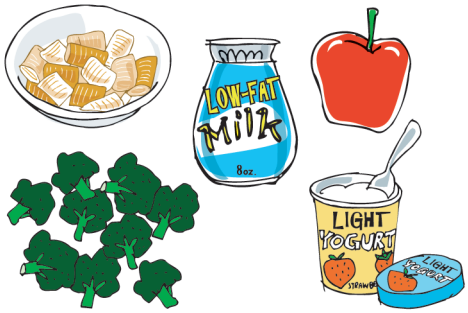
Sweets and Snacks

The foods below are snack-type foods. The "Slow" and "Whoa" foods are higher in fat, added sugar, and/or calories and need to be limited so you do not eat more calories than your body needs. Remember, if you eat sweets and snacks, eat small amounts.

GO



For "Go" snacks, select foods from the "Go" column in the food groups section.

SLOW

WHOA

Combining Food Groups

Foods we eat are usually a mixture of ingredients from the different food groups. A food can turn from a "Go" into a "Whoa" based on the ingredients used. The examples below contain ingredients from the milk products, grains, vegetables and meat groups – some "Go," some "Slow," and some "Whoa." Foods served in restaurants often use "Whoa" ingredients.

Combined Foods	GO	SLOW	WHOA
Pizza	English muffin pizza with low-fat cheese (using ½ English muffin)	Regular or classic veggie pizza: 1 slice from a medium pizza	Deep dish pepperoni pizza: 1 slice from a medium pizza
Pasta	Pasta with tomato sauce and vegetables – 1 cup	Macaroni and cheese – 1 cup	Pasta with sausage – 1 cup

Move More

To keep at a healthy weight, energy in (foods you eat) must balance with energy out (how much you move). Try to get 60 minutes of physical activity every day. Move more, take the stairs, play ball, bike, swim, walk, and find active games you enjoy. Have fun!

For more information, visit the ***We Can!***™ Web site at **http://wecan.nhlbi.nih.gov**. ***We Can!*** is a national education program promoting healthy weight for children from the National Institutes of Health.

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