

Use Go, Slow and Whoa! to eat and drink your way to a healthy body.

GO

Eat or drink these **anytime.**



- Most natural and healthiest choice
- Provide important nutrients
- Examples: apples, black beans and water

SLOW

Eat or drink these **less often.**



- No more than two or three times a week
- These are not as nutritious or healthy
- Examples: applesauce, refried beans, pretzels and 100% fruit juice

WHOA

Eat or drink these **every once in awhile.**



- Two or three times a month or for special occasions, like birthdays
- Least nutritious and healthy
- Can cause high risk for tooth decay
- Examples: apple pie, chips, fries and soda

CookChildren's