

U K 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 1/2 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 1/2 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 1/2 ounces of natural cheese count as 1 cup.			
Meats & Beans Eating 5 1/2 oz. a day will give you the protein, vitamins and minerals you need. Limit meats with added fat. Smart choices include beans (1/4 cup cooked), nuts (1/2 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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