

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.

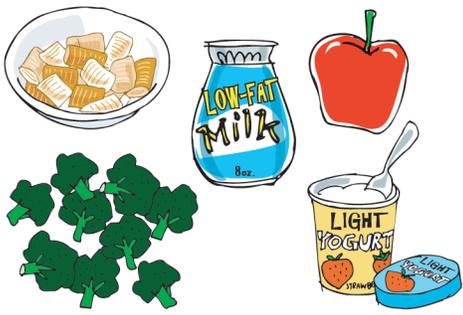
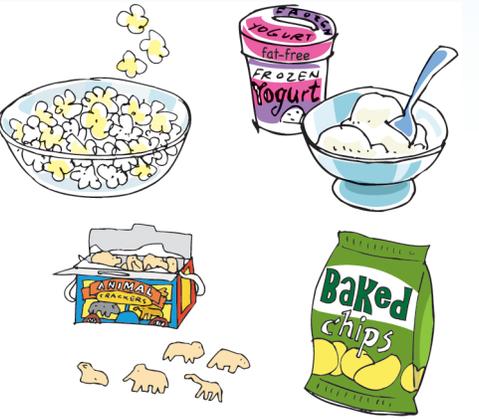
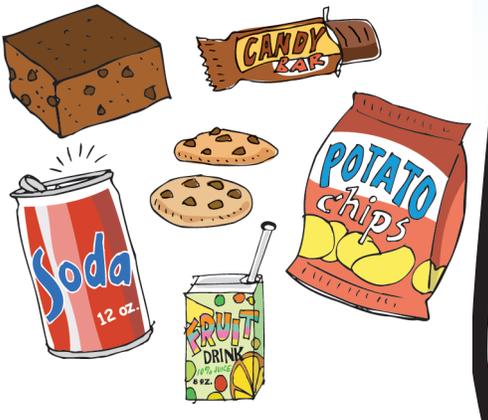
- **“Go”** Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
- **“Slow”** Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
- **“Whoa”** Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, 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.

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	SLOW	WHOA
 <p>For "Go" snacks, select foods from the "Go" column in the food groups section.</p>		

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	 <p>English muffin pizza with low-fat cheese (using ½ English muffin)</p>	 <p>Regular or classic veggie pizza: 1 slice from a medium pizza</p>	 <p>Deep dish pepperoni pizza: 1 slice from a medium pizza</p>
Pasta	 <p>Pasta with tomato sauce and vegetables – 1 cup</p>	 <p>Macaroni and cheese – 1 cup</p>	 <p>Pasta with sausage – 1 cup</p>

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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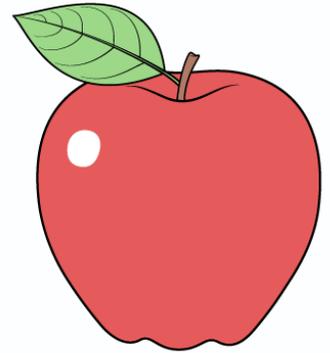
Go, Slow, Whoa Foods Activity

Using U R What U Eat, we are going to ask your participation in an activity that shows illustrations of different foods. There are foods that are good for us, foods that we should be mindful of eating, and foods that we should eat try to avoid, or eat less often and in small quantity.

To help us understand this better, pretend you are stranded on a sinking ship, and the only way to get off is to correctly guess which food group each food belongs to. For example, the pictures on the right are *Go* (apple), *Slow* (peanut butter), and *Whoa* (chips) foods. Guess right, and you get to take one step forward off the ship. Guess wrong, and you must remain where you are. Be the first team to make it off the ship safely and win!

How to Play:

- Split up into 2 teams
- In a sandwich bag, there are pictures of foods that fall into 3 categories; *Go*, *Slow*, or *Whoa*
- Have one team select the youngest member to blindly reach into the bag and take one food item
- Once selected, that person needs to decide if the food is a *Go* Food, a *Slow* Food, or *Whoa* Food
- If successful at choosing, that person can take one step forward
- If unsuccessful, that person will stay put
- To get off the ship, a player must take a total of 10 steps forward
 - i.e. If your first 4 answers are correct, you will have a total of 4 steps. If your next answer is wrong, you will not advance and will still be at 4 steps.
- To win, all members of the team must make it off the ship before the other team does.
 - i.e. All members of a team must take 10 steps



Go Food



Slow Food



Whoa Food



Broccoli

Water

Corn

Apple

Chicken Breast

Baked Potato

Oatmeal

Whole Grain Bread

Salad

Carrots

Banana

Grapes

Strawberries



Apple Juice Box

Grilled Cheese

Eggs

Cheese

Peanut Butter

Plain Pancakes

2% Milk

Mac & Cheese

Boxed Raisins

Canned Pineapples



Hot Dog

Hamburger

Pizza

Potato Chips

Fried Chicken

Bacon

French Fries

Lollipop

Gummi Bears

Hot Cheetos

Pancakes with Syrup

Doughnuts

Blueberry Muffins

Whole Milk

Gatorade

Nachos

Coca Cola



Use the light to eat right