

Go, Slow, and Whoa! A Kid's Guide to Eating Right

Lots of kids want to know which foods to eat to be healthy or lose weight. Most kids don't need to be on diets, but here's something kids **can** do to eat healthier: Learn the difference between Go, Slow, and Whoa foods

Go Foods These are foods that are good to eat almost anytime. They are the healthiest ones. Example: skim and low-fat milk.

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.

Below you'll find a chart of Go, Slow, and Whoa foods. Be sure to show the chart to your mom and dad, too. Then everyone in the family can learn when to say go and when to say whoa!

Food Group	GO	SLOW	WHOA
	(Almost Anytime)	(Sometimes)	(Once in a While)
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat (such as butter) or sauces	All vegetables in added fat or salt	Any vegetable fried in oil, such as French fries or hash browns
		Oven-baked fries	
		Avocados	
Fruits	All fresh and frozen fruits Canned fruits packed in juice	100% fruit juice	Fruits canned in heavy syrup
		Fruits canned in light syrup	
		Dried fruits	
Breads and Cereals	Whole-grain breads, pitas, and tortillas	White bread and pasta that's not whole grain	Doughnuts, muffins, croissants, and sweet rolls
	Whole-grain pasta, brown rice	Taco shells	Sweetened breakfast cereals
	Hot and cold unsweetened whole-grain breakfast cereals	French toast, waffles, and pancakes	Crackers that have hydrogenated oils (trans fats)
		Biscuits	
Granola			
Milk and Milk Products	Skim and 1% milk	2% milk	Whole milk
	Fat-free and low-fat yogurt	Processed cheese spreads	Full-fat cheese
	Part-skim, reduced-fat, and fat-free cheese		Cream cheese
	Low-fat and fat-free cottage cheese		Yogurt made from whole milk
Meats and Other Sources of Protein	Beef and pork that has been trimmed of its fat	Lean ground beef	Beef and pork that hasn't been trimmed of its fat
	Extra-lean ground beef	Broiled hamburgers	Fried hamburgers
	Chicken and turkey without skin	Chicken and turkey with the skin	Fried chicken
	Tuna canned in water	Tuna canned in oil	Bacon
	Fish and shellfish that's been baked, broiled, steamed, or grilled	Ham	Fried fish and shellfish
	Beans, split peas and lentils	Low-fat hot dogs	Chicken nuggets
	Tofu	Canadian bacon	Hot dogs
	Egg whites and substitutes	Peanut butter	Lunch meats
			Pepperoni
		Nuts	Sausage
		Whole eggs cooked without added fat	Ribs
Whole eggs cooked with added fat	Whole eggs cooked with added fat		
Sweets and Snacks	Ice milk bars		Cookies, cakes, and pies

	Frozen fruit-juice bars		Cheesecake
	Low-fat frozen yogurt		Ice cream
	Low-fat ice cream		Chocolate candy
	Fig bars		Chips
	Ginger snaps		
	Baked chips		Buttered microwave popcorn
	Low-fat microwave popcorn		
	Pretzels		
Butter, Ketchup, and Other Stuff That Goes on Food	Ketchup	Low-fat creamy salad dressing	Butter
	Mustard	Low-fat mayonnaise	Margarine
	Fat-free creamy salad dressing	Low-fat sour cream	Lard
	Fat-free mayonnaise		Salt pork
	Fat-free sour cream		Gravy
	Olive oil		Regular creamy salad dressing
	Vegetable oil		Mayonnaise
	Oil-based salad dressing		Tartar sauce
Vinegar	Sour cream		
			Cheese sauce
			Cream sauce
			Cream cheese dips
Drinks	Water	2% milk	Whole milk
	Fat-free and 1% milk	100% fruit juice	Regular soda
	Diet soda	Sports drinks	Sweetened iced teas and lemonade
	Diet and unsweetened iced teas and lemonade		Fruit drinks with less than 100% fruit juice
Source: U.S. National Heart, Lung, and Blood Institute, National Institutes of Health			