

## Using Go, Slow, Whoa and My Plate at Home

Does your child talk about Go, Slow and Whoa foods? The Go, Slow, Whoa program in your child’s school helps them make the healthiest food choices in a fun way. Now it’s time to use it at home. Continuing the Go, Slow, Whoa message at home helps reinforce this simple healthy eating model and message.

Variety and moderation are key to an overall healthy diet for kids and adults alike! My Plate and Go, Slow, Whoa help you eat this way each day, whether eating out, eating in or eating at school. The My Plate visual shows us all an ideal plate. That’s right – half of your plate should be fruits and vegetables! And the Go, Slow, Whoa concept shows kids that there are healthy and less healthy foods in each food group. The healthiest and most nutrient-dense foods are the ‘Go’ foods!



Photos Courtesy of USDA and Team Nutrition

### The Go, Slow, Whoa Spectrum

A variety of foods from all food groups make a healthy diet. Remember to eat the ‘Go’ foods from each group most often. Below are just a few simplified examples of the Go, Slow, Whoa spectrum in each of the five food groups.

			
<b>Fruits</b>	Fresh Peach	Canned Peach (light syrup)	Peach Cobbler
<b>Vegetables</b>	Baked Potato	Oven Baked Fries	French Fries
<b>Grains</b>	Whole Wheat Bread	White Bread	Biscuits
<b>Protein</b>	Grilled Chicken Breast	Roasted Chicken (w/ Skin)	Fried Chicken
<b>Dairy</b>	Skim or Low Fat White Milk	Flavored Milk	Ice Cream

### Go, Slow, Whoa At Home – Easy as 1, 2, 3

1. Eat Smart. Play Hard.™
2. Go for ‘Go’ foods anytime
3. Mix ‘Slow’ Foods with ‘Go’ Foods for Healthy Meals and Snacks

To learn more about My Plate, visit [www.choosemyplate.gov](http://www.choosemyplate.gov). There are a variety of tools to help your family eat well each day. For more information about the Go, Slow, Whoa program in your student’s school feel free to contact Erika Edwards at [eedwards10@cherrycreekschools.org](mailto:eedwards10@cherrycreekschools.org) or by phone at 720-886-7169.



## Go, Slow, Whoa Shopping List

Use the table below to help you grocery shop using the Go, Slow, Whoa concept that your child is learning in school.

Food Group	GO (Almost Anytime Foods)	SLOW (Sometimes Foods)	WHOA (Once in a While Foods)
	Nutrient-Dense		Calorie-Dense
<b>Fruits and Vegetables</b>	All fresh, frozen or canned fruits and vegetables without added sugar or fat, 100% Juice; 100% fruit juice bars/smoothies; dried fruit (such as raisins, figs, dates, apricots, plums); 100% fruit leather	Vegetables with added oil, butter, margarine, or low-fat cheese sauce Baked French fries and hash browns Stir-fried vegetables, garden veggie burger; fruits canned in light syrup; fruits with added sugar; frozen fruit juice bars and smoothies with added sugar	Fried battered vegetables; Fried potatoes; fried French fries; fried hash browns; potato rounds; fruits canned in heavy syrup
<b>Bread/Cereals Pasta and Rice Crackers Chips Cookies/Cake</b>	Whole-grain bread, buns, rolls, bagels, tortillas, pita bread, corn tortillas; whole-grain pasta; brown rice; whole-grain, low-sugar cereals, hot and cold (e.g., toasted oats, shredded wheat, oatmeal, muesli); cracked wheat	White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread; cornbread; low-fat muffins; waffles; pancakes; French toast; pasta made with refined flour; egg noodles; white rice; instant oatmeal; low-sugar cereals made with refined grains	Croissants/ biscuits; sweet rolls; doughnuts; high-fat muffins; instant higher-fat noodle soups; high-sugar cereals made with refined grains—hot and cold;
<b>Milk and Milk Products Cheese</b>	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; fat-free soy milk; non-fat dry milk; fortified rice milk  1 and 2% and whole cottage cheese; nonfat cream cheese; natural low-fat cheese	2 % low-fat milk; 2% soy milk; flavored fat-free (skim/non-fat) or 1% milk; flavored fat-free or 1% soy milk;  Part skim and whole ricotta cheese; low-fat American cheese, cream cheese; string cheese; Swiss cheese	Whole milk(plain or flavored); flavored 2% (reduced-fat) milk; flavored 2% soy milk; milkshakes; whole milk yogurt and yogurt drinks <i>American, Colby, cheddar and regular cream cheese; cheese sauce</i>
<b>Snacks and Beverages</b>	SNACKS: All fresh, frozen or canned fruits and vegetables without added sugar or fat; Low-fat whole-grain crackers; baked tortilla chips; whole grain animal crackers; graham crackers;  BEVERAGES: Water; fat-free milk, or 1 % low-fat milk; unsweetened ice tea	Frozen fruit juice bars and smoothies with added sugar; dried fruit with added sugar; fruit leather with added sugar; sherbet, sorbet; low-fat crackers made with refined grains; tortilla chips; baked potato chips; pretzels; animal crackers made with refined flour; vanilla wafers; low-fat cookies; cereal/fruit bars; low-fat cakes; rice cakes; low-fat granola; fat-free or low-fat yogurt drinks with sugar added*	SNACKS: Regular granola; high-fat crackers; regular potato chips; other chips (e.g., cheese puffs, corn chips; high-fat, high-sugar cookies and cakes  BEVERAGES: regular soda; whole milk; sweetened ice teas and lemonade; fruit drinks with less than 100% juice
<b>Eggs, Fish, Poultry, Meat</b>	Whole egg; egg whites; egg substitute; fish and shellfish—baked, grilled or broiled; tuna canned in water; chicken and turkey without skin (baked, grilled, broiled); lean cuts of beef (round, sirloin and tenderloin roast and steak); 85%-95% lean ground beef; cooked ground beef that has been drained and rinsed; lean cuts of pork(tenderloin, pork chops without fat; low-fat or non-fat luncheon meats(chicken, turkey, ham); venison	Eggs fried in vegetable oil; baked breaded fish, shellfish, and baked fish sticks; tuna canned in oil; chicken and turkey with skin(baked, grilled, or broiled);breaded baked chicken and turkey; baked chicken nuggets; lean ground chicken and turkey; 70%-80% lean ground beef; Lean ham; Canadian bacon; regular luncheon meats (chicken, turkey, ham);low-fat hot dogs; turkey or chicken sausage; turkey pepperoni	Eggs fried in butter, lard, margarine, bacon grease, or salt pork; fried fish, fish sticks and shellfish; fried chicken; fried chicken nuggets; regular cuts of beef (e.g. brisket, chuck roast); regular ground beef; hamburgers more than 70% fat; ribs; higher fat cuts of pork (e.g., pork roast, shoulder, ham ribs; bacon; ham hock; pork skins); hot dogs; pepperoni; sausage; beef jerky; bologna; salami; chorizo; pastrami
<b>Dried Beans and Peas Nuts and Seeds</b>	Pinto, black, red beans without bacon or ham; fat-free refried beans; black-eyed and split peas; garbanzo beans; lentils; hummus; tofu; peanuts; almonds; pecans; walnuts; cashews; pistachios; pumpkin seeds; sunflower seeds; natural peanut butter and other nut butters	Beans with bacon or ham; pork and beans; baked beans; refried beans; falafel Peanut butter and other nut butters with added sugar and fat	
<b>Fats/Condiments</b>	Vinegar; ketchup; mustard; fat-free salad dressing; fat-free mayonnaise; fat-free sour cream	Fat-free / low fat gravy; Vegetable and olive oil, and oil-based salad dressing; soft margarine; low-fat salad dressing and mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular salad dressing; cream cheese dips; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce