

Better Nutrition Every Day

As our fuel, food provides us with the nutrients (vitamins, minerals and other compounds) that our bodies need to function and thrive. Smart food choices can have both immediate and long-lasting health benefits for you and your family.



IT'S NOT
A DIET

IT'S A
LIFESTYLE

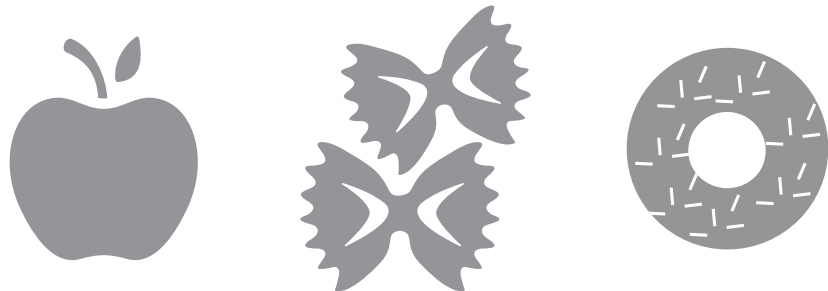
Try the GO, SLOW, WHOA approach to make simple, smart food choices. It can be a lot easier than you may think!

GO Foods - Focus your diet on GO foods. They have lots of nutrients and are low in unhealthy fats, sugar and calories. GO foods include vegetables; fruits; whole-grain cereals, breads and pastas; milk, yogurt and cheese; fat-trimmed and lean meats; fish; beans and water.

SLOW Foods - Eat SLOW foods occasionally. These include non-whole-grain bread, rice and pasta; peanut butter; granola; pretzels and fruit juices.

WHOA Foods - Eat WHOA foods only once in a while — foods like french fries, doughnuts, hot dogs, fried fish and chicken, candy and soda.

Use this method when food shopping so you have great choices available at meal times. Read food labels to ensure that a healthy-sounding option really is healthy. For example, “low-fat” foods aren’t necessarily healthy, as they can be high in sugar and calories. You can also use this method when you are eating at a restaurant or grabbing a meal on the go.



With this handy method, you can easily build healthy eating decisions into your family’s life.