

Name: _____

Family Health Handout

GO, SLOW, WHOA

Benefits of learning GO, SLOW, and WHOA foods:

1. Simple and easy way to recognize healthy food choices.
2. Families learn strategies for making healthy choices.

Farmers Market or Green Cart Shopping List

Get your GO Foods! Choose a variety of fruits and vegetables at your local market!

Family Goal

Goal: List 3 GO foods you will eat each day!

Monday:

- 1.
- 2.
- 3.

Tuesday:

- 1.
- 2.
- 3.

Wednesday:

- 1.
- 2.
- 3.

Thursday:

- 1.
- 2.
- 3.

Friday:

- 1.
- 2.
- 3.

Saturday:

- 1.
- 2.
- 3.

Sunday:

- 1.
- 2.
- 3.

Fact of the Week

Foods that give our bodies important nutrients and are lowest in fat and added sugars—eat almost any time! Foods that are higher in fat, added sugar and calories—eat sometimes. Foods that are the highest in fat and added sugar, and may be low in nutrients—eat only on special occasions.

Health Tip

Replace WHOA foods with GO foods in your home.

Surprising Fact

Regular soda is a WHOA food!

Strategy

If you eat sweets, eat them only once in a while and in small amounts.