Adapted from the "U R What U Eat" chart, developed by **Action for Healthy Kids** and ***We Can!***™; the GO, SLOW, WHOA concept adapted from CATCH©: Coordinated Approach to Child Health, 4th Grade Curriculum, copyright © 2002 by The Regents of the University of California and Flaghouse, Inc. CATCH is a registered trademark of The Regents of the University of California, and licensed by FlagHouse, Inc.

You Are What You Eat

Food supplies the nutrients needed to fuel your body so you can perform your best. GO, SLOW, and WHOA is a simple way to recognize foods that are the smartest choices. In the open boxes of each section below, write a list or paste pictures of additional foods that fit the same category.

Food Groups	GO Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories	SLOW Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories	WHOA Eat once in awhile (Least often) — they are very high in fat and/or added sugar, and are much higher in calories
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.	Apple Bananas	100% fruit juice Raisins	Fruit punch Canned peaches in heavy syrup
Vegetables Adding fat (butter, oils and sauces) to vegetables turns them from GO foods to SLOW or WHOA foods. You need **2½ cups** of vegetables a day. Dark green and orange vegetables are smart choices.	Broccoli Carrots	Mashed potatoes with butter Creamed spinich	Onion rings French fries
Grains Try to make at least half 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.	Oatmeal Whole wheat bread	Corn bread Biscuit	Doughnut Chocolate-chip muffin
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 1½ ounces of natural cheese count as 1 cup.	Fat-free yogurt Fat-free milk	2% sliced cheese 2% milk	Whole milk Cheese
Meats & Beans Eating **5½ ounces** 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 ounce), and lean meats (1 ounce) baked or broiled.	Grilled chicken Black beans	Peanut butter Cooked egg	Hot dog Bacon

The amounts of foods recommended per food group are based on a 2000-calorie diet, the approximate number of calories for most active boys and girls ages 9-13. Source: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.

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