

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

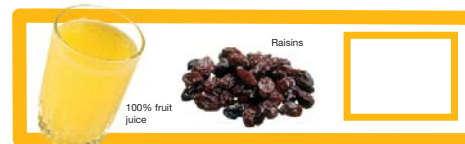
Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories

WHOA

Eat once in awhile (Least often) — they are very high in fat and/or added sugar, and are much higher in calories

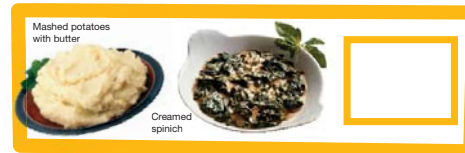
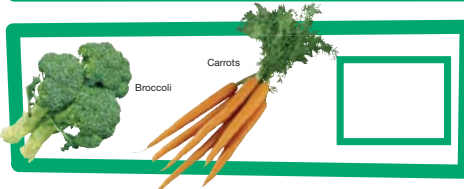
Fruits

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.



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.



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.



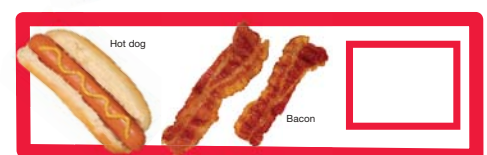
Milk

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.



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 (½ cup cooked), nuts (½ ounce), and lean meats (1 ounce) baked or broiled.



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.

Scholastic.com/wecan

subwaykids.com

wecan.nhlbi.nih.gov

