Is it a GO, SLOW, or WHOA food?

START

1) Does it grow out of the ground?
2) Does it have 1 ingredient?

NO to either 1 or 2

Do you see words like: "whole grain," "lean," "low fat," or "skinless"?

NO

Is it eggs or fish?

NO

Is it one of the following?
High fat meat
Full fat dairy product
Sugary drink or sweets
Fried food

YES

Is it a nut or ground beef?

NO

Does it have added salt, sugar/syrup, oils, cheese or fats?

YES

Is it fried? Served with butter or full fat cheese?

NO

Probably GO food

Probably SLOW food

Probably WHOA food

Follow the path to learn how to make healthier food choices—try to eat more GO foods than SLOW foods, and eat WHOA foods in small amounts.