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 very small amounts.

**Is it a GO, SLOW, or WHOA food?**

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

- **YES**
  - Does it have added salt, sugar/syrup, oils, cheese or fats?
    - **YES**
      - 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
          - **NO**
            - **YES**
              - Is it fried? Served with butter or full fat cheese?
                - **NO**
                  - **YES**
                    - **WHOA** Possibly food
                    - **NO**
                      - **YES**
                        - **GO** Possibly food
                        - **NO**
                          - **SLOW** Possibly food

- **NO** to either 1 or 2
  - **NO**
    - Is it a nut or ground beef?
      - **YES**
        - **GO** Possibly food
      - **NO**
        - **SLOW** Possibly food

**Follow the path**

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