Your Health Matters: Nutritious Eating

Go
Slow
Whoa

Planning a Healthy Plate

4: Healthy Eating
Showtime!

Video

Your Health Matters: Nutritious Eating
GO SLOW WHOA

Use the light to eat right!

GO Foods
“whole foods;” lowest unhealthy fat and added sugars; least processed

SLOW Foods
higher unhealthy fat and added sugars; more processed

WHOA Foods
highest unhealthy fat and added sugars; most processed
GO Foods... Great to eat anytime

Non-Fat Milk
SLOW Foods
Enjoy sometimes / less often
WHOA Foods... Enjoy small portions only on special occasions
Which food is **Go? Slow? Whoa?**

1) White rice  
   - Brown rice  
   - Fried rice

2) Baked potato  
   - Baked potato with butter  
   - Fried French fries

3) Milkshake  
   - Skim milk  
   - Low-fat milk
Pop Quiz!

Which food is
Go? Slow? Whoa?

1) White rice S
   Brown rice G
   Fried rice W

2) Baked potato G
   Baked potato with butter S
   Fried French fries W

3) Milkshake W
   Skim milk G
   Low-fat milk S
Pop Quiz!

Which food is
Go?  Slow?  Whoa?

4) Peach in canned syrup
   Peach pie
   Fresh peach

5) 100% juice
   Fruit-flavored soda
   Fruit smoothie

6) Doughnut
   White bread
   Whole wheat bread
4) Peach in canned syrup **S**
   Peach pie **W**
   Fresh peach **G**

5) 100% juice **G**
   Fruit-flavored soda **W**
   Fruit smoothie **S**

6) Doughnut **W**
   White bread **S**
   Whole wheat bread **G**
Planning a Healthy Plate
Remember the Dietary Guidelines...

Variety
Balance
Moderation
Nutrient Density
Eat 5 or more servings of vegetables and fruits every day.

Include vegetables and fruits at every meal and for snacks.

Eat a variety of vegetables and fruits daily.

Limit fries, chips and other fried vegetable products.

Choose 100% juice if you drink vegetable or fruit juices.
Activity: Build-A-Meal
Challenge!

One day this week, eat only **GO foods**.
Healthy Eating

Key Point Recap

- A healthy diet has more GO foods than SLOW foods, and more SLOW foods than WHOA foods.

- Create your plate with Variety, Balance, Moderation, and Nutrition in mind.

- A Healthy Plate has mostly vegetables, some whole grain, lean meat/fish, fruit and a small amount of unsaturated fat.
Switch to

*The Basic Nutrients*

PowerPoint