



GO-SLOW-WHOA

Healthy Diet = GO Foods > SLOW Foods > WHOA Foods

GO

Eat mostly GO foods

- Whole foods
- Unprocessed or least processed foods
- Lowest in salt (sodium), solid fats (saturated and trans), and/or added sugars

Examples: fruits & vegetables, whole-grain foods, lean meats, beans, & plain (unsweetened) 1% milk

- In between GO foods and WHOA foods
- More nutritious than WHOA foods but shouldn't be eaten as much as GO foods

Examples: plain 2% milk, refined-grain foods, & fruit with added sugars

SLOW

Eat SLOW foods less than GO foods

WHOA

Eat WHOA foods less than GO or SLOW foods

- Ultra-processed foods
- Highest in unhealthy solid fats, added sugars, and/or salt

Examples: candy, cookies, chips, fried foods, ice cream, soft drinks, & sugary cereals