Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.

**GO Foods**
They are the lowest in fat, added sugar and calories.

**SLOW Foods**
They are higher in fat, added sugar and/or calories.

**WHOA Foods**
They are very high in fat and/or added sugar and are much higher in calories.