U R What U Eat!

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

EAT ALMOST ANYTIME (MOST OFTEN)
They are the lowest in fat, added sugar and calories.

SLOW Foods

EAT SOMETIMES (LESS OFTEN)
They are higher in fat, added sugar and/or calories.

WHOA Foods

EAT ONCE IN A WHILE (LEAST OFTEN)
They are very high in fat and/or added sugar and are much higher in calories.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider and employer.