

go, slow, and whoa!

An activity to guide parents to make healthy food choices for their family.



<http://wecan.nhlbi.nih.gov>

Use these **We Can!** flashcards with parents, caregivers and children to help them think in terms of GO, SLOW, and WHOA when making food choices.

go Foods lowest in fat and sugar, low in calories and great to eat anytime.

slow Foods higher in fat, added sugar, and calories. These should only be eaten sometimes/less often.

whoa Foods highest in fat and added sugar and high in calories. These should only be eaten once in a while and in small portions.

You can download the flashcards in a PDF or PowerPoint format, to show as slides, print and/or hand out.

NOTE: A low-cost way to use these flashcards is to print them out and insert them into a three-ring binder. You may wish to purchase clear plastic sleeves, and using one sleeve per "question," slide the food photo into the front, and the answer onto the back side of the page. Then, as you show each food photo to parents, caregivers or children, first let them try to guess if it is a "GO," "SLOW," or "WHOA" food. Once they've guessed, you can flip "up" the answer to show them if they're correct.

- You may also want to talk about how foods are prepared and how that can impact whether a food is GO, SLOW, or WHOA.
 - For example, oatmeal with no sugar added is a GO food. But if you make the oatmeal with 2% milk, it becomes a SLOW food.
 - A peanut butter and jelly sandwich on white bread is a WHOA food, but if you use whole-grain bread, sugar free jelly and low-fat peanut butter, it becomes a SLOW food.
 - Corn without butter is a GO food, but add butter and it becomes a SLOW food.

NOTE: This activity is designed to help people think about the categories of foods they choose to eat and does not focus on serving and portion sizes, which are also important for making healthy choices.



Asparagus

go!



Tomato

go!



Carrots

go!



Mushrooms

go!



Banana

go!



Pineapple

go!



Mango

go!



Regular soda

whoa!



100% fruit juice

slow!



2 percent low-fat milk

slow!



Frozen 100% fruit juice bars

slow!



Banana split

whoa!



Whole egg cooked with no fat

slow!



Macaroni and cheese

slow!



Mixed nuts

slow!



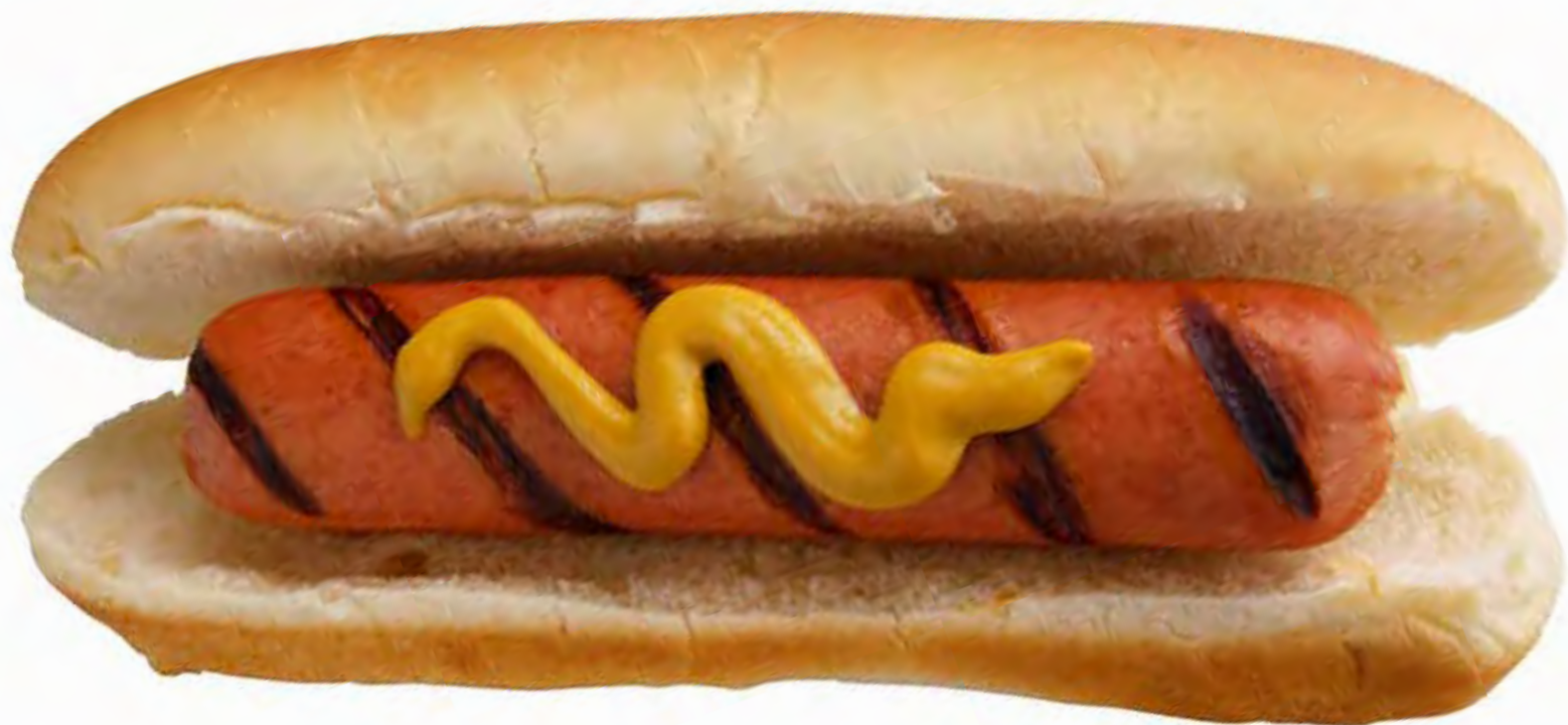
Chicken wings

whoa!



Hamburger

whoa!



Hot dog

whoa!



French fries

whoa!



Onion rings

whoa!



Chocolate snack bar

whoa!



Chocolate chip muffin

whoa!



Biscuit

slow!



Oatmeal with no sugar added

go!



Whole-grain bread

go!



Peanut butter and jelly sandwich on white bread

whoa!



Whole wheat pasta with tomato sauce

go!



Swiss cheese

whoa!



Pork rinds

whoa!



Tortilla chips

whoa!



Whole wheat Tortilla

go!



Tamales

slow!



Corn with no butter

go!



Collard greens cooked without fat

go!



Flan

whoa!



Cornbread

slow!



Pumpkin pie

whoa!



Hot sauce

go!



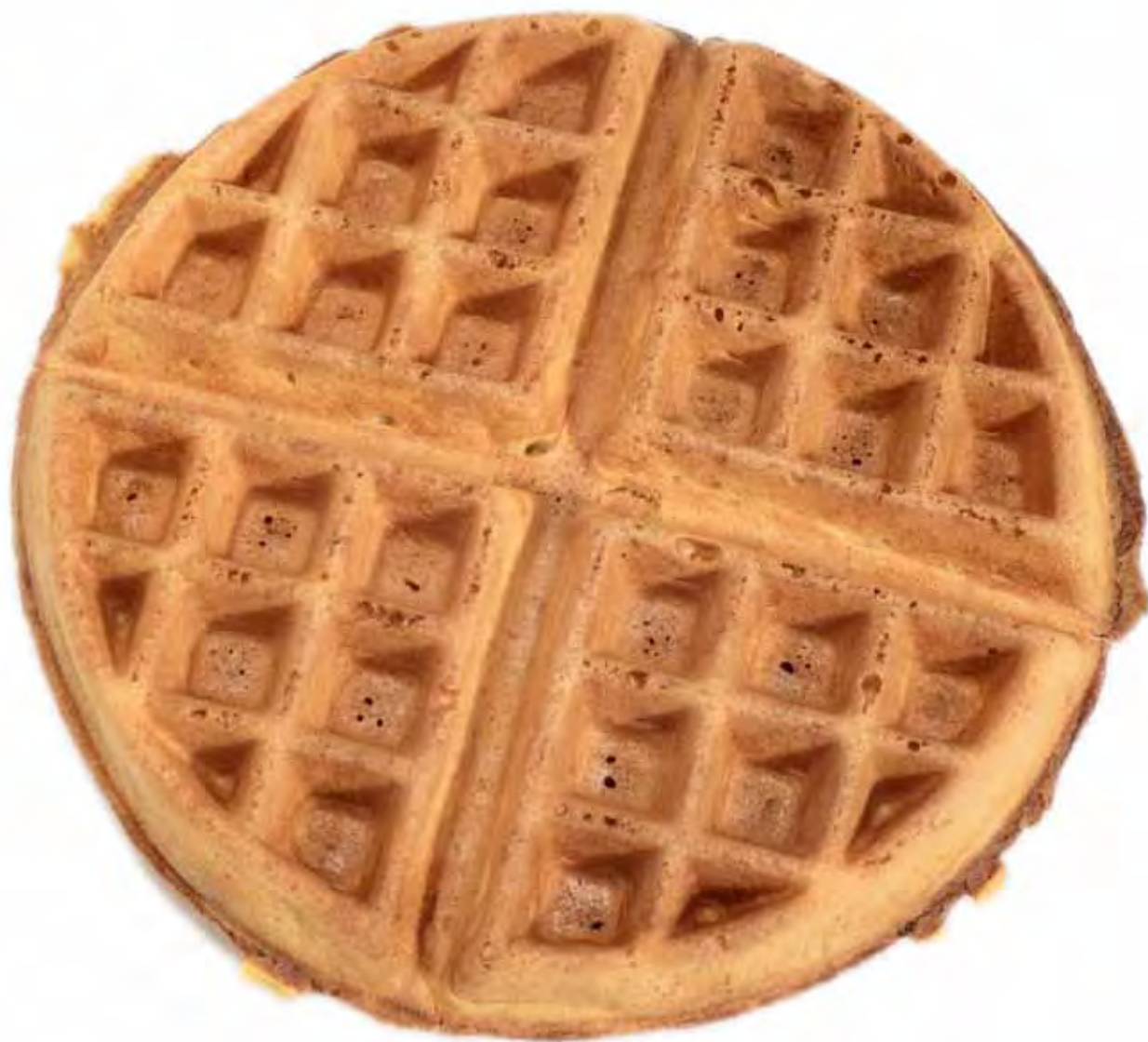
Black eyed peas

go!



Baked salmon

go!



Waffle

slow!



Low-fat yogurt

go!



Black beans

go!



Sausage

whoa!



Low-fat microwave popcorn

slow!



Pizza with veggies

slow!



Trimmed lean beef

go!



Avocado

slow!