The 5 Food Groups: Make Healthy Choices

Some foods are more healthy for our body than others. Use the chart below to choose the best options.

**GO Foods**
- *Eat everyday* - Foods that have a lot of nutrients to keep you healthy.

**SLOW Foods**
- *Eat sometimes* - Foods with less nutrients and more added sugar, sodium, or fat.

**WHOA Foods**
- *Eat once in a while* - Foods very high in calories, fat, added sugar, or sodium.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
<th>Grains</th>
<th>Protein</th>
<th>Dairy</th>
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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.