

# Fruit & Vegetables: Make Healthy Choices

Some fruit & vegetables are more healthy for our bodies than others.  
Use the chart below to choose the best options.

- GO Foods** ➡ **Eat everyday** - Foods that have a lot of vitamins & minerals to keep you healthy.
- SLOW Foods** ➡ **Eat sometimes** - Foods with less nutrients and more added sugar, salt, or fat.
- WHOA Foods** ➡ **Eat once in a while** - Foods very high in calories, fat, added sugar, or sodium.

	Vegetables	Fruits
GO		
SLOW		
WHOA		