

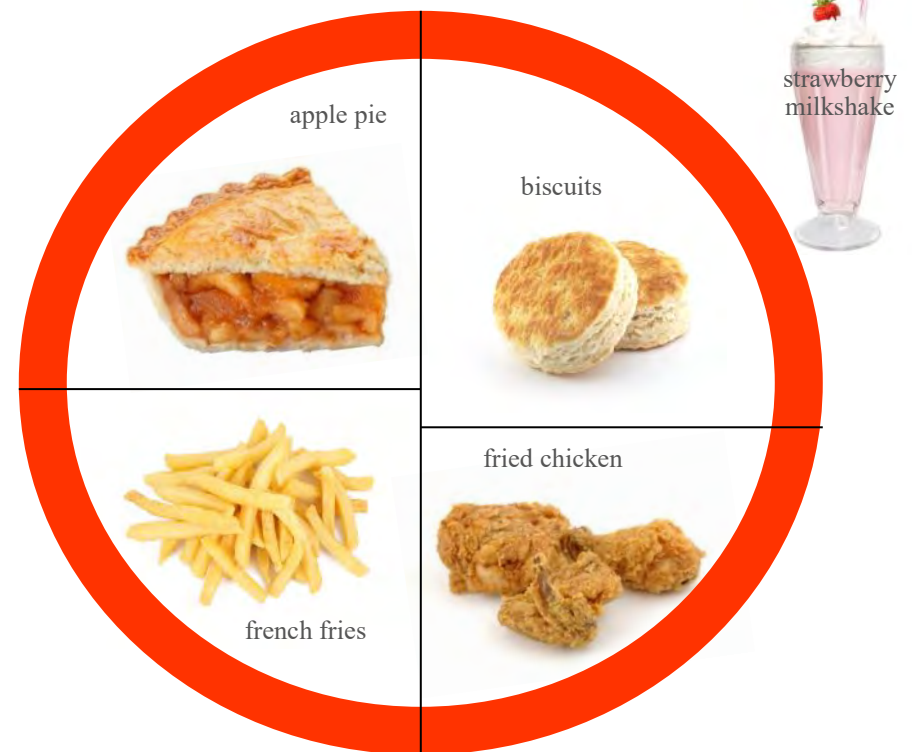
Is your plate a GO plate or a WHOA plate?



379 calories, 4 grams fat

GO Foods: Eat everyday

Foods that have a lot of nutrients to keep you healthy



1338 calories 56 grams fat

WHOA Foods: Eat once in awhile

Foods that are very high in calories, fat, added sugar, and sodium.