

The 5 Food Groups: Make Healthy Choices Using Go-Slow-Whoa

GO → **Eat everyday** - Foods that are in their most natural form and provide the body with healthy nutrients.

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

WHOA → **Eat once in a while** - Foods that have few nutrients and are high in fat, added sugar, or salt.

	vegetables	fruits	grains	protein	dairy
GO				<p>Tofu</p>	
SLOW		<p>In Light Syrup</p>			
WHOA		<p>In Heavy Syrup</p>		<p>Fried Chicken</p>	