

Is it a **GO**, **SLOW**, or **WHOA** food?

**START**

- 1) Does it grow out of the ground?
- 2) Does it have 1 ingredient?

Follow the path to learn how to make healthier food choices—try to eat more GO foods than SLOW foods, and eat WHOA foods in small amounts.

**NO**  
to either  
1 or 2

Do you see words like:  
“whole grain,” “lean,”  
“low fat,” or “skinless”?

**YES**  
to both

**NO**

Does it have added  
salt, sugar/syrup,  
oils, cheese or fats?

Is it eggs or fish?

**YES**

**NO**

**NO**

**YES**

Does it have  
added salt,  
sugar/syrup,  
oils, cheese  
or fats?

**NO**

Is it one  
of the following?  
High fat meat  
Full fat dairy product  
Sugary drink or sweets  
Fried food

**NO**

Is it a nut or  
ground beef?

**YES**

Is it fried?  
Served with butter  
or full fat cheese?

**YES**

**NO**

**NO**



**CATCH**

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Probably  
**GO**  
food



Probably  
**SLOW**  
food



Probably  
**WHOA**  
food

