

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

