



## GO and SLOW Foods

- Today we spoke with your child about how food is the fuel that makes our bodies go.
- There are many different foods we can use to fuel our bodies. To make it simple to choose healthy foods, we spoke about the difference between GO foods and SLOW foods.

What are GO foods?	What are SLOW foods
 <ul style="list-style-type: none"> <li>○ Foods to eat most of the time</li> <li>○ Provide your body with energy and nutrients that help your body go</li> <li>○ Usually natural foods that aren't very processed</li> </ul>	 <ul style="list-style-type: none"> <li>○ Foods to eat in moderation or on special occasions</li> <li>○ Provide a quick burst of energy but then slow you down</li> <li>○ Usually high in fat, sugar and/or salt and are very processed</li> </ul>



**GO foods to eat regularly**



**SLOW foods to limit and eat in moderation**

Here's a breakfast recipe that features GO foods!

### Peanut Buttery Oatmeal

#### **Ingredients:**

- 1½ cups cooked steel cut oats
- ½ measuring cup nut butter
- 2 tbsp milk
- ¼ cup honey
- Apple slices

**Directions:** Mix nut butter, milk & honey. Combine with oatmeal & stir well.

Spoon into 12 bowls & add apple slices to each bowl.

