

Go Foods and Slow Foods

Today we spoke with your child practiced making healthy food choices by packing a healthy lunch. We reminded them about the difference between **GO** foods and **SLOW** foods. You can reinforce the lesson by asking your child to show you what **GO** foods he/she is eating during meals at home. Let your child help with meal planning and cooking by helping to choose **GO** foods to include in the meal.



What are Go foods?

Provide your body with energy and nutrients that help your body “go”!

Usually natural or minimally processed foods.

Examples include fruit, vegetables, whole grains, lean meats, nuts, beans, seeds, milk, yogurt.

Choose GO foods at every meal

What are Slow foods?

Provide a quick burst of energy but then “slow” you down.

Usually high in fat, sugar, and/or salt and are very processed.

Examples include candy, cookies, soda, French fries, ice cream and chips.

Limit SLOW foods and eat in moderation

Here’s a healthy, easy lunch recipe your child can make that features **GO** foods. Try dressing it up with other vegetables you enjoy like shredded carrots, bean sprouts, or bell peppers!

Whole Wheat Wrap with Tuna and Vegetables

- One whole wheat tortilla
- 1 – 2 leaves of lettuce
- 3 oz tuna (1/2 of a can)
- 1/3 of a cucumber skinned and sliced
- 2 Tablespoons shredded low-fat mozzarella cheese
- Pepper, dill, thyme, basil (optional)

Layer vegetables on top of tortilla. Top with tuna. Roll and enjoy!

