

Almonds - Go Food

Protein Food Group

Almonds are a good source of Protein, Vitamin E, Fiber and Healthy fats.

Protein helps build muscles and repair body tissues.

Vitamin E is an antioxidant that helps protect cell membranes and keeps your skin and heart healthy.

The healthy fats in almonds may help lower cholesterol and protect your heart.

Apple - Go Food

Fruit Food Group

Apples contain Vitamin C, Fiber and Minerals

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Apple Pie – Slow Food

No food group – these are discretionary calories, “once in a while food”

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much slow food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system. May be high in unhealthy fat, which is bad for your heart.

Asparagus – Go Food

Vegetable Food Group

Asparagus is an excellent source of Vitamin K, Fiber, Vitamin A, Vitamin C, Folate, Vitamin E, and Iron, and other minerals.

Vitamin K helps our bodies form blood clots at the site of a cut.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Vitamin A is an antioxidant and promotes healthy vision and skin.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Folate is important for healthy growth and cell division, including red blood cells.

Vitamin E is an antioxidant and helps protects cell membranes and keep your skin and heart healthy.

Iron helps carry oxygen throughout your body, which leads to proper growth and good health.

Avocado - Go Food

Fruit Food Group

Avocados are an excellent source of Vitamin K, Vitamin E, Folate, Fiber, and Omega-3 fatty acids

Vitamin K helps our bodies form blood clots at the site of a cut.

Vitamin E helps protect cell membranes and keeps your skin and heart healthy

Folate is important for healthy growth and cell division, including red blood cells.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Omega-3 fatty acids reduce inflammation and protect your heart.

Bananas - Go Food

Fruit Food Group

Bananas contain Potassium.

Potassium is an electrolyte that helps keep our heart and muscles healthy.

Electrolytes are salts and minerals that can conduct electrical impulses in the body. They control the fluid balance of the body and are important in muscle contraction, energy generation, and almost every major biochemical reaction in the body.

Beans - Go Food

Protein Food Group

Beans are a good source of Lean protein and Fiber.

Lean protein helps build muscles and repair body tissues.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Blueberries - Go Food

Fruit Food Group

Blueberries are a great source of Antioxidants, Vitamin C, and Vitamin K

Antioxidants protect our cells from damage and keep them healthy. The antioxidants in blueberries are particularly good for your heart and brain.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Vitamin K helps our bodies form blood clots at the site of a cut.

Blackberries – Go Food

Fruit Food Group

Blackberries are a great source of Fiber, Vitamin C, Vitamin K, and Minerals.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Vitamin K helps our bodies form blood clots at the site of a cut.

Broccoli - Go Food

Vegetable Food Group

Broccoli is rich in Fiber, Calcium, and Vitamin C and Vitamin K

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Calcium helps build strong bones and teeth.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Vitamin K helps our bodies form blood clots at the site of a cut.

Candy - Slow Food

No food group – these are discretionary calories “once in a while foods”

Usually contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

May be high in unhealthy fat, which can be bad for your heart.

Capri Sun Super V Fruit Punch – Slow Food

No Food Group - Fruit Juice Wanna Be – these are discretionary calories “once in a while foods”

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much Slow Food will slow you down!

Cantaloupe – Go Food

Fruit Food Group

Cantaloupe is an excellent source of Vitamin A, Vitamin C, Folate, Potassium, and Minerals.

Vitamin A is an antioxidant and promotes healthy vision and skin.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Folate is important for healthy growth and cell division, including red blood cells.

Potassium is an electrolyte that helps keep our heart and muscles healthy

Carrots - Go Food

Vegetable Food Group

Carrots are an excellent source of Fiber and Vitamin A

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Vitamin A is and antioxidant and promotes healthy vision and skin.

Celery - Go Food

Vegetable Food Group

Celery is an excellent source of Fiber, Vitamin K, and Vitamin A.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Vitamin K helps our bodies form blood clots at the site of a cut.

Vitamin A is an antioxidant and promotes healthy vision and skin.

Cereal with Fresh Fruit –Go Food or Slow Food depending on the cereal

Grains, Dairy and Fruit food group

Fresh fruit is a Go Food full of Fiber, Vitamins and Minerals.

Cereal can be a Go Food if it has 9 grams or less of sugar and 3 grams or more of fiber per serving.

Milk is a Go Food that is full of Calcium and Protein.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Calcium helps build strong bones and teeth.

Protein helps build muscles and repair body tissues.

Cheese - Go Food

Dairy Food Group

Cheese is a good source of Calcium and Protein.

Calcium helps build strong bones and teeth.

Protein helps build muscles and repair body tissues.

Cheeseburger – Go Food (lean meat) or Slow Food (Regular meat) depending on how prepared

Protein, Dairy and Grain Food Group

Hamburger - Protein food group

Hamburger meat has Saturated fat. Lean hamburger meat is the better choice. It is a good source of Protein and Iron, Potassium and Zinc

Can be eaten occasionally but eating too much Slow Food will slow you down!

Usually high in unhealthy (saturated) fat, which could be bad for your heart.

White Bun - Grain food group

White bread is usually lower in Fiber than whole grain. Whole grain bread would be a healthier choice

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Cheese – Dairy food group

Cheese is a good source of Calcium and Protein.

Calcium helps build strong bones and teeth.

Protein helps build muscles and repair body tissues.

Cheese and Whole Grain Crackers - Go Food

Cheese - Dairy Food Group

Cheese is a good source of Calcium and Protein,
Calcium helps build strong bones and teeth.

Protein helps build muscles and repair body tissues.

Whole grain crackers are a good source of Carbohydrates and Fiber
Carbohydrates provide energy.

Fiber promotes good digestion, regulates blood sugar, and keeps you full.

Cheetos – Slow Food

No food group – these are discretionary calories “once in a while food”

Contains no nutritional value (minimal vitamins and minerals). Should be consumed only occasionally. Eating too much Slow Food will slow you down!

High in salt which can lead to high blood pressure, heart disease and stroke.

High in unhealthy fats, can be bad for your heart.

Cherries – Go Food

Fruit Food Group

Contains Vitamin C and Antioxidants

Antioxidants, which protect our cells from damage and keep them healthy.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Chicken & Bean Wrap – Go Food

Chicken – Go Food

Protein Food Group

Chicken (and turkey) are excellent sources of Lean Protein. Protein helps build muscles and repair body tissues.

Beans –Go Food

Protein Food Group

Beans are an excellent source of Fiber and Protein.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Protein helps build muscles and repair body tissues.

Chicken – Whole Roasted Chicken with skin removed– Go Food

Protein Food Group

Roasted chicken without the skin is an excellent source of lean protein, The skin contains unhealthy fat. It also may have been basted in additional fat in the roasting process.

Therefore it is best to remove the skin before eating.

Lean protein helps build muscles and repair body tissues

Chicken, Fried – Slow Food

Protein Food Group

High in Unhealthy fats from being fried.

Unhealthy fats, (saturated fats) can be bad for your heart.

Chocolate Bar – Slow Food

No food group – these are discretionary calories “once in a while food”

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

High in unhealthy fats, which can be bad for your heart.

Cookies– Slow Food

No food group – these are discretionary calories “once in a while food”

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

Usually high in unhealthy fats, which can be bad for your heart.

Crackers – Go Food

Grain Food Group

Crackers contain Carbohydrates which are a good source of energy. Crackers made from white (enriched) flour are usually lower in fiber than crackers made with whole wheat flour. 100% whole grains crackers are a Go Food.

Carbohydrates provide energy.

Fiber promotes healthy digestion, regulates blood sugar, and helps you feel full.

Cupcake – Slow Food

No food group – these are discretionary calories “once in a while food”

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

High in unhealthy fats, which can be bad for your heart.

Doughnut – Slow Food

No food group – these are discretionary calories “once in a while food”

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

High in unhealthy fats, which can be bad for your heart.

Eggplant - Go Food

Vegetable Food Group

Eggplant contains Fiber and Potassium.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Potassium is an electrolyte that helps keep our heart and muscles healthy.

Electrolytes are salts and minerals that can conduct electrical impulses in the body. They control the fluid balance of the body and are important in muscle contraction, energy generation, and almost every major biochemical reaction in the body.

Eggs - Go Food

Protein Food Group

Eggs are a great source of protein.

Protein helps build muscles and repair body tissues.

Fish – Go Food

Protein Food Group

Fish is a great source of Protein and Omega 3 Fats

Lean protein helps build muscles and repair body tissues.

Omega-3 fatty acids reduce inflammation and protect your heart.

Fish ‘n’ “Chips” - Slow Food

Fish - Protein Group

Because the fish is fried, it will have additional fats, usually unhealthy fats and salt.

High in unhealthy fats, which can be bad for your heart.

High in salt, which can lead to high blood pressure, heart disease and stroke.

“Chips” - No food group – these are discretionary calories “once in a while food”

High in salt, which can lead to high blood pressure, heart disease and stroke.

High in unhealthy fats, which can be bad for your heart.

French Fries – Slow Food

No food group – these are discretionary calories “once in a while food”

Can be eaten occasionally but eating too much Slow Food will slow you down!

High in salt, which can lead to high blood pressure, heart disease and stroke.

High in unhealthy fats, which can be bad for your heart.

Froot Loops – Slow Food

No food group - Fruit Wanna Be – These have no real fruit in them

Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

Fruit Roll Ups – Slow Food

Fruit Wanna Be – These have little real fruit in them

Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

Fruit Smoothie –Go Food or Slow Food depending on how it is made

Go Food - If made with some combination of fresh fruit, 100% juice, and/or water, plain yogurt, low fat milk, providing Fiber, Vitamins, Minerals, and possibly Protein and Calcium if milk or yogurt is used.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Protein helps build muscles and repair body tissues.

Calcium helps build strong bones and teeth.

Slow Food - If made with ice cream, added sugar, or syrups, it is full of Sugar and Unhealthy fats.

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

High in unhealthy fats, which can be bad for your heart.

Garlic - Go food

Vegetable food Group

Garlic contains many antioxidants.

Antioxidants protect our cells from damage and keep them healthy.

Grapes – Go Food

Fruit Food Group

Grapes contain Vitamin C, Vitamin K, Minerals, and Phytochemicals that are good for your heart.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Vitamin K helps our bodies form blood clots at the site of a cut.

Phytochemicals are compounds found in plants that are thought to reduce disease

Gummy Bears – Slow Food

No food group – these are discretionary calories “once in a while food”

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much slow food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

Ham and Vegetable Whole Wheat Tortilla Wrap or Whole Wheat Sandwich – Go Food/Slow Food depending on if lean ham is used

Regular Ham - Slow food/Lean Ham – Go Food – ham can be high in saturated fats and should be eaten in moderation

Protein Food group

Regular Ham is high in saturated fat and salt.

High in salt, which can lead to high blood pressure, heart disease and stroke.

High in unhealthy fat, which can be bad for your heart.

Lettuce - Go Food

Vegetable food group

Lettuce is a good source of Fiber, Folate, Vitamin A, and Vitamin K.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Folate is important for healthy growth and cell division, including red blood cells.

Vitamin A promotes healthy vision and skin.

Vitamin K helps our bodies form blood clots at the site of a cut

Tomato - Go Food

Vegetable food group

Tomatoes contain Vitamin C and Antioxidants.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Antioxidants protect our cells from damage and keep them healthy

Carrot - Go Food

Vegetable food group

Carrots are an excellent source of Vitamin A

Vitamin A promotes healthy vision and skin.

Cheese – Go Food

Dairy food group

Cheese is a good source of Calcium and Protein.

Calcium helps build strong bones and teeth.

Protein helps build muscles and repair body tissues.

Whole Wheat Tortilla or Whole Grain Bread - Go Food

Grain food group,

Whole wheat tortillas are an excellent source of carbohydrates and fiber.

Carbohydrates provide energy.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Hamburger – Go Food or Slow Food depending on the meat

Protein food group

Hamburger meat has Saturated fat. Lean hamburger meat is a better choice which is a good source of protein and minerals (iron, potassium, zinc).

Can be eaten occasionally but eating too much slow food will slow you down!

Usually high in unhealthy (saturated) fat, which could be bad for your heart.

White Bun –Go Food/Slow Food dependent on how it is processed

Grain food group

White bread is often processed with much of fiber removed but may be fortified with vitamins and minerals.

Whole grain bread would be a healthier choice.

Lettuce - Go food

Vegetable food group

Lettuce is a good source of Fiber, Folate, Vitamin A, and Vitamin K.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Folate is important for healthy growth and cell division, including red blood cells.

Vitamin A promotes healthy vision and skin.

Vitamin K helps our bodies form blood clots at the site of a cut.

Tomato - Go Food

Vegetable food group (technically a fruit but labeled as a vegetable)

Tomatoes contain Vitamin C and Antioxidants.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Antioxidants protect our cells from damage and keep them healthy

Hot Dog with Bun – Slow Food

Hot Dogs can be eaten occasionally but eating too much slow food will slow you down!

Protein food group

Hotdogs can be high in unhealthy (saturated fat) fat and sodium.

Hot dogs contain some protein.

Protein helps build muscles and repair body tissues.

High amounts of fat can be bad for your heart.

High amounts of sodium can lead to high blood pressure, heart disease and stroke.

White Bun –Slow food/Go Food dependent on how it is processed

Grain food group

White bread is often processed with much of fiber removed but may be fortified with vitamins and minerals.

Whole grain bread would be a healthier choice.

Ice Cream Cone – Slow Food

No food group – these are discretionary calories “once in a while food”

Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

High in unhealthy fat, which can be bad for your heart

Ice Cream Sundae – Slow Food

No food group – these are discretionary calories

Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

High in unhealthy fat, which can be bad for your heart.

Lettuce - Go Food

Vegetable Food Group

Good source of Fiber, Folate, Vitamin A, and Vitamin K.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Folate is important for healthy growth and cell division, including red blood cells.

Vitamin A promotes healthy vision and skin.

Vitamin K helps our bodies form blood clots when we get a cut.

Mango - Go Food

Fruit Food Group

Mangos are a great source of Fiber, Antioxidants, Vitamin A, Vitamin C, and Minerals

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Antioxidants protect our cells from damage and keep them healthy.

Vitamin A is an antioxidant and promotes healthy vision and skin.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Milk – Go Food

Dairy Food Group

Milk is a good source of calcium and protein.

Calcium helps build strong bones and teeth.

Protein helps build muscles and repair body tissues.

Milk Shake – Slow Food

No food group – these are discretionary calories “once in a while food”

Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

High in unhealthy fat, which can be bad for your heart.

MyPlate

Chicken – Go Food

Protein Food Group

Chicken without the skin is an excellent source of Lean protein.

Lean protein helps build muscles and repair body tissues.

Carrots – Go Food

Vegetable Food Group

Carrots are an excellent source of Fiber and Vitamin A

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Vitamin A is an antioxidant and promotes healthy vision and skin.

Grapes – Go Food

Fruit Food Group

Grapes contain Vitamin C, Vitamin K, Minerals, and Phytochemicals that are good for your heart.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Vitamin K helps our bodies form blood clots at the site of a cut.

Phytochemicals are compounds found in plants that are thought to reduce disease

Brown Rice – Go Food

Grain Food Group

Brown rice is a whole grain, high in Carbohydrates, Minerals, and Fiber.

Carbohydrates are a good source of energy.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Nuts - Go Food

Protein Food Group

Nuts are a good source of Protein, Fiber, Vitamin E, and Healthy fats.

Protein helps build muscles and repair body tissues.

Vitamin E is an antioxidant and helps protects cell membranes and keep your skin and heart healthy..

The healthy fats in nuts may help lower cholesterol and protect your heart.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Oatmeal - Go Food

Grain Food Group

Oatmeal is a whole grain that is full of Carbohydrates, Iron, Minerals, and Fiber.

Carbohydrates provide energy.

Iron helps carry oxygen throughout your body, which leads to proper growth and good health.

Fiber promotes healthy digestion, regulates blood sugar, and helps you feel full.

Orange - Go Food

Fruit Food Group

Oranges are an excellent source of Vitamin C and Fiber

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Fiber promotes healthy digestion, regulates blood sugar, and helps you feel full.

Pasta and Pesto sauce – Go Food

Pasta - Grain Food Group

White Pasta is processed with most of the fiber removed but often fortified with vitamins and minerals

Whole grain pasta is a better choice

Whole grain pasta has Carbohydrates, Folate, Vitamins, Iron, and other Minerals

Carbohydrates provide energy.

Folate is important for healthy growth and cell division, including red blood cells.

Iron helps carry oxygen throughout your body, which leads to proper growth and good health.

Pesto Sauce (Olive Oil, Garlic, and Basil) – Go Food

Pesto Sauce is high in fat, (unsaturated fat)

Garlic contains many antioxidants.

Antioxidants protect our cells from damage and keep them healthy.

Unsaturated fats are healthier fats and should be eaten in moderation

Basil –Go Food

Vegetable Food Group

Basil is a good source of Vitamin A and Vitamin K

Vitamin A is an antioxidant and promotes healthy vision and skin.

Vitamin K helps our bodies form blood clots at the site of a cut.

Pasta and tomato sauce – Go Food/Slow Food

Pasta - Grain Food Group

Pasta contains Carbohydrates, which are a good source of energy.

White Pasta is processed with most of the fiber removed but often fortified with vitamins and minerals

Whole grain pasta is a better choice

Fiber promotes healthy digestion, regulates blood sugar, and helps you feel full.

Tomato Sauce – Go Food

Vegetable Food Group

Tomatoes contain Vitamin C and Antioxidants

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Antioxidants protect our cells from damage and keep them healthy.

Peach - Go Food

Fruit Food Group

Peaches contain Fiber, Vitamin A, Vitamin C, and Minerals.

Fiber helps promote a healthy digestive tract, regulates blood sugar, and helps one feel full.

Vitamin A is an antioxidant and promotes healthy vision and skin.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Peas - Go Food

Vegetable Food Group

Peas are an excellent source of Fiber, Vitamin C and Vitamin K

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Vitamin K helps our bodies form blood clots when we get a cut.

Fiber promotes healthy digestion, regulates blood sugar, and helps you feel full.

Pear- Go Food

Fruit Food Group

Pears contain Fiber and Vitamin C

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Pickles - Mostly a Go Food

Vegetable Food Group

Cucumbers are brined to make pickles. The brine contains sodium.

Pickles are a source of Sodium, and Vitamin K

Sodium can lead to high blood pressure, heart disease and stroke

Vitamin K helps our bodies form blood clots at the site of a cut

Pirate's Veggie Booty – Slow Food

Healthy Snack Wanna Be - advertised as a veggie snack, a very small amount of fiber, no vitamins, and a very tiny amount of iron. It contains a very small amount of protein, 5 grams of fat and 90 mg of sodium in a 1 ounce serving

Although the packaging indicates that it is a healthy snack, it probably should be eaten similar to a Slow Food

Can be eaten occasionally but eating too much Slow Food will slow you down!

Pizza - Pepperoni Pizza – Slow Food

Grain, dairy, protein food group

High in salt, which can lead to high blood pressure and heart disease.

High in unhealthy fat, which is bad for your heart.

Pizza made with whole wheat crust and lots of veggies would be a Go Food.

Pizza - Vegetable Pizza with Whole Wheat Crust – Go Food

Grain, dairy and vegetable food group

Whole wheat and vegetables are full of Fiber, Vitamins and Minerals.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Plums – Go Food

Fruit Food Group

Plums are a good source of Vitamin C.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Potato - Go Food

Vegetable Food Group (Starchy Vegetable)

Potatoes are high in Potassium, Vitamin C, Folate and Fiber.

Potassium is important for a healthy heart, fluid balance, and for sending nerve impulses.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Folate is important for healthy growth and cell division, including red blood cells.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Potatoes - Mashed Potatoes - Go Food

Vegetable Food Group (Starchy Vegetable)

Avoid preparing mashed potatoes with lots of butter and cream-- this would make them a Slow Food

Potatoes are high in Potassium, Vitamin C, Folate and Fiber.

Potassium is important for a healthy heart, fluid balance, and for sending nerve impulses.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Folate is important for healthy growth and cell division, including red blood cells.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Baked Potatoes – Go Food

Vegetable Food Group (Starchy Vegetable)

Avoid preparing baked potatoes with lots of butter and sour cream - this would make them a Slow Food.

Potatoes are high in Potassium, Vitamin C, Folate and Fiber.

Potassium is important for a healthy heart, fluid balance, and for sending nerve impulses.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Folate is important for healthy growth and cell division, including red blood cells.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Powerade – Slow Food

No Food Group

Although Powerade is advertised as an advanced electrolyte sports drink and does contain some vitamins and minerals, it also contains a significant amount of sugar.

Therefore it is more similar to a Slow Food beverage

This is a “once in a while” drink.

Drinking and eating too much Slow Food will slow you down!

Propel Zero – Neither a Go Food or a Slow Food

This is a “once in a while” drink because of artificial additives

Fortified with Vitamins and Minerals including sodium

Water is the better choice

Sodium can lead to high blood pressure, heart disease and stroke

Raisins – Go Good

Fruit Food Group

Raisins are a good source of Carbohydrates, Fiber, Potassium and Minerals

Carbohydrates are a good source of energy.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full

Potassium is important for a healthy heart, fluid balance, and for sending nerve impulses.

Dried Fruits like raisins are high in natural sugar. Therefore it is best to eat them in small amounts.

Red Beans and Rice Tortilla Wrap - Go Food

Red Beans - Protein Food Group

Red Beans are an excellent source of Lean Protein, Iron, and Fiber.

Lean protein helps build muscles and repair body tissues.

Iron helps carry oxygen throughout your body, which leads to proper growth and good health.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

White rice - Grain Food Group

White rice is high in Carbohydrates and Folate. (Brown Rice is a healthier choice.)

Carbohydrates are a good source of energy.

Folate is important for healthy growth and cell division, including red blood cells.

Tortilla - Grain Food Group

Tortillas are a good source of Carbohydrate and provide a bit of Fiber.

Carbohydrates are a good source of energy.

A whole wheat or corn tortilla would be a healthier choice because they are higher in fiber.

Red Peppers – Go Food

Vegetable Food Group

Red peppers are an excellent source of Fiber, Vitamin A and Vitamin C

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Vitamin A is an antioxidant and promotes healthy vision and skin.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Salad Caprese – Go Food

Basil – Go Food

Vegetable Food Group

Basil is a good source of Vitamin A and Vitamin K

Vitamin A promotes healthy vision and skin.

Vitamin K helps our bodies form blood clots at the site of a cut.

Cheese (Mozzarella) - Go food

Dairy food group

Cheese is a good source of Calcium and Protein.

Calcium helps build strong bones and teeth.

Protein helps build muscles and repair body tissues.

Tomatoes - Go Food

Vegetable food group

Tomatoes contain Vitamin C and Antioxidants.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Antioxidants protect our cells from damage and keep them healthy

Olives (black) and Olive Oil are food sources of healthy unsaturated fat.

Healthy fats help protect the heart and maintain a healthy nervous system

Salmon – Go Food

Protein Food Group

Salmon is an excellent source of Lean protein and Omega-3 fatty acids.

Lean protein helps build muscles and repair body tissues.

Omega-3 fatty acids reduce inflammation and helps to protect your heart.

Salsa - Go Food

Vegetable Food Group

Salsa is made with tomatoes, onions, peppers, lime juice, and herbs. It's a great source of vitamins and minerals.

Tomatoes, onions, and lime juice contain Vitamin C and Antioxidants.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Antioxidants protect our cells from damage and keep them healthy.

The key is to eat it with healthy foods such as cut up veggies, whole wheat pita chips, or toasted whole grain or corn tortillas.

Soda – Slow Food

No food group – these are discretionary calories

Contains no nutritional value (minimal vitamins and minerals). Should be consumed only occasionally if at all. Drinking and eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

Spinach - Go Food

Vegetable Food Group

Spinach contains Iron, Vitamin A, and Vitamin K.

Iron helps carry oxygen throughout your body, which leads to proper growth and good health.

Vitamin A is an antioxidant and promotes healthy vision and skin.

Vitamin K helps our bodies form blood clots at the site of a cut.

Sports Drinks – Slow Food

Fruit Wanna Be – these don't actually contain any fruit.

Contains little to no nutritional value (minimal vitamins and minerals). Should be consumed only occasionally if at all. Drinking and eating too much Slow Food will slow you down!

High in sugar, which can lead to cavities, weight gain, Type II diabetes, weakened immune system

Strawberries - Go Food

Fruit Food Group

Strawberries are an excellent source of Vitamin C

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses

Sushi – Go Food

White rice – Go Food

Grain Food Group

White rice is high in Carbohydrates and Folate. (Brown Rice is a healthier choice.)

Carbohydrates are a good source of energy.

Folate is important for healthy growth and cell division, including red blood cells.

Fish – Go Food

Protein Food Group

Fish is a great source of Protein and healthy Omega 3 Fats

Lean protein helps build muscles and repair body tissues.

Omega-3 fatty acids reduce inflammation and protect your heart.

Avocado - Go Food

Fruit Food Group

Avocados are an excellent source of Vitamin K, Vitamin E, and Omega-3 fatty acids

Vitamin K helps our bodies form blood clots at the site of a cut.

Vitamin E is an antioxidant and helps protect cell membranes and keep your skin and heart healthy

Omega-3 fatty acids reduce inflammation and protect your heart.

Tomatoes - Go Food

Vegetable Food Group

Tomatoes contain Vitamin C and Antioxidants.

Vitamin C is an antioxidant and promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Antioxidants protect our cells from damage and keep them healthy

Trail Mix of Dried Fruit and Nuts – Go Food

Dried Fruits are in the Fruit Food Group

Dried fruit is full of Vitamins and Minerals.

Dried Fruits like raisins are high in natural sugar. Therefore it is best to eat them in small amounts.

Nuts are a great source of healthy fats, which help protect your heart.

Tuna Sandwich – Go Food

Tuna Fish - Protein Food Group

Tuna Fish is an excellent source of Lean protein and Omega-3 fatty acids.

Lean protein helps build muscles and repair body tissues.

Omega-3 fatty acids reduce inflammation and protect your heart.

Veggie Wheat Thin Chips – Slow Food

Veggie Wanna Be – These have little real vegetable in them. A better alternative would be to have whole wheat crackers topped with veggies like cut up peppers or tomatoes.

Can be eaten occasionally but eating too much Slow Food will slow you down!

High in sodium, which can lead to high blood pressure, heart disease and stroke.

Water - Go Food

Our bodies are 60% water. Water helps replenish the water we lose through breathing, sweating, urinating, etc.

Strive to drink 6 of 8 eight-ounce servings of water a day.

Watermelon – Go Food

Fruit Food Group

Watermelon is an excellent source of Vitamin A, Vitamin C, and Minerals.

Vitamin A is an antioxidant and promotes healthy vision and skin.

Vitamin C promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Whole Grain Bread - Go Food

Grain Food Group

100% Whole grain bread is a source of Carbohydrates, Vitamins, and Fiber.

Carbohydrates provide energy.

Fiber promotes healthy digestion, regulates blood sugar, and helps you feel full.

Whole Grain Crackers - Go Food

Grain Food Group

Whole grain pasta is a source of Carbohydrates, Vitamins, and Fiber.

Carbohydrates provide energy.

Fiber promotes healthy digestion, regulates blood sugar, and helps you feel full.

Whole Grain Pasta - Go Food

Grain Food Group

Whole grain pasta is a source of Carbohydrates, Folate, Vitamins, Iron, and Minerals

Carbohydrates provide energy.

Folate is important for healthy growth and cell division, including red blood cells.

Iron helps carry oxygen throughout your body, which leads to proper growth and good health.

Yogurt - Go Food

Dairy Food Group

Yogurt is a good source of Calcium and Protein.

Calcium helps build strong bones and teeth.

Protein helps build muscles and repair body tissues.