

Almonds - Go Food

Meat and Beans Food Group

Almonds are a good source of protein, Vitamin E, and healthy fats.

Protein helps build muscles and repair body tissues.

Vitamin E helps protect cell membranes and keep your skin and heart healthy.

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

Apple - Go Food

Fruit Food Group

Apples contain fiber, vitamins, and minerals

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

Avocado - Go Food

Vegetable 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 when we get a cut.

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

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

Meat and Beans 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 and vitamins C

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

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

Broccoli - Go Food

Vegetable Food Group

Broccoli is rich in fiber, calcium, and vitamin C

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

Calcium helps build strong bones and teeth.

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

Carrots - Go Food

Vegetable Food Group

Carrots are an excellent source of Vitamin A

Vitamin A promotes healthy vision and skin.

Cereal with Fruit – Can be either a Go or a Slow Food depending on the cereal

Fruit is a Go Food full of 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.

Cheese - Go Food

Dairy/Calcium 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 is a good source of calcium which helps build strong bones and teeth.

Whole grain crackers are a good source of carbohydrates with provide energy.

Whole grain crackers are a good source of fiber which promotes good digestion, regulates blood sugar, and keeps you full.

Cheetos – Slow Food

No food group – these are discretionary calories

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 and heart disease.

High in unhealthy fats which is bad for your heart.

Chicken or Turkey – Go Food

Meat and Beans Food Group

Chicken and turkey are excellent sources of lean protein.

Lean protein helps build muscles and repair body tissues.

Chicken & Bean Wrap – Go Food

Chicken and Beans are excellent sources of lean protein.

Lean protein helps build muscles and repair body tissues.

Cookies– Slow Food

No food group – these are discretionary calories

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.

High in unhealthy fats which is bad for your heart.

Crackers – Could be Go or Slow Food

Grain Food Group

Crackers contains carbohydrates which are a good source of energy. However, crackers made from wheat flour (white flour) is stripped of vitamins and fiber so are Slow foods.

Crackers made from 100% whole grains are high in fiber and vitamins and 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

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

High in unhealthy fats which is bad for your heart.

Doughnut – Slow Food

No food group – these are discretionary calories

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

High in unhealthy fats which is 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

Meat and Beans Food Group

Eggs are a great source of protein.

Protein helps build muscles and repair body tissues.

French Fries – Slow Food

No food group – these are discretionary calories

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

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

High in unhealthy fats which is bad for your heart.

Fried Chicken – Slow Food

Meat and Beans Food Group

High unhealthy fats which is not good for your heart.

Froot Loops – Slow Food

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.

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.

Fruit Smoothie – Can be a Go or Slow Food Depending on how it's made

If made with some combination of fruit, yogurt, milk, 100% juice, and/or water it would be a Go Food providing vitamins, minerals, and possible protein and calcium if milk or yogurt is used.

If made with fruit and ice cream, a lot of sugar, or syrups, then it's a Slow Food full of sugar and unhealthy fats.

Grapes – Go Food

Fruit Food Group

Grapes contain vitamins, minerals, and phytonutrients that are good 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.

High in unhealthy fats which is bad for your heart.

Mango - Go Food

Fruit Food Group

Mangos are a great source of fiber, antioxidants, vitamins, and minerals

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

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

Milk Shake – 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.

High in unhealthy fats which is bad for your heart.

Oatmeal- Go Food

Grain Food Group

Oatmeal is a whole grain that is full of carbohydrates, vitamins, and fiber.

Carbohydrates provide energy.

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

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

Pasta and tomato sauce – Can be a Go or a Slow Food

Pasta = Grain Food Group

Tomato Sauce = Fruit Food Group

Pasta contains carbohydrates which are a good source of energy. However, white pasta is stripped of vitamins and fiber so is a Slow food.

Whole wheat pasta is a Go Food

Tomatoes contain Vitamin C a which promotes healing and a strong immune system which helps you fight sickness.

Tomatoes also contain antioxidants which protect our cells from damage and keep them looking healthy.

Peas - Go Food

Vegetable Food Group

Peas are an excellent source of Vitamin K and Vitamin C

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

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

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 promotes healing and supports a healthy immune system so it help you fight off sicknesses

Pepperoni Pizza – Slow Food

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

High in unhealthy fats which is bad for your heart.

Pizzas made with whole wheat crusts and lots of veggies would be a Go Food.

Red Peppers – Go Food

Vegetable Food Group

Red peppers are an excellent source of vitamin C and Vitamin A

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

Vitamin A promotes healthy vision and skin.

Salmon – Go Food

Meat and Beans Food Group

Salmon is an excellent sources 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.

Salsa - Go Food

Vegetable Food Group

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

High in artificial ingredients which do not help your body.

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 promotes healthy vision and skin.

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

Sports Drinks – Slow Food

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

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.

High in artificial ingredients which do not help your body.

Strawberries - Go Food

Fruit Food Group

Strawberries are an excellent source of Vitamin C

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

Tomatoes - Go Food

Vegetable Food Group

Tomatoes contain Vitamin C and antioxidants.

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

Antioxidants which protect our cells from damage. The antioxidants in tomatoes are particularly good at preventing some cancers.

Trail Mix of Dried Fruit and Nuts – Go Food

Dried fruit is full of vitamins and minerals.

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

Tuna Sandwich– Go Food

Tuna Fish = Meat and Beans 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.

Yogurt - Go Food

Dairy/Calcium 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.

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

Water - Go Food

Water provides long lasting energy.

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

Whole Grain Bread- Go Food

Grain Food Group

100% Whole grain bread is full of carbohydrates, vitamins, and fiber.

Carbohydrates provide energy.

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

Bread made from wheat flour (white flour) is stripped of vitamins and fiber so are Slow foods

Whole Grain Pasta - Go Food

Grain Food Group

Whole grain pasta is full of carbohydrates, vitamins, and fiber.

Carbohydrates provide energy.

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

Pasta made from wheat flour (white flour) is stripped of vitamins and fiber so are Slow foods