



Go vs. Slow Foods

- Eating healthy at home begins with having healthy foods stocked in your kitchen, but going to the grocery store can be overwhelming and confusing at times.
- When you are trying to find the healthiest foods to buy for your family, use this guide to help you choose **GO** foods instead of **SLOW** foods.

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



GO foods to eat regularly



SLOW foods to limit and eat in moderation

Here’s a breakfast recipe that features more 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.

