

## Teacher Guide for Go/Slow Foods

There are clearly some foods that are “go” or “slow”, but others may be one or the other depending on specific ingredients and/or method of preparation. Here is a guide that will help you as you present the Food Cards to students.

### “Go” Foods:

Food (found on Food Cards)	Why it is a “go” food
Apple	Apples contain fiber and vitamins and minerals.
Watermelon	Watermelon contains vitamin C and vitamin A.
Banana	Bananas contain potassium.
Pear	Pears contain fiber and vitamin C.
Orange	Oranges are an excellent source of vitamin C.
Grapes	Grapes contain vitamins and minerals.
Carrots	Carrots are a great source of vitamin A.
Sweet Potato	Sweet potatoes contain fiber and vitamin A.
Broccoli	Broccoli is rich in fiber, calcium, and vitamin C.
Spinach	Spinach contains iron, vitamin A, and Vitamin K.
Tomato	Tomatoes contain vitamin C and antioxidants.
Eggplant	Eggplant contains fiber and potassium.
Turkey Sandwich	Turkey is a good source of lean protein.
Cheese	Cheese is a great source of calcium and vitamin D.
Almonds	Almonds are a good source of fiber and healthy fats.
Yogurt	Yogurt is rich in calcium and vitamin D.

**Nutrient Guide:**

<b>Vitamin A</b>	<i>Promotes healthy vision.</i>
<b>Vitamin C</b>	<i>Promotes healing and supports a healthy immune system.</i>
<b>Vitamin K</b>	<i>Helps our body form blood clots when we get a cut.</i>
<b>Potassium</b>	<i>Is an electrolyte that helps keep our heart and muscles healthy.</i>
<b>Fiber</b>	<i>Fiber promotes a healthy digestive tract, helps you feel full, and helps regulate blood sugar levels.</i>
<b>Calcium</b>	<i>Helps build strong bones and teeth.</i>
<b>Vitamin D</b>	<i>Helps build strong bones (it helps our bodies absorb calcium).</i>

**“Slow” Foods:**

<b>Food (found on Food Cards)</b>	<b>Why it is a “slow” food</b>
Soda	Soda contains a lot of sugar and sometimes caffeine.
Fried Chicken	Fried chicken is full of unhealthy fat which is not good for your heart.
Energy Drink	Energy drinks contain a lot of added sugar and sometimes caffeine.
Cheetos	Cheetos are a processed snack food; they contain unhealthy fat and a lot of salt.
Potato Chips	Chips are high in fat and salt.
Jelly Beans	Candy is high in sugar.
Donuts	Donuts contain unhealthy fats and a lot of sugar.
French Fries	French fries are full of unhealthy fats and salt.
Ice Cream	Ice cream is high in fat and sugar.
Pepperoni Pizza	Pepperoni pizza is high in salt and unhealthy fats; there are ‘go’ pizzas, such as pizza on whole wheat crust with lots of veggies!

**Note about slow food:**

*Slow food is food that contains little nutritional value (minimal vitamins and minerals). Remind students that slow food can be enjoyed in moderation, but eating too much slow food will slow them down!*

**Can be “Go” or “Slow”:**

<b>Food (found on Food Cards)</b>	<b>Why it can be either a “go” food or a “slow” food</b>
Crackers	Crackers can be go or slow. Go crackers are made with 100% whole grains, such as whole wheat, and are a good source of fiber. Slow crackers are made with processed flour and a lot of salt.
Granola Bar	Granola bars can be an excellent snack; they usually have nuts, seeds, and dried fruit. However, some granola bars have lots of added sugar, for example, some granola bars are dipped in chocolate/and or frosting. Encourage students to read labels!
Pretzel	Pretzels are a low-fat alternative to fried snacks; however, they do contain a lot of salt. Whole grain pretzels are available and can make this snack a “go” choice. Remind students to read the ingredient list.