



# GO-SLOW-WHOA

Healthy Diet=GO Foods>SLOW Foods>WHOA Foods

## GO

Eat mostly GO foods

- In between GO foods and WHOA foods
- More nutritious than WHOA foods but shouldn't be eaten as much as GO foods

*Examples: plain 2% milk, refined-grain foods, & fruit with added sugars*

- Whole foods
- Unprocessed or least processed foods
- Lowest in salt (sodium), solid fats (saturated and trans), and or added sugars

*Examples: fruits & vegetables, whole-grain foods, lean meats, beans & plain (unsweetened) 1% milk*

## SLOW

Eat SLOW foods less than GO foods

- Ultra-processed foods
- Highest in unhealthy solid fats, added sugars, and/or salt

*Examples: candy, cookies, chips, fried foods, ice cream, soft drinks, & sugary cereals*

## WHOA

Eat WHOA foods less than GO or SLOW foods

There are no “bad” foods, only foods we should eat more of and foods we should eat less of.



*Try a GO food for Harvest of the Month. In November we will be tasting APPLES!*

## APPLES

- There are over 7,000 kinds of apples!
- The science of growing apples is called pomology.
- An apple peel contains 2/3 of an apple's total fiber, along with lots of antioxidants.
- Apples are member of the rose family.
- Apples are 25% air! That's why they float in water.

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