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

GO
Eat mostly GO foods

- 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

- 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

WHOA
Eat WHOA foods less than GO or SLOW 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

APPLIES

- 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.

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