Healthy Choices for Your family!

**GO, SLOW, WHOA foods**

**GO Foods**
- Low-fat dairy
- Fruit and Vegetables
- Lean meats, poultry & fish
- Whole grain—bread, pasta & cereal

**SLOW Foods**
- Pasta & bread made with refined flour
- Canned fruit/vegetable with added sugar and/or salt
- 2% and whole milk
- Baked poultry with skin, lean ham & beef

**WHOA Foods**
- Drinks with added sugar
- High fat, high sugar desserts
- Fried foods
- Chips

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.