

## A guide for parents

Eating healthy does not mean giving up foods you love. It means eating a variety of foods in moderation. Parents choose which foods to buy. Parents can also help kids make healthy choices at the store or when eating out. It is the caregiver's role to decide which foods to offer and how often to offer them.

It is helpful for parents to learn the difference between Go, Slow and Whoa foods to help make good food choices. The charts on the next pages give examples of foods in each of these categories.

**Go:** These are foods that are good to eat at any meal or snack. They have a lot of nutrients and/or are low in added sugar.

**Slow:** These are sometimes foods. They are not off-limits, but should not be offered at every meal. Offer these foods once a day at most.

**Whoa:** These are foods you should limit and offer just once in a while. These foods have more sugar or fat than most others. Try to offer these foods no more than one time per week.

### Tips to help keep your serving sizes under control:

- Aim for three regular meals each day with one or two planned snacks in between meals.
- Put foods on the table that you feel good about serving. If your child finishes a food on their plate, let them have more of that food. It is ok if they do not finish all of their foods before getting more of another.
- Do not rush through meals. Turn off screens and talk with others while eating.

### Cooking tips:

- Remove any visible fat from beef, pork or poultry.
- Bake, broil, grill, sauté or steam meat and vegetables.
- Drain and rinse canned foods to reduce salt.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**

	<b>Drinks</b>	<b>Proteins</b>	<b>Vegetables</b>	<b>Fruits</b>
<b>GREEN GO</b>  <b>Almost anytime</b>	<ul style="list-style-type: none"> <li>• Plain water</li> <li>• Skim or 1% milk</li> <li>• Unsweetened herbal/decaf tea</li> <li>• Carbonated water (without added sugar)</li> </ul>	<ul style="list-style-type: none"> <li>• 95% Extra-lean ground beef</li> <li>• Chicken &amp; turkey without skin</li> <li>• Tuna</li> <li>• Fish and shellfish</li> <li>• Eggs</li> <li>• Beans, split peas, lentils</li> <li>• Alternative meat: tofu, tempeh, seitan</li> <li>• Peanut butter and other nut butters</li> </ul>	<ul style="list-style-type: none"> <li>• All fresh, frozen and canned vegetables without added fat (like butter or sauces)</li> <li>• Salsa</li> <li>• Avocados</li> <li>• Olives</li> </ul>	<ul style="list-style-type: none"> <li>• All fresh and frozen fruits without added sugar</li> <li>• Canned fruits packed in juice or that say “no sugar added”</li> <li>• Unsweetened applesauce</li> <li>• Dried fruits (limit to 1 serving)</li> </ul>
<b>YELLOW SLOW</b>  <b>Sometimes</b>	<ul style="list-style-type: none"> <li>• 2% Milk</li> <li>• Sugar-free Kool-aid®</li> <li>• Kool-aid® made with Splenda</li> <li>• Crystal Light®</li> <li>• Flavored waters like Propel®, Fruit2O®, Sparkling ICE®, Clear American®</li> <li>• Diet soda (limit to 1 serving)</li> </ul>	<ul style="list-style-type: none"> <li>• 85% Lean ground beef</li> <li>• Ground turkey</li> <li>• Hamburgers</li> <li>• Chicken &amp; turkey with skin</li> <li>• Ham</li> <li>• Low-fat hot-dogs</li> <li>• Turkey bacon</li> <li>• Canadian bacon</li> </ul>	<ul style="list-style-type: none"> <li>• Oven baked fries</li> <li>• Starchy vegetables like potatoes, peas, corn, yams, sweet potatoes (limit to 1 serving)</li> <li>• Coleslaw made with regular mayonnaise (limit to 1 serving)</li> </ul>	<ul style="list-style-type: none"> <li>• 100% fruit juice (limit to 1 serving)</li> <li>• Fruits canned in light syrup</li> <li>• Applesauce with added sugar</li> </ul>
<b>RED WHOA</b>  <b>Once in a while</b>	<ul style="list-style-type: none"> <li>• Regular soda</li> <li>• Sports drinks (Gatorade® and Powerade®)</li> <li>• Shakes/Malts</li> <li>• Whole milk</li> <li>• Fruit drinks like Hi-C®, Capri Sun®, Sunny D®, Tang®, Snapple®</li> <li>• Regular lemonade</li> <li>• Flavored milk</li> <li>• No energy drinks</li> </ul>	<ul style="list-style-type: none"> <li>• Fried chicken</li> <li>• Chicken fried steak</li> <li>• Bacon</li> <li>• Fried fish</li> <li>• Chicken nuggets</li> <li>• Hot dogs</li> <li>• Sausage and summer sausage</li> <li>• Brats</li> </ul>	<ul style="list-style-type: none"> <li>• Any vegetable fried in oil, like as French fries or hash browns, tater tots, zucchini fries, sweet potato fries, broccoli tots, fried eggplant, fried mushrooms, fried pickles, jalapeño poppers, fried okra</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits canned in heavy syrup</li> </ul>

	<b>Breads &amp; Cereals</b>	<b>Milk &amp; Milk Products</b>	<b>Snacks</b>	<b>MISC</b>
<b>GREEN GO</b>  <b>Almost anytime</b>	<ul style="list-style-type: none"> <li>• 100% Whole grain breads, pitas, and tortillas</li> <li>• Whole grain pasta, brown rice</li> <li>• High fiber, unsweetened cereals like Cheerios, oatmeal (canister – not instant packets), Steel cut oats/Irish oats</li> <li>• Whole grains: quinoa, wheat berries, teff, bulgur, millet, buckwheat, amaranth</li> </ul>	<ul style="list-style-type: none"> <li>• Skim and 1 % milk</li> <li>• Light yogurt</li> <li>• Cottage cheese</li> <li>• Cheese (limit to 1 serving per day)</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts - limit to ¼ cup</li> <li>• Fresh fruit</li> <li>• Raw vegetables</li> <li>• Air popped popcorn</li> <li>• String cheese (limit to 1 serving)</li> </ul>	<ul style="list-style-type: none"> <li>• Mustard</li> <li>• Olive oil, Canola oil</li> <li>• Non-stick cooking spray</li> <li>• Oil-based salad dressing (limit to 1 serving)</li> <li>• Salt free spices (cumin, pepper, parsley)</li> </ul>
<b>YELLOW SLOW</b>  <b>Sometimes</b>	<ul style="list-style-type: none"> <li>• White bread and pasta that's not whole grain</li> <li>• Taco shells</li> <li>• French toast, waffles and pancakes</li> <li>• Granola (limit to 1 serving)</li> <li>• Cereals like Special K®, Chex®, Honey Nut Cheerios, Life, Kix</li> <li>• Low sugar instant oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>• 2% milk</li> <li>• Cream cheese (limit to 1 serving)</li> </ul>	<ul style="list-style-type: none"> <li>• Crackers: Kashi TLC® or reduced-fat Triscuits®</li> <li>• Sugar-free pudding</li> <li>• Pretzels</li> <li>• Baked chips</li> <li>• Granola bars</li> <li>• Pudding</li> <li>• Cereal bars</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable oil</li> <li>• Low-fat creamy salad dressing (ranch, blue cheese)</li> <li>• Low-fat mayo</li> <li>• Low-fat sour cream</li> <li>• Soft margarine</li> <li>• Ketchup</li> <li>• Miracle Whip</li> </ul>
<b>RED WHOA</b>  <b>Once in a while</b>	<ul style="list-style-type: none"> <li>• Sweetened breakfast cereals like Frosted Flakes®, Trix®, Lucky Charms®, Fruit Loops®, or Golden Grahams®</li> <li>• Crackers that have hydrogenated oils (trans fats)</li> <li>• Instant oatmeal packets</li> <li>• Biscuits</li> <li>• Cinnamon rolls</li> <li>• Ramen noodles</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Ice cream</li> <li>• Ice cream bars</li> <li>• Processed cheese spreads</li> <li>• Flavored milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate and candy</li> <li>• Cookies, cakes, and pies</li> <li>• Pork Rinds</li> <li>• Slim Jims®</li> <li>• Chips</li> <li>• French fries</li> <li>• Regular pudding</li> <li>• Snack cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Butter or lard</li> <li>• Stick margarine</li> <li>• Gravy</li> <li>• Regular creamy salad dressing</li> <li>• Mayo</li> <li>• Tartar sauce</li> <li>• Sour cream</li> <li>• Cream sauce</li> </ul>