

# Tip Sheet



## Healthy Nutrition Tips

- ❖ Lots of teens want to know which foods to eat to be healthy or lose weight. Most teens don't need to be on diets, but here's something teens **can** do to eat healthier: Learn the difference between **Go**, **Slow**, and **Whoa** foods.
- ❖ Foods fit in different categories. The Food Guide Pyramid puts them into these categories: 1) grains; 2) vegetables; 3) fruits; 4) milk and dairy products; 5) meat, beans, fish, and nuts, and 5) oils.
- ❖ But now, foods can be classified in three groups: **GO**, **SLOW**, and **WHOA**. In 2005, the U.S. National Heart, Lung, and Blood Institute suggested teens start thinking about whether foods are GO foods, SLOW foods, or WHOA foods.
- ❖ **GO foods:** These are foods that are good to eat almost anytime. They are the healthiest ones. Example: Whole-Grain Breads, Skim and 1% milk.
- ❖ **SLOW foods:** These are sometimes foods. They aren't off-limits, but they shouldn't be eaten every day. At most, eat them several times a week. Example: Waffles, 100% fruit juice, avocados.
- ❖ **WHOA foods:** These foods should make you say exactly that – Whoa! Should I eat that? Whoa foods are the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. That's why Whoa foods are once-in-a-while foods. Example: French fries, chicken nuggets, candy.

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❖ Below you'll find a chart of Go, Slow, and Whoa foods:

Food Group	GO (Almost anytime)	SLOW (Sometimes)	WHOA (Once in a while)
<b>Vegetables</b>	Almost all fresh, frozen, and canned vegetables	All vegetables with added butter, other oils, or sauce	Any vegetable fried in oil, such as French fries or hash browns
<b>Fruits</b>	All fresh and frozen fruits and canned fruits packed in juice	100% fruit juice Fruits canned in light syrup Dried fruits	Fruits canned in heavy syrup
<b>Breads and cereals</b>	Whole-grain breads, pitas, and tortillas Whole-grain pasta, brown rice Hot and cold unsweetened whole-grain breakfast cereals	White bread and pasta that's not whole grain Taco shells French Toasts, waffles, and pancakes Biscuits Granola	Donuts, muffins, croissants, and sweet rolls Sweetened breakfast cereals Crackers that have hydrogenated oils
<b>Milk and Milk Products</b>	Skim and 1% milk Fat-free and low-fat yogurt Part-skim, reduced-fat, and fat-free cheese Low -fat and fat-free cottage cheese	2% milk Processed cheese spreads	Whole milk Full-fat cheese Cream cheese Yogurt made from whole milk
<b>Meats and other sources of protein</b>	Beef and pork that has been trimmed of its fat Extra-lean ground beef Chicken and turkey without skin Tuna canned in water Beans, split peas, and lentils Tofu Egg Whites Fish and shellfish that's been baked, broiled, steamed, or grilled	Lean ground beef Broiled hamburgers Chicken and turkey with the skin Tuna canned in oil Ham Low-fat hot dogs Canadian bacon Peanut butter Nuts Whole eggs cooked without added fat	Beef and pork that hasn't been trimmed of its fat Fried Hamburgers Fried Chicken Bacon Fried fish and shellfish Chicken nuggets Hot dogs Lunch meats Pepperoni Sausage Ribs Whole eggs cooked with added fat

Food Group	GO (Almost always)	SLOW (Sometimes)	WHOA (Once in a while)
<b>Sweets and Snacks</b>	Ice milk bars Frozen fruit-juice bars Low-fat frozen yogurt Low-fat ice cream	Cookies, cakes, and pies Cheesecake Ice cream Chocolate candy Fig bars Ginger snaps Baked chips Low-fat microwave popcorn Pretzels	Chips Buttered microwave popcorn
<b>Drinks</b>	Water Fat-free and 1% milk Diet soda Diet and unsweetened iced teas and lemonade		Whole milk Regular soda Sweetened iced teas and lemonade Fruit drinks with less than 100% fruit juice

- ❖ When you are engaged in physical activities such as basketball, track, lacrosse, hockey, or gymnastics, it is very important for you to eat healthy and nutritious food to get some fuel to keep you going!
- ❖ Here are some great snacks to munch on to keep your body moving and your stomach silent:

- ★ Fresh veggies like carrots and celery sticks
- ★ Snack-sized boxes of raisins
- ★ Pretzels
- ★ Low-fat yogurt
- ★ Crackers – try graham crackers, animal crackers, or saltines
- ★ Bagels
- ★ Fig bars
- ★ Fruit juice boxes (make sure you choose 100% pure fruit juice, or for an added boost, try orange juice with added calcium)
- ★ Small packages of trail mix
- ★ Fresh fruits such as bananas, oranges, grapes (try freezing your grapes for a new taste sensation!), and berries